

Wren's Nest Children's Centre—*NEWSLETTER*



Issue 3

September 2010



Summer fun! What did you do?

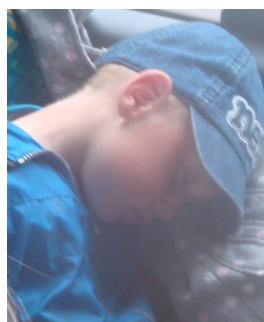
In July, some went to the Monkey Forest at Trentham.



Have you seen the photographs on display in the Centre?



The trip was thought to be just right for the age of children who went. There was enough to see and do.



Clearly at home, this monkey (left) posed proudly for his photograph.

Dear Parents and Friends,
 Welcome! Our term time services, activities and courses look different and there are new things for you to try.
 Whether you are a mother, father, grandparent or young child - try something new this term.
 Please see the full timetable on the back page. Also look at the notice board in the Centre.
 We hope you have a satisfying term.
Katherine May (Centre Manager)



Exhausted. Sleepy heads all the way home!

What is Wren's Nest Children's Centre?

Wren's Nest Children's Centre aims to be a one-stop shop for families with children under five years of age. We provide:




- nursery education,
- child and family support,
- a range of groups for parents and carers,
- advice services.

Why not register to become a member?

REMINDER! Times for Nursery and Child Support sessions			
Morning	Group / session	Afternoon	Group / session
8:45 - 11:45	Nursery Education	12:15 - 3:15	Nursery Education
9:00 - 11:15	Child Support	12:45 - 3:15	Child Support

What did the children think?

We asked the children to tell us how much they enjoyed some summer activity sessions. This is what they told us:

	 It was good	 It was ok	 Not ok
Animal Experience			
4 August = 20 children	19	1	0
11 August = 18 children	15	2	1
Total = 38 children	34	3	1
%	89%	8%	2%
Music Bugs 18 August			
Total = 10 children	9	1	0
%	90%	10%	
Play Day 20 August			
Total = 26 children	22	3	1
%	85%	12%	3%



This Autumn, why not try something new?

The Children's Centre staff have listened to feedback from parents, individuals and groups and reviewed what's available to you. The Autumn programme looks slightly different, less of some activities and more of others. We hope to see you in the Centre - enjoying these new groups and learning opportunities.

Links with Priory Children's Centre

A well attended **Dad's Group** meets at the Priory Children's Centre once a month on a Saturday morning. It's full of playful activities and fathers with their children.

Our Family Support staff may be able to help you to get involved.

Ask Family Support Staff for more details.

Volunteering—could it be for you?

Volunteers eagerly needed for the following ...

- Mini-bus driving
- General housekeeping
- Breastfeeding Buddies
- Story Sacks helper
- Toddler Time and New Starters helpers
- Antenatal and postnatal exercise leaders ... and more.

Wren's Nest Children's Centre has a number of volunteering opportunities - something for everyone. A great way to gain experience that may lead to qualifications and paid work. You'll need to undergo a check with Criminal Records Bureau (help available) and attend a volunteers' training course.

Come and find out more at our **"Second Breakfast" on Thursday, 9th September at 9:00 am.** Sign up at Reception!

Be a Breastfeeding Buddy

Our Breastfeeding Buddies course is for anyone who wants to encourage and support breastfeeding mothers. It's 9 sessions, has crèche available and starts on

**Wednesday, 15th September
9:30-11:30 am.**

Breastfeeding is best for every baby. Milk made by a mother especially for her baby. Encouragement from others is vital if you are going to succeed.

The course is fun, full of information and laughter (tears too sometimes!) - and equips you to be a buddy to a new mum at this important part of her life.

Speak to Kerry or other family support staff.



Weight Management course— 9:00am Wednesdays , starting 8th September

Responding to demand, the Weight Management course will help do the business—of losing weight that is! You will need to walk from the Centre to a park about 1.5 miles away, exercise, weigh in and walk back.

A member of the family support team will accompany you. The very fierce course tutor will discount you if you go by car! So we must support one another to be honest and, in return, perseverance will show dividends. Shall we be seeing less of you?

Family Links course for parents Starts Thursday, 16th September

Being a mum or dad isn't always easy. A new course called Family Links can offer ideas to help make family life better.

This term Family Links is being held at Priory Children's Centre with our Lynn Smith co-leading it.

