

Covering Clevedon, Crockerne, Portishead and Long Ashton Children's Centres

Clevedon Children's Centre update:

Family Support Worker

Hello, my name is **Michelle Hillyard** and I am the new Family Support Worker at Clevedon Children's Centre.

For the last ten years I have worked with children and families and have thoroughly enjoyed every moment. I have worked as a Learning Mentor a Counsellor and Trainer and I am very passionate about my work.

I am currently involved in Baby and Toddler PEEP groups and I visit families at home to offer practical help and emotional support. My role is varied and can be tailored to your individual family needs.

When I'm not at work, I have a five year son who keeps me busy.

Cook 4 Life

We are aiming to run a 3 week Cook 4 Life course after October half term. We will advertise the new date as soon as we can. Please look out for notices promoting the

course or ring us for more information (01934 426440).

Termly PEEP sessions

All Peep groups have to be booked in advance, please contact **Rose de Greeff** – Baby Peep or **Michelle Hillyard** – Peep for 1 and 2 year olds for more information.

Baby Peep every Thursday during term time:

1st session 9.30 – 10.15am

2nd session 10.45 – 11.30am

Telephone Rose: 01275 546563

Peep Toddlers runs each Tuesday between 10.00 – 11.00am during term time. There is a waiting list, please telephone Michelle: 01934 426440

Who is PEEP for? – For parent/carers who live within the Clevedon Children's Centre area and have a child aged between Birth – 12 months (Baby Peep) or 1 – 3 years (Peep for 1 year olds and 2 year olds)

What happens at Peep? – Singing, talking, stories, playing and having fun!

Peep encourages children's:

- * Self esteem and confidence
- * Playing and sharing with each other
- * Talking and listening
- * Words and numbers.

Health Visitor Clinic

Health visitors will be at The Barn every **Tuesday 12.30 – 2.30pm.**

Please come along for any advice you need and to get your baby weighed.

Midwife Drop-in

A midwife is here at the Children's Centre every **Tuesday 11.30 – 12.30 pm** all year round.

4Parents and Parents 2B

The 4Parents group meet every Friday between 12 – 2pm. Come along and meet other parents and have fun with other children.

Crockerne Children's Centre update:

Job Centre Plus

On the first Wednesday of each month our Lone Parent Advisor holds a drop-in session between 9am-9.30am followed by pre-arranged appointments until 12 noon. Please contact Lesley Ounsworth at JobCentrePlus on 01275 515525 for further details.

PEEP Group

(Peers Early Education Partnership)

A new group for 0-3s is starting on Wednesday September 15th from 9.30 am – 11am in Pill Baptist Church, Myrtle Hill, which is to the right of the Co-op. Come along to our group and discover how you can help your little ones learn and develop in a relaxed and friendly atmosphere. Please contact Sarah on 01275 375726 or 07919 546463 for more information.



Health Visitor Drop In Session – Thursdays 2.30pm – 4.30pm

In the relaxed atmosphere of Crockerne Children's Centre you can call in to get your baby weighed, see your community health nurse and family support worker. Get advice on any concerns and worries you may have relating to your babies and young children. Please feel free to drop in – no appointment necessary.

Portishead Children's Centre update:

The building work has now been completed to St Barnabas Centre and has been a very big improvement. In particular regular users will benefit from the new serving kitchen in the hall and the refurbished Children's Centre activity room.

The North Somerset North Locality Team will be moving into St Barnabas towards the end of September and will include workers from Education and Family Support, Health and Connexions. Look out for further information as people settle in.

Summer at the Lakegrounds!

Due to the building work taking place in the Children's Centre we joined up with Play Forum for four weekly sessions at Portishead Lake Grounds where we provided activities and crafts for children of all ages to get involved with. This proved to be a huge success.



A new Dads group in partnership with Portishead Churches



will be taking place every second Saturday of the month at The Children's Centre from 10.30am to 12.00pm.

Llads stands for Lads, Lasses & Dads and is a great place for dads to have fun with their children. For more details or for an introduction contact Madeline Williams on 01275 399881.

New Events at The Centre!

September brings some new groups and sessions to the children's centre!

Health Visitors Baby Clinic starting 20th September at Portishead Children's Centre 1.00- 3.30pm.

Baby Makaton at Portishead Children's Centre 11- 12.00pm.

Please call Suzanne Thorne our Family Support Coordinator at the centre for more information.

