

Healthy Start Vitamins

We now stock healthy start vitamins.

Vitamins are essential nutrients that your body needs in small amounts so that it can work properly.

Even though you can get lots of vitamins from a healthy balanced diet, you still might not get everything you need at certain times in your life - such as pregnancy, a new mum or a small child. So UK health departments recommend that at these times you should take a supplement containing specific vitamins to make sure you get everything you need.

Healthy Start vitamins are suitable for vegetarians and halal diets, and free from milk, egg, gluten, soya and peanut residues. Pregnant women, women with a baby under one year and children from six months old to their fourth birthday on Healthy Start will get green Healthy Start vitamins coupon.

You can use your Healthy Start vouchers in exchange for the vitamins or they can be purchased for £2 for children's drops and £1 for women's tablets.

Please call the Centre on 01932 568758 or for more information you can pop in between 9am-3pm.

Breast Pump Hire

We are now able to hire out our state of the art breast pump for families.

Many parents use a breast pump for a number of reasons, using a pump when you are apart from your baby helps you to be able to give breast milk to your baby and avoid the expense and hassle of feeding formula. Using a breast pump allows you the flexibility to get back to work or school without your baby having to miss out on your milk.

The pump we have is the "Ardo Calypso Plus Electric Breast Pump" which is the same pump which is used on the maternity ward at St Peter's and other hospitals. If you would like to find out more please call the centre for information.

Baby Clinics

Appointments must be booked for each Baby Clinic using telephone numbers below

Stepgates Health Centre, Chertsey. Tel 07825 717099

2nd & 4th Monday of every month 13:30-15:00

The Crouch Oak Family Practice, Station Road, Addlestone. Tel 07825 717099

Every Thursday 10:00-11:30

New Ottershaw Surgery, Bousley Rise, Ottershaw. Tel 07825 717099

1st Tuesday of every month. 14:00-16:00

Haven Children's Centre, The Hythe School, Thorpe Road, Staines. Tel 01483 785505

2nd Wednesday of every month 9.30am-11am

The Grove Medical Centre, Church Road, Egham. Tel 01483 785505

1st, 3rd & 5th Thursday of every month 9.30am-11am

Autumn 2018



Welcome to Chertsey Children's Centre

What are Children's Centres?

Children's Centres bring together a wide range of services and support which families of young children need. These are provided by a range of professionals such as Health Visitors, Midwives, Jobcentre Plus Advisors, Family Support Workers, Speech and Language Therapists. Most services and activities are free of charge.

Children's Centres can contribute to:

Improving health for children and families

Improving education for children

Enabling children to enjoy and achieve

Reducing child poverty

Helping parents to access work and training opportunities

Telephone 01932 568758 Email: surestart.office@chertsey.surrey.sch.uk

Keep up to date by checking out our website www.chertsey.surrey.sch.uk

Chertsey Children's Centre
Pycroft Road
Chertsey
Surrey. KT16 9ER



Summer Holidays Activities

Summer Trip to the Seaside
Southsea

Tuesday 31st July



Cost £5 per person, payable at time of booking
Coach will leave Chertsey Children's Centre 9am
Returning from Southsea at 3pm

Places are limited, book early to avoid disappointment

Thursday 2nd August Arts & Crafts and lots more fun
9.30am -12pm



Tuesday 7th August Visit from Donkeys & Petting Farm
12.30pm - 3pm



Thursday 9th August Play at the Park
Chertsey Recreation Ground
9.30am - 12pm



For Families with Children up to 5yrs and their siblings
£2.00 per child, **Places Must be Booked.**
Chertsey Children's Centre, Pycroft Road, Chertsey. KT16 9ER
Telephone: 01932 568758
Email: surestart.office@chertsey.surrey.sch.uk

Chertsey Children's Centre Weekly Timetable

Monday

Introducing Family Foods

3rd Monday of the month
10:00-11:30. This workshop explains why it is important to introduce family foods, signs to look out for that your baby is ready and tips on kinds of food to offer. To book please call 01932 568758

Bumps & Babes

Mums To Be & Babes up to walking. A friendly, fun, informal group. Come & meet other mums in your area. Support & advice given. £1 per family.
10am - 11.30am

Thursday

Messy Time

Term Time Only

Stay & Play session
13:00-14:00

A fun session where mess is what it's all about.

Cost £1 per child

Friday

Sunshine Club

Term Time Only

Stay & Play session
9.15am-11am

Come along
& enjoy the fun
£1 per family

Tuesday

Understanding Children's Behaviour

Free 5 week course
For parents & carers of children aged 0-6 years
Starts 11th September
9.30am-11.30am
Identify different types of behaviour
How the use of routines and praise can encourage positive behaviour
crèche available
Please call to book a place on 01932 568758

Block Play

Free 1 ½ hour session
9.30am - 11am
For parents & carers with their child aged 18 months - 3 years
Have fun with different types of block play with your child
Find out what your child is learning through block play
Please call to book a place on 01932 568758

The Value of Play

Free 5 week course
Starts 6th November
12.30pm-2.30pm
For parents & carers with children aged 6 months - 3years
Looking at importance of play, learn how to support your child's communication, explore ways of playing, talking and listening to your child's indoor & out
Please call to book a place on 01932 568758

Wednesday

Waddlers and Toddlers

Term Time Only

Play & Learn session, crafts and singing, lots of activities
09:15 - 11:00
£1 per session

Mothers Wellbeing

Starting 12th September
12.30pm - 2.30pm
A chance to challenge unhelpful expectations that are put on new mothers in a non-judgemental and supportive environment.
The group runs for 8 weeks excluding half term
Please call to book a place on 01932 568758

HENRY

Starts 12th September
9.30am-12.30pm
Do you worry about how to get your children to eat?
Are you curious to know more about healthy living?
crèche available
Please call to book a place on 01932 568758

Baby Massage

Starting 31st October
Course runs for 5 weeks
10am - 11.30am
Total cost £35
Baby should be pre-crawling
Promotes bonding and secure attachment
May improve sleep patterns
Please call to book a place on 01932 568758

First Aid

27 June 2018
2 hour Parent workshop
9.30am - 11.30am crèche available Cost £8.00 per person. Covering topics such as scalds & burns, choking & CPR. To book please call 01932 568758