We can help you get there and arrange crèche for little ones if needed. Four spaces are available on this weekly course. Ten sessions in total.

For more information, speak to Lynn.

Rattle & Drum

Where?

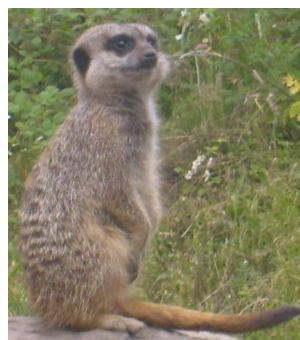
Wren's Nest Community Centre

When?

Friday afternoons, 1:45 -3:00pm

Who's it for? Very young children and babies—all under 3 years old with mummy, daddy or grandparents.

What? Led by Wren's Nest Children's Centre, you and your child can have fun and learn together in our singing and music sessions, play instruments and learn lots of songs. For more information ask Andrea (Mrs Stevens).



Resident of Dudley Zoo

DUDLEY ZOO— FAMILY GOES FREE!!

The Children's Centre has three passes that allow families to go to DUDLEY ZOO free for a day.

Ask at Reception for details of how to sign up and use them.

This Autumn, why not something new?

'Listen & Learn'

Thursday morning sessions – a series of workshops on different topics around family life and bringing up children—some suggested by parents.

Topics this term include:

- Helping bereaved children;
- Supporting early language and dental health;
- Home safety;
- Enjoying story telling and your local library;
- Ask an Expert Panel (bring your questions for health visitor, psychologist or nutritionist);
- First aid; and
- Pampering sessions—nail care and simple massage.

Come along and try these sessions.

This is a new approach and as usual your comments and feedback will be welcomed.

Story Sacks—for all 5 and under!

Jacque Guise will help you and your child choose a story sack to enjoy at home.

Each Friday between 2:30 and 3:15 in the Multi-use room.



**Every newsletter
should have a baby
picture.
Here's Henry!**



Wren's Nest Children's Centre What's on

During School term time—until Friday, 17th December 2010

Day	Morning	Group / Session	Afternoon	Group / Session
Monday	9:00 - 11:00 (starts 13 Sept)	Toddler Time	12:30 - 3:00	ESOL
			1:00 - 3:00 (starts 13 Sept)	Toddler Time
Tuesday	9:00 - 12:00	Get Cooking	12:30 - 3:00	ESOL
			1:30 - 2:30 (start date tbc)	Baby Massage <i>Sign up now!</i>
	10:30 - 12:00 (starts 14 Sept)	New Starters	12.30 - 2.30	Sign Language
Wednesday	9:00 - 11:15 (starts 22 Sept)	Weight Management	12:00 - 3:15 (starts 29 Sept)	Family Learning - Early Start
	9:00 - 11:00 (starts 8 Sept)	Stop Smoking drop-in	12.45 - 3.15	Computers
Thursday	9:00 - 11:15 (starts 16 Sept)	Self Esteem & Confidence	12.30 - 3:00	Numeracy
		Listen & Learn		
	9:15 - 11:30	Flower arranging (Oct)		
	9.15 - 11.45	Numeracy		
Friday	9:00 - 12:00	Citizen's Advice Bureau drop-in	1:45 - 3:00 (starts 10 Sept)	Rattle & Drum (Community Centre)
	9.15-11.45	Literacy	2:30 - 3:15	Story Sacks

SPECIAL DIARY DATES— this Autumn ...

- **Talking about Volunteering!** - with **"Second Breakfast"** 9-10 am, Thursday, 9th September
- **Talking about Childminding**—with **"Second Breakfast"** 9-10, Friday, 8th October;
- **Funky Facts!** Alcohol Awareness matters - 11 am -1 pm, Friday, 15th October;
- **'Daytime Dummy Dump'** - an information week about dummies and young children speech, starting 18th October.

Healthy Lifestyles —TOP TIP

Adults! Drink around eight half-pint glasses of water per day, plain or added to squash. Dehydration causes tiredness and headaches. It reduces the amount of saliva you produce, leaving you vulnerable to picking up coughs, colds and other bugs.

[Thanks to www.netmums.com]



Contact us at:

Marigold Crescent,
Dudley DY1 3NX

Tel: 01384 817383
E-mail: info@wrens-nest.dudley.sch.uk
www.wrensnest.org.uk