



Windmill Children's Centre News

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

Families have FUN at our sessions!

As part of National Family Week we are hosting with LINK Dacorum and Worldshapers Children's Centre a FREE Family Fun day on **SATURDAY MAY 30th 10am-2pm.**

This day promises to be an awful lot of fun. It is all taking place at Broadfield Primary School Grounds (enter via Windmill Children's Centre entrance).

We have PetWize Zoo doing animal shows, you will have a chance to pet some exotic animals and also take part in some fun games like ferret racing!

Sportspace are hosting a Family Sports Day with lots of fun races and games to take part in.

The PaperMill will be offering arts and crafts activities.

There will be face painting available all day as well as workshops of Yoga Bugs, Dinky Dancers, Baa Baa babies and more!!

This really will be a fun day for the whole community so make sure you put it in your diary now!

We have so many things happening at Windmill Children's Centre now—if you have not come to see us yet why don't you come along and see what we could offer to support you. If you feel that you need some extra support don't forget Karen our outreach worker offers 1:1 help.

We are still desperate for **volunteers**, so if you fancy helping us out at activities, and crèches, planning and carrying out fundraising events,

then give us a call. It is a really good opportunity to get some experience if you are thinking of returning to work in the future.

We will need you to have a clear enhanced CRB form that we will arrange to get done for you and will offer support and training. Give us a call if you are interested!

Windmill Children's Centre Registration forms. Thank you so much to all of you who have completed a registration form. We now have 228 families registered with us. To enable us to keep up to date with our communities needs, could you please advise us of any changes in your circumstances, forms i.e. change of address, new baby etc.

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Manager - Caroline



Outreach worker-Karen

Adult Learner's Week and Beat The Credit Crunch

May 9th to 15th is Adult Learners' Week in Dacorum. There are a wide range of learning events taking place such as using computers, French, African Drumming, Researching Family History to name just a few. The events will take place across Dacorum and comprehensive information can be found on www.dacorumlearninggp.btik.com or telephone the Dacorum Learning Partner-

ship on 01442-867824.

There are also a number of 'Beat The Credit Crunch' events taking place with professionals on hand to provide advice on job hunting, finance, courses, housing benefits or setting up a business. There is no need to book, just turn up at your chosen venue.

For more information phone 01442-867824 or
g o t o

www.dacorum.gov.uk/creditcrunch

We also have a number of websites which you may find helpful. If you would like details, please either pop in and see us, or give us a ring. Some of the websites available are:

www.moneybasics.co.uk

www.nationaldebtline.co.uk

www.cccs.co.uk

www.fool.co.uk

SureStart



What is Coming up at Windmill Children's Centre?

All Windmill Children's Centre activities must be booked

- **Fridays May 1st/8th/15th/22nd & 29th - First Steps Group - 11.45-1.00pm.** For toddlers aged between 1 and 2. A natural follow on to our Bumps and Under 1 sessions. Come along and enjoy seeing your child engage with other children of the same age group. Free weekly.



- **Friday May 1st - 1.30-2pm Yoga Bugs** 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.
- **Tuesdays - 1.30-2.45pm. Parent Support Group** This 8 week course continues for a further 6 weeks having started on 21st April. A free crèche is available by prior arrangement. The course will cover things such as being a parent, feeding, sleeping, behaviour (including temper tantrums and aggression, crying and sibling rivalry), and separation. You can join at any time.
- **Wednesday May 6th - 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.
- **Thursday May 7th & 21st - Under Ones/Parents to be Group** Come along with your babies or bumps to meet other parents at the same stage. Free Fortnightly.
- **Thursdays in May - Well Baby Clinic**-11.00-12.30pm. Come with your well babies to have weight checks and see your local health visitors. This is a weekly session.
- **Friday May 8th/15th/22nd/29th - 2.00-3.30pm Baby Massage** Aimed at babies up to the crawling stage, this 4 week course begins this month and costs £5 per session.
- **Monday May 11th - 10-11.30am. Stay & Play** at the Windmill Children's Centre. Come to this free session and play with our toys.

- **Monday 11th May - 1.00-3.00pm** Drop in sessions run by The Sunflower Centre for people suffering from domestic violence. 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.
- **Wednesday May 13th & 20th, June 3rd & 10th Parentline Plus** are running a free 4 week course at Windmill Children's Centre covering all aspects of this difficult problem including cyber bullying. The sessions are from 9.30-11.30am. If you would like to book a place, please phone Nicola Fisher, who is a Parent Support Worker for the Link Dacorum Extended Schools Consortium, on 07538 600323.
- **Thursday May 14th & 28th - 10-10.45am. Baa Baa Babies** (formerly known as Hullabaloo Babies). Multi sensory play for babies from birth to 18 months. £3.50 paid directly to the facilitator, Sylvia. This session is held fortnightly.
- **Thursday May 14th for 8 weeks 11-12.00am Mums of Steel** Post natal exercises designed for all abilities for you to do with your child in it's buggy!! Starts on **Thursday 14th May** in the grounds of Broadfield School. The cost is £3 per session and will run for 8 weeks. You will need to complete a short health questionnaire before your first session. You must be 6-8 weeks post birth but can join at any point throughout the programme by booking with Windmill Children's Centre.
- **Friday May 15th - 10.15-11.00am HartBeeps** Music, singing and activity session. This ever popular activity costs £2.50 per child and £1.50 for additional siblings
- **Tuesday May 19th - 10-11.30am Messy Play** Come along to this free fun session and make messy art. Better still, you don't need to worry about the mess!!

- The Educational Psychologist will be at Windmill Children's Centre on **Wednesday May 20th** between 1-3.00pm, covering your child's education or development and aimed at the age group 0-19. These are 4 half hour, one to one sessions and only 1 more session is available in May. The next sessions will be on **Wednesday June 24th**. Please call the Centre to arrange an appointment.
- **Saturday May 23rd - 9.45-1.00pm First Aid for Babies and Children** at Windmill Children's Centre. Call Nicola on 07538-600323 to book your place now. Places are very limited.
- **Wednesday May 27th - 10.00-12.30** Windmill Children's Centre, Link Dacorum and Worldshapers Children's Centre are hosting their popular half term activity sessions for children aged 0-11 and their families at Maple Grove. There will be lots of physical activities, arts and crafts and FUN.
- **Saturday May 30th - 10.00-2.00pm Family Fun Day**-In conjunction with Worldshapers and Link Dacorum, a free fun day as part of National Family Week is being held in the grounds of Broadfield School. There will be numerous activities to enjoy as well as live animals from Petwise Zoo who will be holding petting sessions, animal shows and much more.

DATES FOR YOUR DIARIES



- Boys Development Programme is a 4 week course for mothers re parenting sons. Held on Tuesdays from 10.00-12.00 starting **June 9th**.
- **Mums of Steel** starts on **Thursday July 9th** for another 8 week run in the grounds of Broadfield School.