



Children's Centre Newsletter Term 3



Martial Arts for Women!

8 week Basic beginner's course

Martial Arts Training will help you

- ◆ Develop a greater confidence
- ◆ Build a positive attitude
- ◆ Renew your spirit

A course that addresses the whole person

Venue: Oakwood Children Centre

Start: Monday 7th February

Time: 10.00-11.00am

Limited Crèche spaces available
@ £2.00 per session

Welcome to a new year, hope you all had a good Christmas. Let me introduce you to our second joint newsletter and another member of our staff

Hi my name is Leonarda Cave and I work in a very enjoyable role as a Receptionist at Oakwood Children's Centre. Besides being a Receptionist at the centre, family life also keeps me busy, as I am a working mum of three girls and have a fire-fighter husband! I have several hobbies which include Scottish dancing; writing children stories; drawing and painting.

As a Receptionist at the Children's Centre, my main role is being the first point of contact for families, staff, volunteers, and professionals from local community voluntary and public sector organisations. I answers question and queries and if I don't know the answer I will always find someone who can.

What I really enjoy about my role is that it is very varied and allows me to use my creative skills i.e. when I am asked to produce timetables or posters for around the centre. From time to time I may also be required to work in other areas of the centre such as Day Nursery and the Crèche. I am also required to work at other centres such as Gardner's Lane Children's Centre.

For information on any of the articles in this newsletter Please contact your local centre

Gardners Lane CC	01242 252185
Oakwood CC	01242 513010
Up Hatherley CC	01242 863997
Leckhampton CC	01242 239832
Charlton Kings CC	01242 235788

Term 4 dates

Start back: Tuesday 4th January
Inset Days: Thursday 17th & 18th February
Half Term : Monday 21st February
Date back : Monday 28th February
Term ends : Friday 8th April

Winter Timetable for Oakwood & Gardners Lane Children Centres

Monday	9:00-11.30	Family Time	Oakwood CC	
	9.30:11.30	First Aid (starting 24th January 2011)	Oakwood CC	
	9.30-12.30	Relate Counselling (By appointment)	Oakwood CC & Gardners Lane CC	
	10:00-11:30	Best Start (1 Invitation only)	Gardners Lane CC	
	1:00-3:00	Best Start (1 Invitation Only)	Oakwood CC	
	1:00-2.30	Tots Group (12-24 months)	Gardners Lane CC	
Tuesday	9:00-11.00	Tots Group (12-24 months)	Oakwood CC	
	9:30-11:30	Social English (1 Invitation only)	Gardners Lane CC	
	9:30-11:30	Numeracy (starts 1st March 11)	Gargners Lane CC	
	12:30-2:30	Literacy (starts 1st March 11)	Gardners Lane CC	
	1.00-2.00	Baby Massage	Oakwood CC	
	1.30-3.00	Young Parents drop in (1 Invitation only)	Gardners Lane CC	
Wednesday	9:00-11:30	Family Time	Oakwood CC	
	9.15-10.30 or 11.00-12.15	Baby drop in	Gardners Lane CC	
	10:00-12:00	Young Parents (under 21's only)	Oakwood CC	
	10.00-12.00	Baby Clinic	Gardners Lane CC	
	9.30:11:00	Have your Say (Once a month)	Gardners Lane & Oakwood CC	
	12:30-2:30	ESOL	Gardners Lane CC	
	12:30-2:30	Parents with Prospects	Oakwood CC	
	1.00-2.30	Family Time (Alternate Wednesdays)	Gardners Lane	
Thursday	10:00-12:00	Young Parents & Parents to be Drop in	Gardners Lane CC	
	9.30-11.30	Childminders drop in (starts 12th January 11)	Oakwood CC	
	9:30-11:30	Positive Steps (1 Invitation only)	Gardners Lane CC	
	12:30-2:00	GLOBES	Gardners Lane CC	
	12:30-2:30	Social English (Mothers & Children)	Gardners Lane CC	
	1.00-3.00	Parents with Prospects & YMTB	Gardners Lane CC	
	1.30-3.00	Stay & Play (1 Invitation only)	Oakwood CC	
Friday	9:30-11:30	Child Minders Drop in	Gardners Lane CC	
	9:30-11:30	Patchwork	Oakwood CC	
	10:00-11:30	Baby Club	Oakwood CC	
	1:00-2:00	Baby Massage	Gardners Lane CC	
	1:00-3:00	Stepping Stones (1 Invitation Only)	Oakwood CC	

First Aid Course at Leckhampton Children's Centre

Leckhampton Children's Centre ran its first adult education course for Parents at Leckhampton Baptist church during November. The British Red Cross basic first aid for parents course ran for two sessions with a crèche for children running alongside. Parents said they enjoyed the course as it gave them the confidence to know what to do in an emergency as well as having crèche facilities in the next room that enabled these parents to take part.

"It was a really good course, very practical and the instructor was excellent. The massive bonus was having the childcare on site too." Mum of a 1 year old boy who attended the course.



