

The Sunflower Children's Centre

Autumn / Winter 2011

This timetable has been compiled on 12th October 2011 and will be updated regularly. Please feel free to ring Centre for more information.

Children's Centre Staff
available between 9.00 – 12.00
noon

Broomfield Library base, 180
Main Road, Broomfield,
Chelmsford, CM1 7AH

On the 3rd Monday of each
month one of the team from
Women's Aid will be present
to offer support. (please see
back page for further details)

Story and Song time 2.00-2.30pm

For children under 5 and
their parent/carers to
come along and join in
with singing and a story.
Broomfield Library base,
180 Main Road,
Broomfield, Chelmsford,
CM1 7AH

Great Leigh's Bumps and Under One's 9:45 – 11.00

This is a group for
expectant mums together
with parents/carers with
Under 1's.

Great Leigh's Under 3's 11 - 12.15 p.m

For parents & their
toddlers
Great Leigh's Village Hall,
CM3 1NF

Boreham Baby Weighing Session 2.00 – 3.30pm

The Laurels Surgery,
Boreham, CM3 3DX. Pop
in and see children's
centre staff for
information and support
plus get your baby
weighed by the health
visitor.

Watch this space!

Please check the back
page for our special
events or phone
children's centre staff for
information and support.

Bumps and Under 1's Broomfield 1.30 – 3 pm

Broomfield Library base, 180
Main Road, Broomfield,
Chelmsford,
CM1 7AH. This group is for
expectant mums together with
parents/carers with Under 1's.

Children's Centre Staff available
between 3.00 – 4.30 pm

Infant Massage

10.00 – 11.30am

A 5 week course which
promotes relaxation and
infant parent
attachments. Starting 6th
October. (fully booked)

Baby Sign

Helps promote and
support language
development. Date to
be confirmed

Bumps and Under 1's Boreham 1.30 – 3 pm

Pelly Room, St Andrews
Church, Boreham CM3
3EG This is a group for
expectant mums together
with parents/carers with
Under 1's.

Weigh and Stay

10.00 -11.30am.

Stay and play, get baby
weighed, advice &
support from Health
Visiting Team at
Broomfield Library base,
180 Main Road,
Broomfield, CM1 7AH
2nd & 4th Friday of each
month. **Breast-feeding
support from NCT**
present on 23rd
September 2011 and 25th
November 2011

Phone Children's Centre
staff for information and
support.

For information about any of the activities or events please contact **Leanne Povah on 07827 294982 or Paula Burns on 07584 023537**

Family Support Being a parent is one of the most challenging yet rewarding journeys we will ever make. Our Family Outreach Workers can support families in this journey, offering information, advice and guidance on a variety of issues such as positive parenting, behaviour management, boundary setting, confidence building and child development. They can support families through life's transition points such as the birth of a new baby or settling into school or pre school, they can support families through the financial difficulties or worries many of us are facing or offer information and support to those wanting to return to work or education, or they can simply be a listening ear. For more information please contact our Family outreach workers

Angie Berry 07917 604974 Wendy Preedy 07824 995006

Womens Aid - On the 3rd Monday of each month one of the team from Women's Aid will be present at our Pop in and Play on Mondays between 9 a.m and 12 noon at our centre base at Broomfield Library, 180 Main Road, Broomfield, CM1 7AH. They can offer you non-judgemental advice and support if your relationship is abusive in any way at all or if you want to ask advice on behalf of a loved one. Women's Aid can also be found at sessions in other areas.

Breastfeeding support Amanda Wheeler, Breastfeeding Support Counsellor from NCT will be at Weigh and Stay on 23/9 and 25/11.