



# Windmill Children's Centre News

A SureStart Children's Centre serving Adeyfield, Highfield and St.Pauls

## What's coming up in August & September?

### MONDAY

**Sunflower Centre drop-in** - 6th Sept 9.00-11.00am. Run by an Independent Domestic Violence Officer offering emotional and practical support for victims of domestic abuse which includes emotional, physical, verbal and/or financial abuse.

**Cooking with your toddler** - 13th, 27th Sept 2.00-3.30pm. Have fun learning how to cook with your child aged 2 years old. The cost is £2.50 per child & £1.50 for siblings. Ring us to book.

### TUESDAY

**HartBeeps for mobile babies and toddlers** - 3rd, 17th, 31st Aug & 14, 28th Sept 9.45-10.30am. Music and singing activity session. This ever popular activity costs £2-50 per child and £1-50 for additional siblings. Ring us to book.

#### **HartBeeps Baby Wonderland**

10th, 24th Aug & 7th, 21st Sept 9.45-10.30am. Music, singing and activity session especially for the under 1's. £2-50 per child & £1-50 for additional siblings. Ring us to book.

**Little Birds Songs & Stories** - 17th Aug 11.00-12.00. Children from age 2 and a half years are invited to get lost in their imagination through play & storytelling with access to toys & instruments for a thoroughly interactive drama experience. This activity costs 50 pence per child. Ring us to book.

**Weaning Talk** - 17th Aug 2-3pm. Student Health Visitor, Rachel Petts is holding a one-off Weaning talk. Covering some FAQs such as when to start, first foods & foods to avoid. Ring us to book. **FREE**.

**Nurturing Programme at the Heights Community Hall**- 21st, 28th Sept, 5th, 12th, 19th Oct, 2nd, 9th, 16th, 23rd, 30th Nov 1-3pm. A new 10 week course which aims to benefit both children under 5 & adults by raising self esteem, developing communication and social skills, providing effective strategies to encourage responsible behaviour & managing challenging behaviour as well as much more! Faye Potton, one of our outreach workers will be running this course with Mary the outreach worker from Heath Lane and Anita from Natural Flair. Free crèche available. Ring us to book. **FREE**.

### WEDNESDAY

**Adult English** - Every Wed 9.15-11.15am term time only. Do you want to develop your skills in speaking English? Would you like to improve your speaking & listening & gain a qualification? Do you want to be able to help your children with their schoolwork? Eligibility: Are you married to a UK citizen or from the EU? If not then have you lived here for 3 years? If not then what sort of visa do you hold? Do you have children aged 3-16? Then phone us to book your place on this **FREE** course.

**Young Detectives at Brockwood School** - 4th Aug 10-11.30 You will need to collect a quiz form & then go off around the local area searching for clues. Finally, return your completed form to Brockwood for a chance to win a prize.

**Emergency Fun Day at Yewtree School** - 11th Aug 10-12.30. Lots of fun activities on offer including a fire engine, ambulance, police, bouncy castle, footy 4 fun, road safety, fake wounds & more! No need to book, just turn up on the day! **FREE**.

**Arts, Crafts and Music at Hammond School** - 18th August 10-11.30. Lots on offer such as arts & crafts, music, African instruments, playground games & Hartbeeps. Bring your own refreshments. No need to book. **FREE**.

**Miniature Garden Festival & Planting at Maple Grove School** - 25th Aug 10-11.30. Bring your own miniature garden to be judged by the Mayor (the previous weds sessions will show you how to make a miniature garden at home). Seed planting, veg printing, arts & crafts & fruit/veg tasting. No need to book. **FREE**

**Dinky Dancers** - 8th Sept 1.30-2.30pm. Come and watch your child's first dance moves! The cost is £2.50 per child & £1.50 for siblings. Ring us to book.

**Protective Behaviour Taster at St Benedicts Church Hall** - 15th Sept 12.45-2.45 A session for parents & carers with under 5's covering: Recognising & trusting feelings, self esteem, confidence building & problem solving skills. Ideas for you & your children. Ring us to book.

