



# Windmill Children's Centre News

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

I hope that you all enjoyed the summer holidays and the severe lack of sun did not dampen your spirits! We had a lot of fun at Windmill Children's Centre even if we had to do some juggling around at the last minute and have some quick dashes back inside!!

Windmill Children's Centre is rapidly establishing itself in the community...the month's activity lists are eagerly anticipated by those that have attended sessions in the past, one mum even said last week "I don't know what we did before the Children's Centre, I would be lost without it now!"

Now the older ones are back in school it really is a good opportunity to pop in and see what we have on offer.

If you are unable to afford the cost of some of the sessions and have a Dacorum

Card, give me a call or pop in and see me and we can make alternative arrangements.

Spaces on the sessions get booked up really quickly and lots of carers and children have been disappointed to find that there are no places left. PLEASE can I make a plea that if you book a session and then are unable to attend that you give us as much notice as possible so that your place can be given to someone on the reserve list.

The Parent Support group is starting again on Tuesday Sept 9th at 1.30-3pm. There is a free crèche that runs alongside this (must be booked) It is a place for you to go and talk to other parents about worries or concerns that you may have.

There is the additional support of two child psychotherapists, who can help you look at the issues you may have. Those that have attended regularly have said that they find it invaluable. You can attend for as many or as few sessions as you need.

Windmill Children's Centre will also be running Educational Psychologist sessions on the last Weds of every month 1-3pm. You must book your half hour slot. This is a chance for you to raise any developmental/educational concerns, find out about curriculum levels, how to support your child or whatever you need. This is open to parents from birth to 19 years!

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Manager - Caroline

## What is ContactPoint?

ContactPoint is part of the work the Government and Hertfordshire Children's Trust Partnership are doing to make sure that all children and young people fulfil their potential, whoever they are, and no matter what problems they may face.

At the moment, it can take a long time for a professional (e.g. a doctor, a teacher or a social worker) to find out who else is working with the same child, which means a child and their family may have to wait a long time to get the help they need.

This is where ContactPoint will help. It will be an online directory which will hold the names and basic details of every child in England from 0-18. It will only hold basic details, like their name, age and where they live. It will also show the contact details of other professionals who are currently working with the child. It will **not** hold more detailed reports such as case notes or school reports.

ContactPoint will be used by professionals who work with

children and young people and need it to do their jobs. Everyone who uses it must pass strict security checks and will be properly trained. They will need a password, PIN and security fob in order to access it and the system will be monitored closely to make sure it is used properly

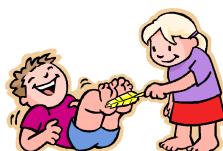
You can find out more about ContactPoint and other ways children's services are working together to help children, young people and their families by visiting [www.hertsdirect.org/caf](http://www.hertsdirect.org/caf) or <http://www.everychildmatters.gov.uk/delivering/services/contactpoint/>

SureStart



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

- **Thursday September 4th—Hullabaloo Babies**. 9.30-10.30am. Multi sensory play for babies from birth to 18 months. £3.50 paid directly to the facilitator, Sylvia.
- **Thursday September 4th—Well Baby Clinic**—11.00-12.30pm (note earlier finish time), come with your well babies to have weight checks and see your local health visitors. There will be no clinic on Sept 11th, otherwise the clinic is weekly.
- **Friday September 5th—1.30-2pm Yoga Bugs session** 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.
- **Tuesday September 9th - 1.30-3pm. Weekly Parent support group** starts. Come along and discuss any worries or concerns you may have about being a parent or your child. FREE group with a FREE crèche if booked in advance.
- **Wednesday September 10th—1.30-3pm. Bringing Stories to Life**— Story and activity session around sleep routines!! Help your child to understand a sleep routine as well as picking up some tips. Session being taken by a trained speech and language therapist who is open to questions! £3.00 a session and £2.00 for additional siblings
- **Thursday September 11th—9.30-11am Parents to be/Under Ones Group**. Come with your baby or bump to meet other parents at the same stage in their life. Free group held on **18th, 25th September** .
- **Friday September 12th—9.30-10.15am Mucky Pups**—Arts, craft and messy activities for you to enjoy with your children. £2.50 a child, £ 2 for additional siblings. Next session on **Friday September 26th** same time.
- **Monday September 15th—9.15-10.00am HartBeeps** Music, singing and activity session. Each session is built around a different theme. £2.50 per child and £1.50 for additional siblings
- **Monday September 15th and Friday September 19th—1-3pm. First Aid Training for children and babies**. A FREE course designed for parents on emergency first aid. You must attend both days.
- **Tuesday 16th September for 6 weeks. Mums of Steel Buggy Fit Class**—tone up and get back your pre mummy tummy!! Held in Broadfield Primary Playing Fields. You must be 6-8 weeks post birth and complete a pre exercise health questionnaire. Suitable for all abilities. 3 pounds a session. You can join in at any week in the 6 week programme.
- **Wednesday September 17th—1.30-2.30pm Dinky Dancers**—Come and watch your child's first dance moves! £2.50 per child and £1.50 for additional siblings
- **Monday September 22nd—10-11.30am. Stay and Play Session**. FREE session at Windmill Children's Centre
- **Wednesday September 24th—1-3pm. Educational Psychologist sessions** Book your half hour slot via Windmill Children's Centre, to discuss any aspect of your child's development, any concerns or any questions re curriculum, stages and your child's education. Places are VERY limited so book quickly!. Sessions will be held monthly on the last weds of the month!
- **Monday September 29th—9.30-10.15am Caterpillar Music** - A music and action session. Come along with your children and have fun singing some songs! £1.50 a child and £1 for additional siblings



## Volunteers Needed:

Adeyfield Adventure Playground in Turners Hill, is in desperate need for some volunteers over the age of 18 to help out at some of their sessions. For more details call the manager on: 01442 242852

## Newly Pregnant?

If you are newly pregnant this area is offering early pregnancy information sessions, which you can book as soon as you know you are pregnant (ideally by 6-8 weeks). The session will cover: How to book your local midwife, options for where to have your care and give birth as well as what you need to know in early pregnancy. To book a place on one of these sessions call 01923 288674 and follow the Instructions.

The Children's Centre also has "The Parents Guide to Money" from the Financial Services Authority. These should be given to all expectant mums by their midwife, but if you have not got your copy you can get it from us! Its really useful for those with children under 1.