

## What's On At Wren's Nest Children's Centre -September - December 2009

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>SEPTEMBER</b>	9.00-11.30 Adult Literacy & Numeracy Group 9.00-11.00 Toddler Time 1.00-3.00 Toddler Time	8.30-10.30- School Nurse Drop-In 9.00-12.00 Adult Get Cooking Group 9.30-10.30 New Starters Plus 10.30-12.00 New Starters 1.30-3.30 Teenage Parents Group	Coffee & Chat 9.00-11.15 Health Visitor Drop In - 8.30-10.00 Family Finance 9.00-11.30 Tea & Talk 12.45-3.15 Buggy Fit 1.30-3.00 Story Sacks 2.20-3.10???	Police Drop- In 3 <sup>rd</sup> Sept 10.00am-12noon Adult Literacy & Numeracy 1.00-3.00 Midwife Drop In 1.30-2.30 Antenatal appts with Midwife 2.30-3.30 Weight Loss group 4.30-5.30	Adult Numeracy & Literacy Group 9.00-11.30 Citizens Advice Drop-In 9.00-12.00 8 <sup>th</sup> National Surestart week activity
<b>OCTOBER</b> Children's Centre will be open during half term.	Adult Literacy & Numeracy Group 9-11.30 Toddler Time 9.00-11.00 Toddler Time 1.00-3.00	8.30-10.30- School Nurse Drop In Adult Get Cooking Group 9.00-12.00 New Starters Plus 9.30-10.30 New Starters 10.30-12.00 Teenage Parents Group 1.30-3.30	Coffee & Chat 9.00-11.15 Health Visitor Drop In - 8.30-10.00 Family Finance 9.00-11.30 Tea & Talk 12.45-3.15 Buggy Fit 1.30-3.00 Story Sacks 2.20-3.10???	Police Drop -In 10.00am -12noon 1 <sup>st</sup> October Adult Literacy & Numeracy 1.00-3.00 Flower Arranging 9.00-12.00 Weaning Workshop Midwife Drop- In 1.30-2.30 Antenatal appts with Midwife 2.30-3.30 Weight Loss group 4.30-5.30	Adult Numeracy & Literacy Group 9.00-11.30 Citizens Advice Drop - In 9.00-12.00 Support group for parents of children with additional needs 10.00-11.30
<b>HALF TERM HOLIDAY - 26<sup>th</sup>-30<sup>th</sup> October 2009</b> The Family Support Team will be running workshops for parents with children under 5 years old . If you are interested please ask the Family Support Team or ask at reception.	Music Tots Session (time to be arranged)	New Starters Plus 9.30-10.30 New Starters 10.30-12.00 Teenage Parents Group 1.30-3.30	Music Tots Session (time to be arranged) Buggy Fit for families - 1.30-3.30pm	Music Tots Session (time to be arranged)	Music Tots Session (time to be arranged)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>NOVEMBER</b>	<p>Adult Literacy &amp; Numeracy Group 9-11.30</p> <p>Toddler Time 9-11</p> <p>Toddler Time 1-3</p>	<p>8.30-10.30- School Nurse Drop In</p> <p>Adult Get Cooking Group 9-12</p> <p>New Starters Plus 9.30-10.30</p> <p>New Starters 10.30-12.00</p> <p>Teenage Parents Group 1.30-3.30</p>	<p>Coffee &amp; Chat 9.00-11.15</p> <p>Health Visitor Drop In - 8.30-10.00</p> <p>Family Finance 9-11.30</p> <p>Tea &amp; Talk 12.45-3.15</p> <p>Buggy Fit 1.30-3</p> <p>Story Sacks 2.20-3.10???</p>	<p>Police Drop In 5<sup>th</sup> November 10am-12noon</p> <p>Behaviour Management group-9-11</p> <p>Adult Literacy &amp; Numeracy 1-3</p> <p>Flower Arranging 9-12</p> <p>Baby Massage</p> <p>Weaning Workshop (TBC)</p> <p>Midwife Drop In 1.30-2.30</p> <p>Antenatal appts with Midwife 2.30-3.30</p> <p>Weight Loss group 4.30-5.30</p>	<p>Adult Numeracy &amp; Literacy Group 9-11.30</p> <p>Citizens Advice 9-12noon</p> <p>Support group for parents of children with additional needs 10-11.30</p> <p>Weekly Workshops on specific topics. (will be advertised) eg stress, anxiety, depression, anger, mood &amp; food, confidence &amp; self esteem. 9-11am</p>
<b>DECEMBER</b>	<p>Adult Literacy &amp; Numeracy Group 9-11.30</p> <p>Toddler Time 9-11am</p> <p>Toddler Time 1-3</p>	<p>8.30-10.30- School Nurse Drop In</p> <p>Adult Get Cooking Group 9-12</p> <p>New Starters Plus 9.30-10.30</p> <p>New Starters 10.30-12.00</p> <p>Teenage Parents Group 1.30-3.30</p>	<p>Coffee &amp; Chat 9.00-11.15</p> <p>Health Visitor Drop In - 8.30-10</p> <p>Family Finance 9-11.30</p> <p>Tea &amp; Talk 12.45-3.15</p> <p>Buggy Fit 1.30-3</p> <p>Story Sacks 2.20-3.10???</p>	<p>Police Drop In 10<sup>th</sup> December 10am-12noon</p> <p>Behaviour Management group-9-11</p> <p>Adult Literacy &amp; Numeracy 1-3</p> <p>Flower Arranging 9-12</p> <p>Baby Massage</p> <p>Midwife Drop In 1.30-2.30</p> <p>Antenatal appts with Midwife 2.30-4.30</p> <p>Weight Loss group 4.30-5.30</p>	<p>Adult Numeracy &amp; Literacy Group 9-11.30</p> <p>Citizens Advice 9-12noon</p> <p>Support group for parents of children with additional needs 10-11.30</p> <p>Weekly Workshops on specific topics. (will be advertised) eg stress, anxiety, depression, anger, mood &amp; food, confidence &amp; self esteem. 9-11</p>

