



Windmill Children's Centre News

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

A very warm welcome back to you all even though the weather's been rather cold and snowy!

We have a new Outreach Worker, **Faye Potton** who has joined the team. She works Tuesdays and Thursdays from 9.00am to 5.00pm and Fridays from 9.30am to 1.30pm. Faye's email address is: faye.windmill@hertschildrenscentres.org.uk. And her mobile number is 07824 701 266. Karen's email address has now changed to karen.windmill@hertschildrenscentres.org.uk.

A BIG thank you to Susan Lyon & Nora, Katherine Dobbs & Logan and Claire Cartwright & Joseph who raised £125 for BRAKE, the road safety charity. A special mention goes to Katherine Dobbs and Logan who were our biggest fundraisers!

I CAN's Chatterbox Challenge is an annual mass participation fundraising activity for pre and primary school aged children. 2010 will be its 9th anniversary. Through the *Challenge* children and families are encouraged to practice and learn songs, rhymes and poems together and then the children perform them. The *Challenge* promotes the importance of good communication to life chances, and encourages parents and practitioners to enrich children's communication through rhymes, songs and stories. This activity will take place on **Monday 8th Feb**, 1-2pm here at the Centre. Please ring us to book a place. It will be FREE but we are COLLECTING DONATIONS for ICAN registered charity no. 210031 which works to promote children's speech and learning. Why I CAN needs your help: Communication difficulties are not life threatening, but they are life limiting. A child who finds speaking and listening hard, finds life hard. Over 1 million children in the UK today are struggling with a communication difficulty. Help make a difference to children across the UK by supporting I CAN's chatterbox challenge 2010!

I know that there has been some confusion in the past (sorry!) about when and how to book onto our sessions. In light of this we have decided that parents can book onto the next month's activities from the date of publication of that month's newsletter. They will be published on the **21st of each month**, unless this falls on a non-working day when they will be published on the next available working day.

Our newsletters are available on our website as well as being distributed to many venues within our catchment. If you would like to receive newsletters by email, please contact us.

PLEASE NOTE: Some of our popular sessions will stay the same, but will be held at Highfield so please make a note of the venue when booking.

St John Ambulance will be running their popular **First Aid courses** on Mon 1st Feb, 5.30-8.30pm at Adeyfield School or Sat 8th May, 10am-1pm at Hobletts Manor Infants School or Wed 16th June, 9.30am-12.30pm at Yewtree Primary School. You will learn emergency first aid for babies and young children, and it costs just £5 for all parents/carers in Dacorum. These are arranged by LINK Dacorum so Please call Nicola on 01442 426727 or 07538 600323 to reserve a place, then send your £5 payment with the booking form which can be found at the back of the Link newsletter, which can be collected from the Children's Centre. **NOT OPEN TO CHILDCARE PROFESSIONALS.**

Windmill Children's Centre

Broadfield Road
Hemel Hempstead
HP2 4DW

07909 555 299

01442 426303

Manager: windmill@hertschildrenscentres.org.uk

www.hertschildrenscentres.org.uk/windmill

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Manager - Caroline



Outreach Worker - Karen

07824 565545



Outreach worker - Faye

07824 701266



SureStart



What is coming up at Windmill Children's Centre?

MONDAYS

Stay and Play at Highfield Community Centre-1st Feb 1.00-2.30pm Chinese new year theme! Come to this free session to meet new friends, play with our toys and join in with a craft activity. Cold refreshments provided. Please ring us to book a place. **FREE**.

Sunflower Centre Drop-in-8th Feb 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.

ICAN Chatterbox Challenge - 8th Feb 1.00-2.00pm. This year's theme is 'minibeasts and the garden'. Come and learn songs, rhymes and poems together. Please ring us to book a place. **FREE** but we are collecting donations for ICAN.