If you would like to do a first aid course then Oakwood Children Centre will be running one on:

Monday 24th & 31st January 2011

To Book a place please contact Sarah K @ Oakwood Children Centre

Up Hatherley & Charlton Kings Children Centre will be running one on:

Wednesday 9th & 16th February 2011 @ Leckhampton Baptist Church

To book a place please contact Shelley @ Up Hatherley or Kerry @ Charlton Kings Children Centre

What is a C Card?

The C-card scheme is for young people up to the age of 25 to have access to free condoms. The children's centres at Oakwood and Gardners Lane are part of this scheme

If young people are already part of the scheme, they will have a C-card and any member of staff can give them condoms. If they haven't already got a card, they need to see a member of staff who has done the C-card training in order to join the scheme or complete the C Card Online Assessment. If you answer all the questions correctly, you will be awarded a certificate which you then need to print off in order to exchange it at a number of venues for a C Card and free condoms.



Story Making is a new way of learning

Story Making is a new way of learning and remembering stories. It is about telling stories together rather than reading from books. Story Making builds children's confidence and helps to improve their speaking and writing in fun, creative ways.

Stories are told with actions. These are fun and help children to memorise new words and patterns in language. We ran 5 sessions at Warden Hill school on Friday afternoons 1.15-2.15. We had a group of 5 parents and children from St Christopher's playgroup . The group learnt to tell and sign two stories 'Dear Zoo' and 'Mrs Wishy-Washy' and then they did activities related to the story e.g play-dough animals, mask-making and making lift-the-flap books. We had very positive feedback from the group and are hoping to run more sessions in the New Year. *Diane Lloyd, Teacher and Shelley Thomas, Family Support Worker*



Baby Massage @ Charlton Kings

The first baby massage course was held at Charlton Kings Children's Centre during November and December. The four week course which shows parents how to give their babies developmental baby massage was well attended with parents enjoying the opportunity to learn a skill which, as well as having physical and emotional benefits provides time for closeness and interaction with their baby. Babies can start baby massage from 10 to 12 weeks until they are around six months of age and on the move. Baby Massage is rotating monthly between the Leckhampton, Charlton Kings and Up Hatherley Children's Centre. The next course will be in February in Up Hatherley. If you would like to find out more about Baby Massage Course or to put your name down on the waiting list please ring you local children's centre for more information. *Kerry Sykes, Senior Community Family Worker @ Charlton Kings*



Coming Soon

Bump to Baby Course

This is a 7 week antenatal course and it covers anything from safe exercise and healthy eating whilst pregnant to how to bath your baby and getting out and about with your baby. It will be running at all five of our centres and will be starting at the end of February.

The Young Carers group is moving

In January the Cheltenham's Junior Young carers group will be moving to Oakwood Children's Centre for their Wednesday afternoon session.

For more information or to book a place please contact your local Children Centre



Pattern changing Course.

This is a course for women who want to make changes in their lives.

Fed up with the same old you and the same old life?

Never have time for yourself?

Always meeting other people's needs?

SO

Want to understand how to make changes in your life?

Want to learn how to change relationships with those around you?

Want to have some 'me' time and some FUN??

PATTERN CHANGING Programme

Starts 4th March at Gardners Lane CC

10am - 12noon

Tea/Coffee

Crèche provided

For more information Contact: Julie Bacon (Oakwood CC) Kerry Sykes



Nursery transition to School

The Pre school children @ Oakwood will soon be moving up to primary school and in preparation the reception teachers will be coming to spend time with the children to get to know each other on Wednesday mornings and Thursday afternoon and the children will visit the teacher in school on a Friday morning, hopefully this will make the transition from Nursery to School as easy as possible.

Pre school groups @ Gardners Lane

The turtle group has enjoyed moving to their new room, they have all settled well and love playing in the new outside area.



The Starfish group is now running from 9.00-2.00pm every day including lunch for 3 yrs old who each attend 15 hours a week which is funded.

"Talking to someone has made all the difference".

Parentline plus are providing a new one-to-one advice service at Gardners Lane Childrens centre

On alternative Mondays 9.30- 12.30.
Next appointments offered for Monday 24th January.

Please speak to a member of staff to book an appointment.



Have Your Say

First Wednesday of every month
at Gardners Lane and second
Wednesday of every month at
Oakwood Children's Centre

9.30-11.00

GLOBES

Globes (Gardners Lane Offering Breastfeeding Encouragement and Support) is a small, friendly support group run by mothers for mothers. Mums can come along to the group for information and support for whatever stage of their breastfeeding journey they are on. The group is run by Peer Supporters, who are mothers who have breastfed their babies and attended a training course, as well as an NCT Breastfeeding Counsellor. Whether you have a specific problem that you wish to talk to a Breastfeeding Counsellor about, or you just want to come along for a social chat, Globes provides a friendly environment for mums to relax and breastfeed. You will also meet other mums who you can talk to about your experiences of feeding and parenting in general.

Globes has a range of nursing bras that can be purchased for a reasonable price. There is also a range of books on breastfeeding and other parenting topics that are available to borrow. These may also be useful for pregnant women, who are very welcome to come along to the group to find out more about breastfeeding. Partners are welcome to come along, as are older siblings, who can play in the safe environment of the children's centre.

