

FIELD LANE CHILDREN'S CENTRE

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

September/October 2011 - Newsletter

Welcome to the new edition of our newsletter. The Nursery has some new starters who are settling in nicely. The Centre is also running some parenting programmes/workshops details of which are below. Why not book yourself onto one of the courses or activities?



Happy Children
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Happy Families

Happy Children = Happy Families is series of ten individual workshops to be held during school hours for parents, grandparents and carers. You can attend one or all of them. Free Refreshments included.

Thursdays 9.30am to 12.30pm

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

Workshop 1 - Quality Time (29.9.11), **Workshop 2** - Coping with Stress (6.10.11)

Workshop 3 - Praise, Encouragement, Reward (13.13.11), **Workshop 4** - Loving Smacks (20.10.11)

Workshop 5 - Parenting Styles (3.11.11), **Workshop 6** - Ignoring and Time Out (10.11.11),

Workshop 7 - Positive Communication (17.11.11), **Workshop 8** - Supporting Separated and Stepparents (24.11.11), **Workshop 9** - Adorable Adolescents (1.12.11),

Workshop 10 - Special Needs/Special Parents (8.12.11)

Please ring 01484 386621 to book yourself onto any of the above workshops

Strengthening Families Strengthening Communities

A group run over 13 weeks looking at positive behaviour, relationship building, issues around discipline and positive ways to parent. Learn new parenting skills and make new friends!

Venue - Field Lane Children's Centre, Burnsall Road, Rastrick, HD6 3JD

Starting Tuesday 13th September 2011, 9.30am to 12.30pm.

Refreshments provided.

**To register please contact the centre on 01484 386621
For more information about the course please contact the
Family Intervention Team on 01422 392658.**

Help and support for you and your family

Are you a lone parent with a child under 7?

In receipt of Income Support?

Thinking about work or training now or in the future?

Wondering how much better off you will be in work?

Are in receipt of benefits because you are a carer?

Thinking of work or training?

Considering how this will affect your benefits?

Want to look at jobs that fit round your caring responsibilities?

Getting Incapacity benefit?

Have you heard about the changes to Incapacity benefit?

Want to discuss how this will affect you?

You'll be surprised at how much help our adviser can give you.

Nigel is trained to help you get the support you need and can meet with you in various locations in Calderdale

To find out more call or text : Nigel on 01422 424119 or 07920 784132

jobcentreplus

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

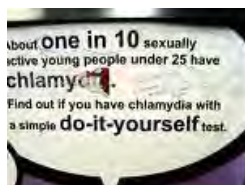


Pregnancy Tests

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



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

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

All parents and carers welcome!

Thursday Mornings 10.30am to 12.00 noon in the Portacabin

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

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

Contact Sue on 01484 386621



Tiny Treasures



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.

Thursdays 1.00pm to 2.30pm in the Children's Centre

Contact Sue on 01484 386621 for more information.



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 Natalie or Gill on 01484 386621



Speech and Language

Do you have any worries about your child's talking? Are they 1—4 years old?

Phone the Advice Line on 01422 305579 Wednesdays 9.00am - 10.00am

Wednesdays 9.30am to 10.00am for Punjabi/Urdu speakers

OR

For advice and assessment 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 at Elland C.C



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 2.30pm to 3.30pm

Contact Sue on 01484 386621 for more information or to book a place.

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 1.00pm to 2.00pm.

No Need to Book.

Contact Sue on 01484 386621 for more Information.

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.

Wednesdays 1.00pm to 3.00pm in the Portacabin

Contact Natalie on 01484 386621 for more information.



Messy Monkeys



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 in the Portacabin
10.00am to 11.30am

Telephone Natalie on 01484 386621 for more information

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.

Call In!



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)

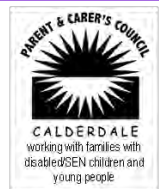


Safety Equipment on Sale

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:

24th September

22nd October

26th November

from 11am to 1pm

Come along for a coffee and a chat

Activities for children and their siblings

For more details contact the Wellholme Park Children's Centre on 01484 714768



With all of us in mind

South West Yorkshire Partnership **NHS**

NHS Foundation Trust

Calderdale NHS Stop Smoking Service are piloting a drop in at Field Lane Children's Centre
Mondays 9.30am to 11.30am.

Smoking not only damages the smokers health, but the health of your children!

Smoking during pregnancy can harm the healthy development of a baby, second and third hand smoke (chemicals stuck to furniture and clothes) can cause severe health problems in children, including asthma, pneumonia, ear infections, high blood pressure, behavioural problems and even Sudden Infant Death Syndrome (cot death)

Help to keep Calderdale children healthy!

For free confidential friendly advice and products to help you become smoke free

Telephone 01422 281505 or drop in to the Children's Centre at Field Lane

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, gloves and suitable footwear!



Theme for the Term - Light and Dark

Toddler Room activities will include

Torches and Shadows

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

Caves and Dens

Talking about the weather - collecting leaves and conkers for printing.

Festivals - Divali

Brushing Teeth - if you have not already done so please supply your child with a toothbrush and toothpaste.

Baby room activities will included:

Exploring our black and white area.

Shining torches

Making a cosy den

Collecting fallen leaves for leave printing

Looking at animals that come out at night

Song of the Month



Baby Room - Twinkle Twinkle

Toddler Room - Autumn Leaves are Falling

Book of the Month



Baby Room - Night Time Animals

Toddler Room - Owl Babies

Nursery News

Shelley Thornton has now left for pastures new - we wish her well with her new venture.

Congratulations to Nicola Bell who is now a Senior Early Years Practitioner.

WANTED!! Bottle tops, boxes and plastic bottles for junk modelling.

Closure Dates

Training Days - Thursday 10th November

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