



# Rickmansworth Children's Centre

Shepherd's Lane, Rickmansworth, WD3 8JJ

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## Timetable for January - March 2012

Rickmansworth Children's Centre offers free advice and support to all families with children under 5 years old in the Mill End, Maple Cross, West Hyde and parts of Rickmansworth areas.

Services are free to families in our areas unless otherwise stated.

Monday Morning	Tuesday Morning	Wednesday Morning	Thursday Morning	Friday Morning	Saturday Morning
<p><b>Educational Psychologist</b> 6<sup>th</sup> February 2012 Please call to book an appointment.</p>  <p><b>Computer Workshop</b> 10am – 12pm Open to adults of all ages. No crèche available</p>	<p><b>Chatterbox Babies</b> 9:45am – 10:45am 6 week course from £25 Up to approx. 9 months <b>Booking Required</b></p> <p><b>Chatterbox Tots</b> 10:45am – 11:45am 6 week course from £25 9 months and over <b>Booking Required</b></p> <p>Please contact us to find out dates for the next available Chatterbox Babies or Tots course.</p>	<p><b>Baby Massage</b> 10:00am – 11:30am 6 week course from £20. (From £30 if out of the Centre's area) Contact us for details on the next course start dates <b>Booking Required</b> 6 weeks to pre-crawling</p> <p><b>Positive Beginnings For Maple Cross Families</b> No longer available at Maple Cross School New location, day and time to be announced. Please contact us for further information.</p>	<p><b>Babies Drop-by and Play</b> 10:30am – 12pm Birth – crawling</p> <p><b>Breastfeeding Support</b> 10:30am-12pm Drop-By for advice and support with Julia (trained breastfeeding support worker)</p>	<p><b>Baby Clinic with the Health Visiting Team from Skidmore Way Clinic</b> 9:30am – 11am From 20<sup>th</sup> January 2012 onwards Skidmore Way Baby Clinic is moving to Rickmansworth Children's Centre from the 20<sup>th</sup> January.</p>	<p><b>Families Unlimited; Stay and Play and Baby Clinic</b> 10:00am – 12pm <b>Drop-By Session. No booking needed.</b> Every 4<sup>th</sup> Saturday Maple Cross Club, Longcroft Road, Maple Cross. In partnership with the Health Visitor team 28-01-2012 25-02-2012 25-03-2012 28-04-2012 <b>Baby weighing available at this session.</b></p>
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
<p>Thinking about quitting smoking? Try our smoking cessation clinic with Debbi. Contact us to book your first appointment!</p>  <p><b>Police Surgery</b> New Dates to be announced. Please call us for information or visit <a href="http://www.herts.police.uk">www.herts.police.uk</a></p>		<p><b>Information and Support</b> 12:30pm-2:30pm Drop-by and chat with a member of the centre staff At Maple Cross Club. Longcroft Road, Maple Cross 1<sup>st</sup> Wednesday of the month</p> <p><b>Citizens Advice Bureau Drop-by Advice Clinic</b> 12:30pm-2:30pm At Maple Cross Club 1<sup>st</sup> Wednesday of the month</p> <p><b>Crawlers Drop-by and Play</b> 2pm – 3:30pm Crawlers – walkers</p>		<p><b>Coming Soon</b> <b>Story and Rhyme Time</b> Coming to Friday's from January 2012. Visit our website or Call us for information on times and dates. No booking required.</p>	

### Weaning Talks

#### No Rush to Mush!

An introduction to weaning that is ideal for parents/carers with 0-4 month olds. These sessions will tell you all you need to know about when and how to start introducing solids to your baby's diet, with lots of useful information and handy tips. Call us for dates & times.

### First aid courses

Are you interested in learning some child and baby focussed first aid? Courses are run from your children's centre. Contact us to find out when your next course may be. Booking and payment will be required.

### Saturday Stay & Play & Baby Clinic

Join us and a member of the Health Visiting Team for a families with under 5's play session. A great opportunity to pop in and ask us or the health visitor any questions you may have about your little ones development and to meet other families.

### Baby Massage

Baby massage aims to provide you with the skills needed to massage your baby with confidence. It can be great for building strong-bonds with your baby, helping babies with sleep and aiding their digestion. Run by an experienced and qualified instructor.

### Information and Support Drop-By & The Citizens Advice Bureau

A chance to pop in to the Maple Cross Club and talk in confidence to a member of our staff or the citizens advice bureau, for any advice, information or support you may need.

### Lending Library

We have a wide selection of resources for you or your child to borrow here at the centre, including story sacks containing games, toys, books and music themed around a fantastic children's story, fiction and non-fiction books for both you and your child, DVD's, music CD's, Buggy Buddy bags and more.

If you would like to find out more, please pop into the centre and speak to a member of staff.

### Educational Psychologist

#### Let's Talk!

An opportunity for you to meet with an educational psychologist for a confidential appointment to discuss any queries or concerns you may have about your child. We hold these appointments for you once a term.

### Chatterbox Tots & Babies

A baby signing, singing, music making and moving course for little ones. This hugely popular course is run by a qualified and experienced speech and language therapist and is great fun for babies, tots and grown-ups too.

### Crawlers

Designed for babies on the move or nearly there, this drop-by group is an ideal place to play with your child whilst meeting other parents/carers in an informal, friendly environment. A member of our staff will also be on hand for any information and support.

### Babies

Our drop-by baby group is for parents/carers with newborns to crawlers to meet other local families and play in a warm and friendly environment. Staff are on hand to provide information and support. **Breastfeeding support** is also available with Julia or Catherine.

### Positive Beginnings

An interactive, fun and friendly, drop-by and play session, for families with under 5's living in the maple cross area. Information and support will also be available throughout the session from our outreach worker and HomeStart.

### Support & Advice

That's what we're here for. Come and see us, call us or email us and we will offer free and impartial advice and support to anyone with or looking after children under 5.

### Toy Library

Rickmansworth Toy Library, located at Mill End Community Centre, offers a wide range of great quality toys for 0-8 year olds. A small membership fee and charge per toy.

### Free Information

Here at the Children's Centre we have a large selection of information and booklets for you to take home and read. Pop in anytime we're open and feel free to help yourself.

### Parents Forum

This is a chance for you to have your say about services run by your Children's Centre. All parents of children under 5 in the Rickmansworth Children's Centre area welcome.

### How to Book

**To book a place on any of our courses please call, email or pop in and speak to a member of staff. Some courses and services may require early registration.**

### Useful Websites

Information and advice on your local community police, crime reporting, local issues, contact details and much more.

[www.herts.police.uk](http://www.herts.police.uk)



Information on employment, jobs, disability, health and much more.

[www.direct.gov.uk](http://www.direct.gov.uk)

Information and advice on a wide range of childcare and children's services in the area.

[www.hertsdirect.org/fsd](http://www.hertsdirect.org/fsd)

Information on full and part time courses in a wide range of subjects for 16 year olds plus.

[www.westherts.ac.uk](http://www.westherts.ac.uk)

Information, advice and support for children and adults on a wide range of issues.

[www.childline.org.uk](http://www.childline.org.uk)

Information about children's centres in Hertfordshire.

[www.hertschildrenscentres.org.uk](http://www.hertschildrenscentres.org.uk)