

## 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**

The Abbey Practice, Stepgates Health Centre, Chertsey. Tel 01932 565655

2<sup>nd</sup> & 4<sup>th</sup> Monday of every month 13:30-15:00

The Crouch Oak Family Practice, Station Road, Addlestone. Tel 01932 846263

Thursday 10:00-11:30 Under 1's only

New Ottershaw Surgery, Bousley Rise, Ottershaw. Tel 01932 875001

1<sup>st</sup> Tuesday of every month. 14:00-16:00. Appointments must be booked

Church Street Practice, Church Street, Weybridge. Tel 01932 853366

Monday 09:00-13:00



## 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](mailto:surestart.office@chertsey.surrey.sch.uk)

Keep up to date by checking out our website [www.chertsey.surrey.sch.uk](http://www.chertsey.surrey.sch.uk)

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

**SureStart**



## Summer Holidays Activities



**Thursday 27<sup>th</sup> July 9:30am-12pm**

**Kiddy Cook will be here again so you and your children can make some delicious summer treats.**

**Tuesday 1<sup>st</sup> August 12.30pm-3pm**

**Come along to our very own day at the Seaside including Donkey Rides.**

**Thursday 3<sup>rd</sup> August 10am-1pm**

**Join us for a picnic in the Park at St Ann's Hill, bring your own picnic.**



**Places must be booked, please call**

**01932 568758**

## Monday

### Communication Workshop

First Monday of the month 10:00-11:00. Learn about new ways to communicate and help your baby develop. To book please call 01483 783505

### Introducing Family Foods

3<sup>rd</sup> 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 01483 783505

### One Year Development Checks

Held here on alternate Monday mornings and run by the health visiting team. To request a check please call 01483 783505

### Baby Massage

4 week course starting Monday 30<sup>th</sup> Oct 10:00 – 11:30. Cost £28.00. Learn massage techniques which will enable you to communicate with your baby.

To book please call 01932 568758

## Thursday

### Messy Time

1300-1400, a fun session where mess is what it's all about. Cost £1 per child.

Term Time Only, Starts back 14<sup>th</sup> Sept

### Healthy Eating Course

FREE 3 week course starting 5<sup>th</sup> Oct 9.30-11.30 Learn how to cook on a budget, create healthy lunch boxes. To book please call 01932 568758

## Wednesday

### Waddlers and Toddlers

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

Term Time Only, start back 13<sup>th</sup> Sept

### First Aid Workshop

2 hour Parent workshop 20<sup>th</sup> Sept 09:30 – 11:30, Cost £5.00. Covering topics such as scalds & burns, choking & CPR. To book please call 01932 568758

### Conflict Management Course

2 week FREE course starts 4<sup>th</sup> Oct 12.30-14.30

Learn how communication can be used to solve problems.

Free crèche available. To book please call 01932 568758

## Friday

### Sunshine Club

Stay & Play session 0915-1100 Come along & enjoy the fun £1 per family

Term Time Only, start back 15<sup>th</sup> Sept

### Baby Yoga Course

4 week course starting 13<sup>th</sup> Oct 10-10-45. Cost £20.00. Fun, relaxing & beneficial for you & your baby.

To book please call 01932 568758

### Assertiveness Course

2 week FREE course starting 17<sup>th</sup> Nov 12.30 -14.30

Reach your goals & build self-confidence. Free crèche available. To book please call 01932 568758

## Chertsey Children's Centre Weekly Timetable

## Tuesday

### English Functional Skills

#### Term Time Only

**Starts 19<sup>th</sup> Sept, 09:30 – 11:30**  
This FREE course is for adults who wish to improve their reading and writing and gain confidence in formal speaking situations. If you are thinking of taking your English GCSE this would be a great way for you to develop your skills. To book or for more information please call 01932 568758

### Story Sack Session

Free session Tues 26 Sept 12.30-14.30 Listen to traditional story with your child, Have fun taking part in craft activity, for parents & carers with children 2-5yrs  
Please call to book 01932 568758

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