

NEWSLETTER

Shepherds Lane, Rickmansworth, Herts WD3 8QP Tel: 01923 772094

Web: www.hertschildrenscentres.org.uk/rickmansworth

Regular weekly timetable



- Monday:** Cooking with Maggie!
- Tuesday** Chatterbox Babies
Chatterbox Tots
- Wednesday:** Positive Beginnings @ Maple X
Crawlers
Mums of Steel
Every 1st Maple X Outreach session
Every 3rd Teenage sexual health drop-in
- Thursday:** Drop in Baby Group
Alternate Breast feeding drop-in
- Friday:** Baby Massage
- 4th Saturday** Family Group & baby clinic
@ Maple Cross

Of each month

Check out our web-site for up to date information on new groups and classes.

The Rickmansworth Children's Centre Advisory Board is looking for parents who would be willing to be an advocate for the parents/users of the Centre, and who are available to attend a quarterly meeting either at the Children's Centre or at Maple Cross School. They are held during school hours, and children cannot accompany you. Call the Centre for more information.

Volunteers needed – can you spare an hour or 2 a week? We are looking for people to volunteer at the Centre to help with various tasks. Call Debbi for more information

Special message from us

Thank you to every-one who has used the Children's Centre in the past, and also those who still attend. We are committed to providing our users with a quality service, and although the centre has had a budget reduction, we will continue to give you the level of service you have come to expect from us. Following a recent parents forum meeting, we have looked at our commissioned services and will now, unfortunately, but in agreement with the parents present, have to charge for some services. Some services have had to be cut, but we will be replacing these in due course with new sessions. This is an exciting time for the Children's Centre and we hope you can all come on the journey with us. Keep checking the web-site for further news and events as they happen.

We hold a **parents' forum** once a term, to share ideas & suggestions, provide feedback and have a say in the future of the Children's Centre. All parents are welcome to attend.

The Children's Centre is pleased to announce that we have a new member of staff starting very soon. We hope you will all welcome Stephanie, and support her in her new role. She will be setting up some new groups as well as getting involved in the current ones.

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Useful Information

Smoking cessation clinics



We now run clinics to help people who would like to stop smoking. See the web-site for details and booking information, or call Debbi at the Centre. These sessions are free of charge and are carried out on a one-to-one basis.



Child Accident Prevention Trust have lots of advice on their web-site, including fire safety, street awareness, bath-time worries etc.

Child Safety Week this year is Monday 20th to Sunday 26th June.

Check out their top tips at www.capt.org.uk



Shout out for sure start is a web-site dedicated to SureStart Children's Centre's, giving news and information. You can register your support by accessing the site and signing the pledge.

<http://shoutoutforasurestart.org.uk>

Upcoming workshops/ sessions

The **Educational Psychologist** will be visiting the Centre on Monday 13th June. This is an opportunity for you to discuss any issues you may have with your child, for example behavioural attitudes. Appointments necessary, so call the Centre to book your place. This service is free of charge.



Child Nutrition Clinic

Wednesday 11th May 10.00am at Maple X Positive Beginnings

Wednesday 8th June 10.00am at Maple X Positive Beginnings

Friday 8th July 2011 - 1.00 - 2.00pm at Children's Centre. We are holding a drop-in session with a qualified nutritionist to discuss any issues you may have regarding your child's needs such as fussy eating or weight



Starting Well weaning talk

Monday 9th May - a workshop aimed at parents of babies up to 4 months old. Come and hear how to start your baby on the road to a healthy diet, with advice, tips and hints on what to feed when, what makes a healthy snack etc. Booking necessary. Previous attendees are welcome too, to share their experiences. A gift will be given to each family attending.