

FIELD LANE CHILDREN'S CENTRE

Burnsall Road, Rastrick, Brighouse, HD6 3JT – Telephone 01484 386621
Email gillian.smith@calderdale.gov.uk

July / August 2011 - Newsletter

Welcome to the new edition of our newsletter. We have some exciting groups and activities planned over the next few weeks, from Tiny Treasures and Play Rangers to Parenting Workshops. Why not take a look and maybe book yourself onto one of the activities?



Tiny Treasures

Tuesdays
10.00am - 11.30am

Come along and spend time with your baby and meet other parents.
Up to date advice on weaning, sleep issues, parenting etc
For parents / carers with children from birth to walking.



FIELD LANE CHILDREN'S CENTRE
Burnsall Road, Rastrick, HD6 3JT
Contact Sue on 01484 386621 for more information



Wednesdays 10.00am to 1.00pm

Field Lane Children's Centre, Burnsall Road, Rastrick, HD6 3JT

Please contact the Centre on 01484 386621 for more information.

You can also access advice services as follows:

Telephone Advice Line 01422 342848

For full opening times and information online visit
www.calderdalecab.org.uk and www.adviceguide.co.uk



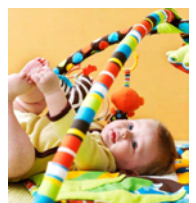
LOTTERY FUNDED

Young Parents Drop In

Come along and have a coffee, make new friends and try out different activities with your child.
Help and advice available from Natalie, our Community Link Worker.
Visits from Credit Union, First Aid, Health Visitors, etc.

Every Wednesday 10.00am - 11.30am

Field Lane Children's Centre, Burnsall Road, Rastrick, HD6 3JT
Telephone Natalie on 01484 386621 for more information





Your local Community Police Officer will be available for a coffee and a chat at Field Lane Children's Centre on 21st, 29th July and 11th August from 9.15am - 10.15am. Everyone welcome - please call in and have an informal chat to discuss local issues.



Calderdale Credit Union Ltd

***** Safe Savings *****
***** Low Cost Loans *****
***** Free Life Savings Insurance *****
Call into the Children's Centre to pick up an application form

Or for an appointment call 01422 393106



Nigel Broadbent is a Personal Advisor, trained to help you find your way back to work.

If you are looking to start work or training and would like help and advice with

- Job search, C.Vs, application forms and interview techniques
- Education and training to suit you
- How much better off you will be in work

Call or text Nigel on 07920784132
Jobseeker Direct 0845 6060234

Pregnancy Tests



Field Lane Children's Centre offers a free pregnancy testing service. Call in and speak to Gill or Natalie.

Parents' Forum

Join us and have a say in what you would like to see happening in your community and at the Children's Centre.

Please contact the centre for the next time and date. Crèche available if booked in advance. Refreshments provided - All welcome

Chlamydia Screening



Field Lane Children's Centre offers free Chlamydia screening for the under 25s. Results are confidential and can be sent from the test centre direct to your mobile.

C-Card and Condom Distribution

We are now trained and registered to distribute condoms, advice and support on sexual health. Call into the Children's Centre for your C-Card and free condoms.



Counselling Service

The Counselling Service offers counselling to persons age 16 years plus regardless of gender, religion, sexuality, convictions, disabilities, ethnicity or cultural background.

Professional and Confidential

We offer counselling for a range of problems covering post-natal and all forms of depression, bereavement, abortion, anxiety, stress, OCD, self-harm, assertiveness, anger management, confidence building, relationship issues, domestic violence, self-esteem and family issues.

FREE counselling service available at Field Lane Children's Centre

Monday - by appointment only (other venues and times are available)

Please call 01422 250081 : alternatively your G.P, Health Visitor, Midwife or Parent Link Worker can make a referral on your behalf.

Family Support Drop-In - Monday Mornings 9.30am to 11.30am

Problems with your child's behaviour, routines, budgeting, money management, form filling or letter writing?

Call in to Field Lane Children's Centre and have a confidential chat with Wanda, our Family Support Worker, who can give information and support on a range of issues.

Anything you need help with - no appointment needed.

Telephone 01422 393722 or 01484 386621 if you would like more information.



Parents Group

Thursday Mornings
10.30am to 12.00 noon
In the Portacabin, Burnsall Road, Rastrick



Come along and have a coffee, make new friends and try out different activities with your child.

All parents and carers welcome!

Visits from Credit Union, 1First Aid, Jobcentre Plus and Health Visitors etc..

Field Lane Children's Centre, Burnsall Road, Rastrick, HD6 3JT



EMERGENCY FIRST AID COURSE

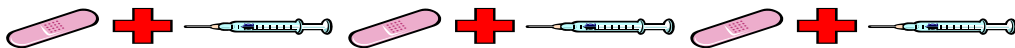


Saturday 1st October 2012 at Field Lane Children's Centre, Burnsall Road

9.00am to 1.00pm

£5.00 (Refreshments and Certificate included)

To book your place please contact Gill or Natalie on 01484 386621



Breast Feeding Support Group

Come along and meet other breastfeeding mums and their babies in a relaxed atmosphere for a coffee and a chat



Every Monday - 11.00am to 12.30pm

Field Lane Children's Centre

Peer Supporters are on hand to share their experiences and discuss any issues you may be having.

