

The Sunflower Children's Centre

September 2011

This timetable has been compiled on 16th September 2011 and will be updated regularly. Please feel free to ring Centre for more information.

Pop in and play!

Plus information and support between **9- 12noon** at 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. Starting September 2011

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 little ones.

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 and future baby massage courses 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.

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.