



Windmill Children's Centre News

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

New Term is upon us!

We had a lot of fun over the summer holidays and lots of families came along and enjoyed the activities we had on offer. If you have not been along before why don't you have a look at the gallery on our website to see how much fun we had?!

The event we held with LINK Dacorum and Worldshapers Children's Centre at Holtsmere End School was really popular and over 170 people enjoyed circus skills, arts and crafts, face painting, cake decorating, hoola hooping and fruit and veg tasting. Our next event will be on the Wednesday of half term 10am-12.30pm at Hobletts Manor Infants School and will have a music theme!!

We have all the usual activities happening at the Children's Centre in October

so why not try out one of our sessions? The **parent support group** has started up again and really is a good opportunity to talk through any issues you might be having with your child (up to 11 years) and meet other parents in the same situation. It takes place on Tuesdays 9.15-10.30am and there is a FREE crèche if booked in advance.

If you are getting to the stage that you are thinking about weaning your baby or have already started but have questions, why don't you book to come along to our **weaning talks**? They are run by our community staff nurse and take place on the last Tuesday of each month at Windmill Children's Centre 11.30am-12.30pm. Book your place by calling the centre.

In the very near future we will also have a group for parents under 21 years and their children so look out for details of that or contact us if you would like to know more.

In October we have a course of 3 **Baby massage** starting on the 23rd Oct 1.30-3pm, This is a heavily subsidised course costing £5 a session.

Recently the Early Years Magazine featured an article on children's **Yoga**. It talked about the positive effects on children of doing yoga which included: "Yoga provides a non competitive activity that supports the development of children's health and well being including self esteem". At Windmill Children's Centre we have a monthly **Yoga Bugs** session that delivers yoga in a fun interactive story setting and helps children learn to relax.

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

Beating the Credit Crunch in Dacorum

Dacorum has just developed a poster full of agencies that can help with a variety of issues including: Housing and accommodation, Money, savings and debt management, benefits, discounts and grants, legal advice and a lot more. This poster is displayed at Windmill Children's Centre so please pop in and have a look or call us if there is a certain area you are

looking for support with.

They also provide some top tips:

- Get free, impartial mortgage advice from Dacorum Borough Council and help with claiming benefits 01442 867878 (housing) or 867868 (benefits).
- Get advice on cutting your energy bills 0800 512012 www.energysavingtrust.org.uk
- Looking for a new job or about to be made redundant? Call the Bridge Careers Advice Service on 01442 867828.
- If you are on means tested

benefits apply for a Dacorum Card which offers discounts on local businesses and facilities 01442 867870.

Through the NHS Healthy Start Scheme you may be eligible for free weekly vouchers for milk, fruit, veg and infants milk formula 0845 6076823

Get low cost second hand furniture and white goods from the Paradise Furniture Project 01442 263197.

Don't forget 3 and 4 year olds get free pre-school and nursery places. 3 settings in our area have free places for some 2 year olds. 0300 1234043

SureStart



What is Coming up at Windmill Children's Centre?

All Windmill Children's Centre activities must be booked

HartBeeps Baby Wonderland - We now have alternate Thurs and Alternate Fri sessions on: **Thurs 1st, 15th & 29th**, 10.00-10.45am. **Fri 9th & 23rd** 10.15-11.00am. Music, singing and activity session especially for the under 1's. £2-50 per child and £1-50 for additional siblings.

Well Baby Clinic - Every Thurs 11.00-12.30pm. Come with your babies to have weight checks and see your local health visitors.

Walk & Weigh Group - Every Fri @ 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.

HartBeeps for mobile babies and toddlers - Fri 2nd, 16th & 30th 10.15-11.00am. Music and singing activity session. This ever popular activity costs £2-50 per child and £1-50 for additional siblings.

First Steps Group - Every Fri 11.45-1.00pm. For toddlers aged between 1 & 2. A natural follow on to our Bumps & Under 1's sessions. Come along and enjoy seeing your child engage with other children of the same age. **FREE**

Yoga Bugs - Friday 2nd 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.

Stay & Play - Mon 5th 1.00-2.30pm. Come to this **FREE** session and play with our toys.