**Educational Psychologist** - 29th Sept 1.00-3.00pm. Covering your child's education or development and aimed at the age group 0-19. These are one to one, half hour sessions and need to be booked in advance by calling the Centre. **FREE**. Ring us to book an appointment.

Windmill Children's Centre

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Manager - Caroline  
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SureStart



# What is coming up at Windmill Children's Centre?

## THURSDAY

**HartBeeps Baby Wonderland** - 5th, 19th Aug & 2nd, 16th, 30th Sept 10.00-10.45am. Music, singing and activity session especially for the under 1's. £2-50 per child & £1-50 for additional siblings. Ring us to book.

**Stay and Play at Highfield Community Centre** - 5th Aug & 16th Sept 10.00-11.30am Come to this free session to meet new friends, play with our toys & join in with a craft activity. Cold refreshments provided. Ring us to book. **FREE**.

**Under 1's & Parents to be Group** - 12th, 26th Aug & 9th, 23rd Sept 9.30-11.00am. Come along with your babies or bumps to meet other parents at the same stage. **FREE**.

**Well Baby Clinic** - Every Thurs 11.30am-1.00pm. Come with your babies to have weight checks and see your local health visitors. **Clinic finishes promptly at 1.00pm so please arrive by 12.30pm to ensure you can be seen.**

**Young (Under 21) Parents Group** - Every Thurs 1.30-3.00pm. If you are a young parent or parent-to-be & would like to meet other young parents then come along to our new group. Fun & informative sessions for you & your children every week. Midwife and/or Health Visitor available to weigh & provide advice & support. No need to book, just turn up!

**Bookstart Rhyme Time Challenge at The Heights Community Hall** - 19th Aug & 30th Sept 10.00-11.00am. Come and join us once a month for this fun & exciting way to learn new rhymes & songs. At the end of the challenge (that takes place over several months) every child will be awarded a special certificate. **FREE**. Ring us to book.

**Sponsored NSPCC Pedal Push** - 2nd Sept 2.00-3.00pm. The NSPCC protects children across the UK. They run a wide range of services for both children and adults, including national helplines and local projects. You will need to collect a sponsor form before the day from the centre & ring us to book.

### SUMMER HOLIDAY PLAYSCHEMES

We have details of holiday play schemes in the Dacorum area. Ring us for more information.

### PARENTS QUESTIONNAIRE PRIZE DRAW WINNER

The winner of our prize draw for completing our questionnaire is Rachel Molnar and family. They have won a family ticket to Gullivers Land.

## FRIDAY

**First Steps** - Every Fri EXCEPT 20th AUG 9.45-11.00am. For toddlers aged between 1 & 2 (or members of the under 1s group who are very mobile). Come along and enjoy seeing your child engage with other children of the same age. No need to book. **FREE**.

**Postnatal Reunion** - 13th Aug 11.30-12.30. For parents who have recently attended Parent Craft sessions at the centre. Come along and meet the parents again, make friends and find out what's on offer in your local Children's Centre - no need to book.

**Fun Day at Verulamium Park in St Albans 20th Aug 9.15-1.00 TRANSPORT PROVIDED**. You will need to bring swimwear (for the splash pool), a packed lunch, sun lotion & a sun hat. Lots of games such as parachute & ball games. Ring us to book. £2.50 a child, £1.50 for siblings to cover coach hire. Please book by 6th August so that we can book transport!! Suitable for under 8s and their parents. **You will need to bring your own car seats/booster seats.**

**Active Play** - 20th Aug & 24th Sept 2.00-2.45pm. For children from age 2 years. This session will aim to encourage children to be physically active by running, jumping & making use of various pieces of equipment including bean bags, balls & hoops! The emphasis being on playing together, having fun & encouraging movement & activity. The cost is £2.50 per child & £1.50 for additional siblings. Ring us to book.

**Messy Play** - 27th Aug 1.00-2.30pm. Come to this **FREE** session and make messy art. Better still, you don't need to worry about the mess!! Ring us to book.

**Baby Massage** - 3 week course: 3rd, 10th & 17th Sept 11.30am-12.30pm. This popular course starts again this month costing £5-00 per session. You should aim to attend every session to get the most from this course. Please ring us to book a place.