ARE YOU REGISTERED WITH THE CHILDREN'S CENTRE?

If you are new to the area, have had a new addition to your family, or would like to register with the Children's Centre, why not call in for a coffee and a chat and find out what the Centre can offer you?
Call Natalie or Adam on 01484 386621 for more information.

Dads Group

Calling all Dads, Grandads, Uncles - this one is for you!
A chance to spend time with your child whilst taking part in fun activities!!
Saturday 23rd July - Den Building at Hullen Edge Park, Elland with the Play Rangers
9.30am to 12.00 noon

Play Gym in Brighthouse
Saturday 27th August 2012
9.30am to 12.00 noon

For more information telephone Adam on 01422 373133



Speech and Language

Do you have any worries about your child's talking?
Are they under 5 years old?

Contact a Speech and Language Therapist on 01422 305561 to book an appointment at your local Children's Centre.
Appointments available on the 1st Wednesday of each month.

OR

telephone the advice line on 01422 305579
Wednesdays 9.00am to 10.00am
Wednesdays 9.30am to 10.00am for Punjabi/Urdu speakers



Baby Massage Group



Suitable for babies up to 6 months
Friendly and informal 5 week course, by appointment only
Enjoy relaxing with your baby as you learn massage strokes
Mondays 1.00pm to 2.00pm

Contact Sue on 01484 386621 for more information and to book your place.

Come and have fun with your little ones.
Let them get messy and explore their creative side
(with the added bonus of someone else cleaning up!)
Fun activities to help your baby/toddler learn
through play and creativity.

A good chance for you to meet other parents and carers in the area.
No need to book: just turn up!
Light snack and drinks provided.
Contact Natalie on 01484 386621



Wednesdays
1.00pm to 3.00pm
In the
Portacabin, Burnsall Road



Toy Library

Healthy

Breakfast Club



8am-9.30am Thursday Mornings at Field Lane Children's Centre Burnsall Road Rastrick
Come and have a **free** breakfast, meet other parents and staff at the centre and let us take the stress out of Thursday mornings.

Everyone Welcome - No Charge

Children must be accompanied by Adults

Fruit Smoothies

Toast/Crumpets

Cereal/Porridge

Tea/Coffee/Fruit Juice

(food may change each week)

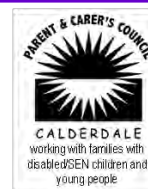


Safety Equipment on Sale

For more information please contact the Centre on 01484 386621



TALK GROUP



Supporting parents & carers of children with additional needs

Wellhome Children's Centre, Wellhome Park, Brighouse
The next groups will be held on the following Saturdays:

30th July

20th August

from 11am to 1pm

Come along for a coffee and a chat

Activities for children and their siblings

For more details contact the Centre on 01484 714768



Baby Yoga

Come and have fun with your baby,
Learn gentle yoga exercises to use at home.

Informal and relaxing.

Suitable for babies from 3 to 12 months.

Mondays 2.30 to 3.30pm.

No Need to Book.



Contact Sue on 01484 386621 for more information

What's happening in the Nursery?

Could parents please provide their child with a full change of clothes for water play and little (or big!) accidents? Baby wipes suitable for your child's skin type must also be provided for use during nappy changes and toilet training.

Children play outside daily whatever the weather so please make sure you provide suitable attire i.e. hat, coat, sun cream and suitable footwear!

Sun cream can be purchased from the children's centre:
please see a member of staff.

Theme for the Term - Out and About

Toddler Room activities will include

Tasting and exploring fruit in the home corner.

Making our own teas using different ingredients. The recipes are then included in the monthly recipe book.

Making clay models

Talking about the weather

Baby room activities will included:

Filling a board with photos featuring the local area and photos of the children out and about with their families.

A summer walk to collect leaves, flowers and twigs etc to use in a special sensory/treasure basket and to make printing pictures

Eating fruit and vegetables picked from the school allotment

Song of the Month



Baby Room - Wheels on the Bus

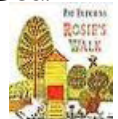
Toddler Room - Wheels on the Bus

Book of the Month



Baby Room - Lets go home Little Bear

Toddler Room - Rosies Walk



Nursery Leavers

We say goodbye to those who are leaving us for pastures new. We wish you all well on your new journey.

Closure Dates

Training Days - Wednesday 14th September, Thursday 10th November

Bank Holiday - Monday 29th August

Please note Field Lane Nursery will close at 4.15pm on the 1st Wednesday of every month for Staff Meetings.