Parent Support Group - Every Tuesday 9.15-10.30am. Covering subjects such as being a parent, feeding, sleeping, behaviour (including temper tantrums and aggression, crying and sibling rivalry) and separation. A free crèche is available by prior arrangement.

Getting Through the Day - Tues 22nd Sept 1.00-3.00pm for **5 weeks** finishing 20th Oct. This **FREE** course covers, routines & boundaries, understanding difficult behaviour, keeping it all going, faddy eaters & healthier options and looking after ourselves and more. Please book your place via Windmill Children's Centre. Aimed at parents with children aged 0-3. Free crèche available. **Places must be booked.**

Adult English - Weds 7th/14th/21st 9.00-12.00pm. Do you want to develop your skills in speaking English? Improve your speaking and listening? Do you want to help your children with their schoolwork? Do you want to get a speaking and listening qualification? Then phone us to book your place on this **FREE** course which is particularly aimed at adults who want to develop their skills in speaking English.

Dinky Dancers - Wed 7th 1.30-2.30pm. Come and watch your child's first dance moves! £2-50 per child and £1-50 for additional siblings.

Under 1's & Parents to be Group - Thurs 8th & 22nd 9.30-11.00am. Come along with your babies or bumps to meet other parents at the same stage. **FREE**.

Thurs 8th 11.00-12.30pm This month, The **Sunflower Centre** will be here during the Well Baby Clinic. 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.

Rhyme Time & Activities - Fri 9th 2.00-3.00pm. A special Rhyme Time to celebrate **National Bookstart Day**. Crafts with a nursery rhyme theme, bringing the rhymes to life. **FREE**. Free book of Rhymes for each child.

Sponsored Buggy Push - Mon 12th 9.30-10.30am. All funds raised go to Brake, the road safety charity who "work to stop deaths and injuries on roads and to provide relief from suffering for families bereaved or seriously injured in road crashes". Sponsorship forms are available from the Children's Centre so **please** come and support this worthwhile cause. Contact us for more details.

Messy Play - Wed 21st 2.00-3.30pm. Come to this **FREE** session and make messy art. Better still, you don't need to worry about the mess!!

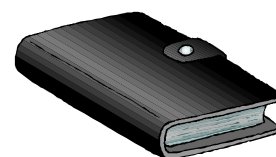
Baby Massage - Fri 23rd, 30th Oct & 6th Nov. This popular course starts again this month costing £5-00 per session.

Talk on Weaning - Tues 27th 11.00-12.00pm. Are you worried about weaning? Is your baby ready to be weaned? Do you need some ideas on how to begin? Then come along to this **FREE** session run by local Health Visitors. Places are strictly limited so please phone the Children's Centre to book. Further sessions will then take place on the last Tuesday of the month except December.

Educational Psychologist - Weds 28th 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.

Music Fun Day - Weds 28th 10.00-12.30pm at Hobletts Manor Infants School. Come along with children 0-11 years to try lots of different musical activities and arts and crafts. Hartbeeps will be present along with African drumming, street dance and a lot more!

DATES FOR YOUR DIARIES



Stay & Play - Mon 2nd Nov 10.00-11.30.

Young Parents (Under 21) and Children's Group - starts Tues 3rd Nov 12.30-2.30pm and will then be weekly.



SCHOOL ADMISSIONS INFORMATION

Starting Nursery 2010/11

This is for children born between 01.09.2006 and 31.08.2007. You will be able to apply online from 12th October 2009 and the application deadline is 11th December 2009.

Starting Reception 2010/11

This is for children born between 01.09.2005 and 31.08.2009. You will be able to apply from 19 November 2009 and the application deadline is 29 January 2010. Please note that a place in Nursery does not guarantee a place in Reception and a separate application must be made.

Parents/Carers who have been identified as having children of the appropriate age should receive a letter in October (for Nursery applications) and in November (for Reception) inviting them to apply online or to request a booklet from the Customer Service Centre (CRC). If you have not received a letter by the end of October (for Nursery) or the end of November (for Reception), you should contact the CSC on 0300 123 4043.

