

Newsletter 5 – Wednesday 19th December 2018

Dear Parents & Carers,



All at Chertsey Nursery and Children's Centre would like to wish you all a very Merry Christmas and a Happy New Year.

We have had the fullest term here at the Nursery, from welcoming your new little ones to the Nursery, new staff joining the team and Ofsted!



We are very proud of the children performing so well in their Sing-a-longs, they remembered all the words and actions to show off their skills to their families. It was a joy to watch them.



A big thank you is needed to you all as we have raised £175 from the raffle. All of the winners should now have received their prizes. Thank you once again for making this happen.



Thank you for your continued support and we look forward to another full exciting term in the Spring.

Have a fantastic Christmas break.

Anita Cheeseman

Head of School

Dates for your Diary's

Thursday 20th December – Friday 4th January – Nursery Closed for Christmas
Monday 7th January – Nursery re-opens
Friday 15th February – INSET day (Nursery Closed)
Monday 18th – Friday 22nd February – Half Term (Nursery Closed)
Monday 6th – Monday 22nd April – Easter Holidays (Nursery Closed)
Tuesday 23rd April – Term begins (Nursery Open)
Wednesday 24th July – INSET Day (Nursery Closed)
Last day of Term Tuesday 23rd July

Chertsey Children's Centre upcoming activities!

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

Steggates Health Centre, Chertsey, Tel 07870 830717
2nd & 4th Monday of every month 13:30-15:00

The Crouch Oak Family Practice, Station Road, Addlestone, Tel 07870 830717
Every Thursday 10:00-11:30

New Ottershaw Surgery, Bousley Rise, Ottershaw, Tel 07870 830717
1st Tuesday of every month, 14:00-16:00

The Grove Medical Centre, Church Road, Egham, Tel 01483 785505
1st, 3rd & 5th Thursday of every month 09:30-11am



The Smiles for Miles Around Club

February Half Term Holiday Activity Sessions

Tuesday 19th February 12.30pm-3pm
Arts & Crafts



Thursday 21st February 9.30am-12pm
Fun with Kiddy Cook



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

Winter 2018/2019



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

SureStart



Monday

Introducing Family Foods

3rd Monday of the month 13:00pm-3pm. 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

First Aid Course

10th December 2018
2 hour Parent workshop 12.30pm-2.30pm
Crèche available
Covering topics such as scalds & burns, choking & CPR.
Cost £8.00 per person
To book please call 01932 568758

Conflict Management

25 February - 27 February
12.30pm-2.30pm
Understand the origin of anger, aggression and violence. Know how communication can be used to solve problems and reduce likelihood of conflict.
Crèche available
Please call to book on 01932 568758

Chertsey Children's Centre Weekly Timetable

Tuesday

My Next Step

A free 5 week course starting 8th January 9.30am - 11.30am
Introduce short term goals to aid and boost confidence. Understanding barriers to self-confidence. Look at ways to be assertive.
Crèche available
Please call to book on 01932 568758

In The Know (E-safety)

A free 2 week course starting 5th March 9.30am - 12pm
A course to upskill parents & carers around the use of technology and social media.
Crèche available
Please call to book on 01932 568758

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

Maths is Everywhere

Free 5 week course starts 28th February 9.30am-11.30am
Explore ways how you can encourage your child to explore maths in your day to day routine. How you can improve your own maths skills.
Crèche available
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

Parent Puzzle

Starts 6th March 9.30am - 11.30am
A 4 week programme designed to help you have a calmer, happier family life. Suitable for families with an under 5. You need to come to all four workshops as they fit together like a puzzle. Cost £20 which covers cost of the Parenting Puzzle handbook and refreshments. Option to pay weekly and reduced rates available for eligible families.
Crèche available
Please call to book a place on 01932 568758

Mothers Wellbeing

Starts 30th January 12.30pm-2pm. 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.
Crèche available
Please call to book a place on 01932 568758

Friday

Sunshine Club

Term Time Only

Stay & Play session 09:15-11:00
Come along & enjoy the fun
£1 per family

Please note from January 2019 we will now be asking for a small donation for any of the crèches we offer.

New course at Chertsey Children's Centre

My Next Step

- **Introduce short term goals to aid and boost confidence**
- **Discuss strategies in being able to say no**
- **Understanding barriers to self confidence**
 - **Look at ways to be assertive**
 - **Identify unique skills and abilities**

A FREE 5 week course starting on Tuesday 8th January 0930-1130
Crèche available.

To book please call 01932 568758 or email
surestart.office@chertsey.surrey.sch.uk.
Chertsey Children's Centre, Pyncroft Road. Chertsey KT16 9ER

SureStart



Conflict Management

1. Understand the origin of Anger, Aggression & Violence
2. Know how communication (Verbal & Non Verbal) can be used to solve problems and reduce the likelihood of conflict.
3. Know the factors that influence human responses in conflict situations.
4. Know how to assess and reduce risks in conflict situations.
5. Know how to communicate effectively and de-escalate conflict in emotive situations.
6. Know good practice to follow after conflict situations.

A FREE 3 day course starting on
Monday 25th - 27th February 2019 1230 - 1430.

Crèche available.
To book please call 01932 568758 or email
surestart.office@chertsey.surrey.sch.uk.
Chertsey Children's Centre, Pyncroft Road.
Chertsey KT16 9ER

SureStart