Globes runs every Thursday (apart from bank holidays) from 12.30 to 2pm at Gardners Lane Children's Centre.

It is a GBSN group (Gloucestershire Breastfeeding Supporters' Network; www.breastfeedingsupporters.org.uk)

Car Park Safety @ Oakwood CC

For the safety of yourself and your children could you please refrain from walking across the car park, as there are cars coming and going all day.

Please use the front gate.



'Unlocking Your Potential'

A group ran for those of us who could do with a confidence boost and a helping hand to set some goals and learn how to meet them has been very successful. The sessions ran every Wednesday evening and all who attended found them to be great help, including me! I really can't stress enough the benefit of finding a little bit of time for yourself to socialise, perhaps learn something new, and most of all laugh.!"

The next session is planned for Wednesday 12th January, 6.30 - 8.30pm at Warden Hill Primary School. Please do come along to have an informal chat with the parents that have already been attending and to see if it's for you.

One parent who attended kindly submitted her comments for parents thinking about coming along— *My initial reservations about this group were unfounded and I was made to feel welcome and at ease at all times. It was great to meet like - minded people and to be given a huge amount of moral support.*" (S - mum of 3). If you would like to come, please phone Martha Parent Support Advisor on 01242 863997

Timetable for Leckhampton, Up Hatherley and Charlton Kings Children Cen-

Monday	9:00-12:30 10:30-12:00	Parent Support Drop-In Baby Club	Up Hatherley CC Charlton Kings CC
Tuesday	9.00-12.00 10.15-10.45 1:00-2:30 2.15-2.45	Information point Baby Bounce & Rhyme Family Time Rhyme & Storytime	Up Hatherley CC Up Hatherley Library Millennium Hall Up Hatherley Library
Wednesday	10:00-11:30 9.30-12.30 10:15-11:45	Baby Group Information Point Baby Bounce & Rhyme	Up Hatherley CC Charlton Kings CC Charlton Kings Library
Thursday	9.00-12.00 1:30-3:00 2.15-2.45	Information Point Stay and Play (Health Visitor Clinic) Rhyme & Story time	Leckhampton CC St Margaret's Hall Charlton Kings Library
Friday	1:00-2:30	Baby Club	Leckhampton Baptist Church

Dads Group

Don't forget about Dads Group on a Saturday from 10.00-12.00.

Alternate sessions once a month at Gardners Lane and Oakwood Children's Centres.

Please call for further details.

Champs

Do you Know what they are?

Champs are Cheltenham Ambassadors for People and Services.

They are trained volunteers who act as a two way communication link between their communities and the organisations providing services to those communities.

Champs will provide a voice for their communities so that services can listen and adapt a better meet Cheltenham's needs.

Do you care enough about Cheltenham and your communities to find out more?

To attend an information session contact:

01242 692112 or email:Bernice .Thomson @cwep.co.uk

Next course Starts:

Date: Tuesday 1st March 2011

Venue: Community Resource centre,
Lower High Street

Time: 9.30—12.30pm

Duration: 7 weeks



Children's Centre Newsletter Term 3



Are you frightened of a partner or family member?

If you would like to talk in confidence, please attend the

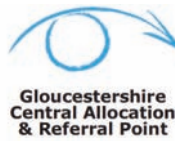
Domestic Abuse Drop-In Service

At Gardners Lane Children's Centre
Gardners Lane, Cheltenham. GL51 9JW

Held on alternate Fridays, 10.30am-12 noon. This is

To Book an appointment

Please call CARP on 0845 6029035
or Gardner's Lane 01242 252185



Family Learning Event

We ran two Family Learning Events before Christmas, one @ Gardners Lane on Wednesday 15th December and one @ Oakwood on Friday 17th December We had about 60 families access the events where the children had the opportunity to visit Father Christmas and enjoy Christmas activities with their parents, there was also festive snacks and a Christmas raffle, there was also the opportunity for parents to gather information from partner organisations such as schools, colleges, Cheltenham Borough Council and many more.

Great News! We are getting a new road laid in Gardners Lane.

From Monday 24th January 2011 Gardners Lane road will be closed for 6 weeks for urgent repair. They will be laying a new road, so we are asking parents to enter the school and children centre via Elmfield Ave where there is a gate that leads into the park, then you can access the school playground through the other gate from the park.



Why should you contact us?

The CARP can offer victims and their friends and family information and advice on the following;

1. Domestic abuse, and how this can affect individuals
2. Support services that would be available to you and how to access them
3. Promoting your safety by providing information about safety planning.
4. How to access a place of safety for victims and their family

You may just want to call us to discuss your feelings about your situation.

We always aim to respond to the wishes of the victim. We offer every victim a range of options according to their situation so that they feel empowered to make changes



**Gloucestershire
Central Allocation
& Referral Point
0845 602 9035**

The CARP stands for Central Allocation & Referral Point. We cover the whole of the Gloucestershire area.

Childminders Drop in @ Oakwood Children Centre

A new childminders drop in will be starting Thursday 13th January 9.30-11.30am.

Don't forget we also have the childminders Toy Library here