Nurturing Programme at the Chaulden Community Centre- **22nd Feb, 1st, 8th, 15th, 22nd, 29th March 12th, 19th, 26th April and 10th May** 9.30-11.30am. A new 10 week course which aims to benefit both children and adults by raising self esteem, developing communication and social skills, providing effective strategies to encourage responsible behaviour and managing challenging behaviour as well as much more! Karen our outreach worker will be running this course with Mary the outreach worker from Heath Lane and Anita from Natural Flair. Ring Heath Lane on 01442 269804 to book on. **FREE**.

TUESDAYS

Little Butterflies-Under 21's Baby & Toddler Group - Every Tue 12.30-2.30pm. The cost is £1 per family. Please phone Mairi (Health Visitor) on 07768 852014 for details.

HartBeeps for mobile babies and toddlers- **2nd, 16th Feb** 9.45-10.30am. Music and singing activity session. This ever popular activity costs £2-50 per child and £1-50 for additional siblings. Please ring us to book a place.

HartBeeps Baby Wonderland

9th, 23rd Feb 9.45-10.30am. Music, singing and activity session especially for the under 1's. £2-50 per child and £1-50 for additional siblings. Please ring us to book a place.

Galley Hill Dads Club - Details yet to be confirmed but will probably take place at Chaulden Adventure Playground on a Tuesday morning, 9.30-11.00am, starting Early March. Open to any male carer (Grandads, uncles etc). Please ring Terri at Galley Hill Children's Centre on 01442 426753.

WEDNESDAYS

Adult English - Every Wednesday 9.15-11.15am term time only. Do you want to develop your skills in speaking English? Would you like to improve your speaking and listening and gain a qualification? Do you want to be able to help your children with their school-work? Then phone us to book your place on this **FREE** course.

Dinky Dancers - 3rd Feb 1.30-2.30pm. Come and watch your child's first dance moves! **We have a new teacher taking these sessions called Susie**. The charge is £2-50 per child and £1-50 for additional siblings. Please ring us to book a place.

Rhyme Time & Activities at The Heights Community Centre - 10th Feb 1.30-2.30 Crafts with a nursery rhyme theme, bringing the rhymes to life. **FREE**. Please ring us to book a place.

FREE FAMILY FUN DAY - 17th Feb 10-12.30 at Aycliffe Drive School. It will have a FEELIN' GOOD WEEK THEME. Open to children under 11 years and their carers. There will be arts and crafts, face painting, singing and A LOT more.

Educational Psychologist - 24th Feb 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**. Please ring us to book a place.

THURSDAYS

HartBeeps Baby Wonderland

4th, 18th Feb 10.00-10.45am Music, singing and activity session especially for the under 1's. £2-50 per child and £1-50 for additional siblings. Please ring us to book a place. See bold notice below about leaving the room after the session.

Under 1's & Parents to be Group **11th, 25th Feb** 9.30-11.00am. Come along with your babies or bumps to meet other parents at the same stage. **FREE**. **If you plan to stay on for the Well Baby clinic please leave the room and wait in reception until the health visitors call you in.**

Well Baby Clinic - Every Thurs 11.30am-1.00pm. PLEASE NOTE NEW TIMES. 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.

FRIDAYS

Walk & Weigh Group - Every Fri at 9.15am. Come along and keep a record of your weight. Walk circuits around Adeyfield with other parents (buggies welcome) and finish with a glass of squash. **FREE**. Meet in the Children's Centre. This session is weather dependant so please ring us if unsure.

First Steps - Every Fri Please **NOTE the NEW TIME** of 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. **FREE**

Postnatal Reunion - 5th Feb 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.

Tiddlers Yoga with Babs - 5th Feb 1.30-2.00pm for children from 2 1/2 years old. Come and watch your children enjoy a yoga session! £2-50 per child and £1-50 for additional siblings. Please ring us to book a place.

Baby Massage - 3 week course: 12th, 19th & 26th Feb 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.

Messy Play - 26th Feb 1.30-3.00pm. Come to this **FREE** session and make messy art. Better still, you don't need to worry about the mess!! Please ring us to book a place.

If you've changed any details such as address or contact numbers please let us know so we can update our records. Also, if you registered when you were pregnant, please can we have your baby's details so we can add them to our system. Thank you.