



London Colney Children's Centre Newsletter

Welcome to Your Children's Centre

Volume 1, Issue 1

April 2011

Welcome to the first Newsletter from London Colney Children's Centre. First and foremost thank you for registering an interest and showing your support so far. This newsletter is aimed to give you an update as to what's on at the Children's Centre and information on how you can get involved.

For those of you who haven't been here for a while or are new to the area we have had some refurbishment of

the centre to help improve our groups and services to you.

Firstly, we now have a brand new kitchen as part of our community room. This means that we can provide a safe and practical environment for you to get cooking with your children! We have already had two successful cake making sessions as part of the stay and play during February Half Term.

Secondly, and more appropriately as the weather starts to improve (hopefully!!!), we have a fabulous garden. The garden has water activities, musical instruments, shady areas and looks great. All the members of staff use every excuse to get out and play their themselves!!

So with all this going on how can you stay away!!!

Special points of interest:

- ☺ Need help in the home ask about outreach Work
- ☺ First Aid courses available if there is a demand
- ☺ Toy Library coming soon

Inside this issue:

Welcome	1
What's on	2
Parenting Puzzle	3
Get Involved	3
Wednesday Workshops	4
Your Children's Centre Staff	4

**Our
fabulous
new
garden.**



What's On

Parent & Toddler Group

Come to one of our parent and toddler groups. These groups are for children who are 0-5 years and we even let them bring their parents or grandparents!!! They are on Mondays and Thursdays 9:15 am-11:15 am and there is no need to book. Just drop in and have some fun with your toddler, make new friends and enjoy the toys and activities that we have on offer.



Drop in with your parents!

Wrigglers & Gigglers

Wrigglers & Gigglers is our group for babies and mum's to be. We meet every Monday afternoon 1:30 pm-3:00pm and there is no need to book. Just drop in to meet other parents and share your experiences. Toys and activities aimed at our Youngest members will be on offer. You never know your babies may find lifelong friends!

"Make a lifelong friend!"

Walkers & Talkers

Friday mornings sees us entertaining our children under 2 in the Walkers & Talkers group. Another drop in session from 9:15am-11:15am where booking is not required. Toys and activities focused more for the under 2's



Toys, games and activities for Under 2's

where they can play and explore with out the distraction of older children. Parents and grandparents again can meet new friends, share experiences or just come for a well deserved cuppa!

Family Learning

Do you want to improve your speaking and listening? Do you want to help your children with their schoolwork? Do you want to learn about what your children are doing in school? If English is not your first language then come and find out about our Family Language course. Tuesdays 1:00pm-3:00pm.

HAFLS

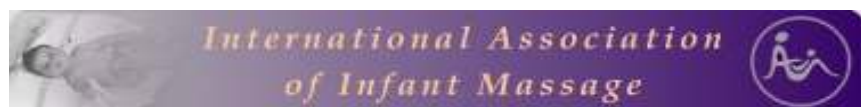


Baby Massage



Baby massage courses are available, but must be booked. They run for 5 weeks and cost £5 for the whole course. They are usually run on a Wednesday morning from 10am-11:30am and the next one is likely to be at the beginning of June. We are taking bookings now so please speak

to a member of staff or call and book your place. We have two members of staff who are qualified to run the course. Oils will be provided and once completed you will receive your certificate! Great to improve bonding or just to relax with your baby.



Health Visitors

Well Child Clinic

Every Tuesday morning 9:15am-10:15am and every Thursday afternoon 1:30pm-3:30pm our local health visitors are with us for baby weighing and advice about your children's health and development.

Minor Ailments Talk

Following on from the Well Child Clinic on Tuesday 5th April 10:30-11:30 the Health Visitors are running on a session on Minor Ailments and how to deal with them. To book a place ask at clinic or call 01727 822358.

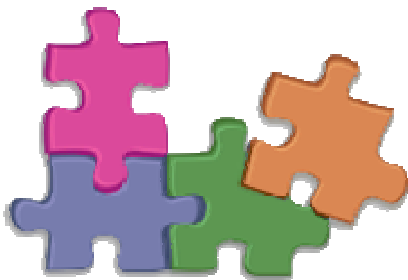
Weaning Talk

In addition after the Well Child Clinic on Tuesday 3rd May 10:30-11:30 the Health Visitors are running on a session on Weaning. If your child is around 5 months old you might be interested in this session. To book a place ask at clinic or call 01727 822358.



Hertfordshire Community Health Services

The Parenting Puzzle — A nurturing program parenting course



This course is designed to give parents clues to happy children and tricks up their sleeves when they need to manage behaviour. Learn new skills for nurturing your family and boost your confidence. For anyone with children aged between 2 and 12 years. The course starts 3rd May for 10 weeks 7:00pm-9:00pm. Please call Julie or Helen to book your place.

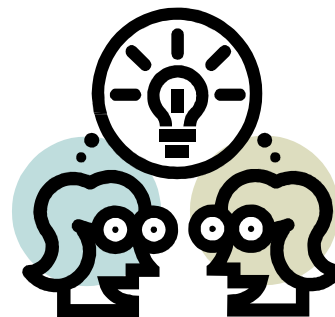
Get Involved!!

If you haven't already done so fill in a registration form at the centre and we'll keep you up to date with all the news, groups and activities coming up.

If you can spare a couple of hours a week maybe you would like to volunteer to help with any of our groups. Share your skills with our families and gain new ones. Support and training is

available. Contact a member of staff if you are interested.

Want to see a particular group or activity at your Children's Centre? We need to know what you want, so fill in a suggestion



We need your input!

slip or speak to a member of staff.

All drop in groups have a member of staff available for any suggestions, issues, advice or just a friendly face!

London Colney Children's Centre

Alexander Road
London Colney
St Albans
Herts AL2 1JG

Phone: 01727 822196 option 3

Fax: 01727 822197

E-mail:

admin.londoncolney@hertschildrensc
entres.org.uk



Your Children's Centre Staff

Julie Lannon: Children's Centre Leader

Helen Taylor: Outreach Worker

Heli Galvez: Early Years Practitioner

Debbie Clayworth: Children's centre Assistant

Sarah Chester: Children's Centre Administration

Please feel free to talk to any member of staff.....

.....we don't bite!!!

Wednesday Workshops

We are starting a series of different Workshops running on a Wednesday. Have a look and see if any grab you!

Course Title	Who it is for	Where it will be	Time and date	Contact details
Promoting positive behaviour	Anyone with a child aged 2 - 5years	London Colney Children's Centre	27 April 10 - 11.30am	Helen 07825933810
Tackling Temper Tantrums Workshop	Anyone with a toddler	London Colney Children's Centre	4 May 10 - 11.30am	Helen 07825933810
Setting a bedtime routine	Anyone with an under 5	London Colney Children's Centre	11 May 10 - 11.30am	Helen 07825933810
A balanced diet for your child	Anyone with an under 5	London Colney Children's Centre	18 May 10 - 11.30am	Helen 07825933810
Talking to your baby and toddler	Anyone with an under 5	London Colney Children's Centre	25 May 10 - 11.30am	Helen 07825933810