Long Ashton Children's Centre update:

As you will have noticed the building work at the site is well under way. The initial work taking place is an extension to Birdwell School which is due to be completed in September 2011. The new Children's Centre building work is scheduled to begin mid to end of September 2010 with a completion date of March 2011.

Baby Massage

Baby massage with Bev McDonnell is held every Wednesday 1 - 1.45pm at the community centre this is a 5 week course, fee is £3 per session. Debra Edwards is also around to offer support to the group. It's been a pleasure to see how baby massage can make a difference in our babies lives from calming them down to helping with teething - and in the parents too! There is also an opportunity to stay on for Baby Birds.

Contact Bev on 079844 18084 for more details.

Baby Birds

Since April, we have been running a "Baby Birds" group at Long Ashton community centre in partnership with Bev McDonnell. This gives an opportunity for mums, dads and babies up to one year, to meet together to play & chat about all things baby and those early days! Debra Edwards, Family

Support worker is on hand for a private 1-1 if needed and free baby cuddles are available! held every Wednesday 2 - 3.30pm, following Baby Massage course. A donation of £1 is welcomed.

Childminders groups

On Tuesday mornings we have been supporting the Long Ashton Childminders network group. This gives Childminders an opportunity to meet others to discuss their role and provides another play venue for their children. This has been held at Hebron Church but is due to move to the Youth Hut very soon. **Contact Debra for more details.**

New Events

A new French Parent, Baby & Toddler group has started from 9th September in the Youth Hut at Long Ashton Community Centre.

It's a time to bring old friends, meet new ones and have fun learning or practising French in an informal and relaxed atmosphere.

The sessions run every Thursday from 9.30am and 10.30am for an hour. It's a 10 week course. Annual membership: £4.95, £3.50 for first child/session and £1 for additional siblings.

A natural way for you and your child to absorb French easily!

For more information contact Fabienne on 07980 649262/01275 376952

Little Chicks Breastfeeding Support Group!

5th October at Hebron Church from 10.30am until 12.00pm.

Working with the local Breastfeeding Counsellor Heidi Evans and Family Support Worker Debra Edwards.

This will provide support to mothers of 0-4yrs children.

For further information on this please contact Debra at Long Ashton telephone number as below.

General Information:

Credit Union Banking:

This is a fair financial service for everyone. You can apply for membership, open a savings account, get advice and make general enquiries.



Every Tuesday at Pill Resource Centre
9.30am – 11am

Every Wednesday at Portishead Children's Centre, 12.30pm – 2.30pm

Every Thursday at Clevedon Baptist Church, 10am – 12pm

To find out more come along to one of the sessions or call: 01934 429573.

Liberata will be holding their weekly Housing and Council Tax Benefits surgery at Clevedon Children's Centre from Friday 5th November, please telephone the centre for more details.

Council Connect Service

Our Council Connect Board is part of the self-service gateways project to ensure families and individuals can easily access information about North Somerset services.



There is also a Public Access computer and telephone at each of our Children's Centres. You can access North Somerset services, the internet and online North Somerset Libraries. Please ask at the reception for further details.

****DON'T FORGET** WE OFFER ADVICE AND FAMILY SUPPORT ON A 1:1 BASIS PLEASE CALL IN AND ASK.**

Registration Forms



We are required to collect information to inform and monitor how effective Children's Centres are in meeting the needs of parents and children under 5.

If you attend sessions you will be asked to register. You don't have to complete the form to receive services but it is very helpful if you do so. It also enables us to keep you informed of future events and services as we develop them. It is good to have the details of both parents, whether you live together or not, as both have an impact on children and we may from time to time offer services for separated parents or just for dads.

Details are held on a secure database and any statistics produced will be anonymous.



Where you can contact us:

Clevedon Children's Centre, North Somerset Council, The Barn, Great Western Road, Clevedon BS21 6HB Tel: 01934 426440

Email: clevedonchildrenscentre@n-somerset.gov.uk

Crockerne Children's Centre, North Somerset Council, Westward Drive, Pill, Bristol BS20 0JP Tel: 01275 375726

Email: crockernechildrenscentre@n-somerset.gov.uk

Portishead Children's Centre, North Somerset Council, St Barnabas Centre, West Hill, Portishead, BS20 6LN Tel: 01275 399881

Email: portisheadchildrenscentre@n-somerset.gov.uk

Long Ashton Children's Centre, North Somerset Council, c/o Early Birds Neighbourhood Nursery, Hollis Close, Long Ashton, BS41 9AZ Tel: 01275 395359

Email: longashtoncc@n-somerset.gov.uk