Our Family Support Workers are available 8.30-6pm every day if you feel we can help you in any way please ask.

We visit every family in the area who has a new baby to tell them about the services we offer. We can arrange a home safety check in your own home.

Look out for our workshop sessions or short courses that run throughout the year on a variety of different topics.

Individual sessions are available to help you to stop smoking, eat healthily and keep fit.

The Children's Centre has links with Citizen's Advice Bureau, Job Centre Plus.

If you have a child that is 2years old or younger they may qualify for a place in our time for 2's playgroup.

Please ask us for more information. Thank you.

## Family Support Christmas Activities 2009

DAY / DATE / TIME	EVENT	IF I WANT TO ATTEND WHAT DO I NEED TO DO?
Tuesday 15 <sup>th</sup> December 11am-3pm	Santa's Grotto	Ask at reception
Thursday 17 <sup>th</sup> December 11am-3pm	Santa's Grotto	Ask at reception
Monday 14 <sup>th</sup> December 9-11am Or Monday 14 <sup>th</sup> December 1-3pm	Toddler Time Party  Toddler Time Party	Speak to Linzi in Family Support  Speak to Linzi in Family Support
Tuesday 15 <sup>th</sup> December - 10am-12noon	New Starters and New Starters Plus One Party	Speak to Lynn in Family Support
Wednesday 16 <sup>th</sup> December- 9-11am	Tea and Talk Party	Speak to Michaela in Family Support
Wednesday 16 <sup>th</sup> December - 1-3pm	Coffee and Chat Party	Speak to Michaela in Family Support
Thursday 17 <sup>th</sup> December - 10-11am Or Thursday 17 <sup>th</sup> December - 2-3pm	Christmas Stories and Songs  Christmas Stories and Songs	Ask at Reception  Ask at Reception

Everyone welcome.