



Welcome to a Parenting Project Children's Centre

'Every Family Matters'

Parenting Project

Welcome

Welcome to our Children's Centre which brings together quality early learning, child and family health services, family support and links to training and employment advice, all under one roof.

Children's Centres are at the heart of the 'Every Child Matters' programme, which aims to give children the best start in life and the same equal access to services.

- Be Healthy
- Stay Safe
- Enjoy & Achieve
- Making a Positive Contribution
- Achieve Economic Well-being

This is YOUR Centre so please feel free to chill and chat anytime and let your children get stuck into the playroom.

We hope you find our Centre a relaxed and friendly place where parents can get to know each other and where children can play and learn in a safe environment.

Our doors are open from 9.00am to 4.30pm each week day (excluding bank holidays), all year round.

If you ever need to ask anything about the Centre please speak to a team member or volunteer.



Stay Safe

The Children's Centre focuses on families, which means that both children and parents are equally important. From your pregnancy, through the birth and the growth of your child, we can provide lots of advice and support for you and your family.

Home Visiting

We can support you to find out about a number of family related support services and other information. We have a number of Outreach Workers who will visit you at home. All we ask is that you fill in our initial request form. Once we get the form back we will contact you for a home visit in order to chat about support you might want.

Family Information Service (FIS)

There are so many questions about raising children that it's great to have somewhere you can get the answers! To find out more about all aspects of childcare and children's activities use the telephone helpline 0845 090 8044.

Equipment Loan

We loan home safety equipment you need for you and your baby, including stair gates, socket plugs and car seats.

Parenting Plus

If your child's behaviour is becoming an issue or you're not sure what normal behaviour is, try this group to learn about children's development and how to manage the tantrums.

Young Parents

If you're aged 24 or under we offer support and information on issues such as health, education and childcare. We have a group to help build your confidence and self-esteem so that you can reach your full potential.

"It's been a massive help towards my overall perception of home life and I realise I am not alone and there is support there."



Enjoy & Achieve



Many great activities...

There's never been a better time to get out and get active with your children! We've got loads of sessions taking place at the Centre where you can meet other parents while your children have a whale of a time and develop their physical, social, emotional and creative skills.

What happens during one of our play sessions?

- Group starts with free playtime and a planned play experience. Hot drinks available for the parents.
- Tidy away time, showing children that toys need to be put away after play.
- Everyone sits together for snack time where we serve a drink and a piece of fruit. Please help by encouraging your children to sit down.
- The session ends with singing and our goodbye song.

A few requests to help things run smoothly..

- Please help us create a welcoming atmosphere by saying hello to anyone who is new or is on their own.
- We always need an extra pair of hands so please help with tidying away and at snack time.
- For safety's sake please be very careful with hot drinks and use the seating area to drink your coffee or tea.

"The Children's Centre has been good for my son's social skills and introducing him to different types of play. It is also good for me to meet up with other mums."



Enjoy & Achieve

The Network for Childminders

Our Centre acts as a hub for The Network which all Childminders have membership to and can access as necessary for support and ongoing professional development. Childminders also have use of facilities available at the Centre. We believe Childminders play an important role in giving parents a greater choice of high quality and flexible childcare.

Chatter Matters

Speech, language and communication is an important part of children's development. Our Chatter Matters sessions offer a small group to start you off singing, storytelling and using treasure basket with babies and young children. It's great fun for everyone.

Early Years Foundation Stage

is the framework, which supports children in their early years. It is used by Children's Centres, Nurseries and other Childcare providers to make sure that the toys and activities on offer are giving children the experiences they need to learn and develop.

Daddy Cool

We have a Saturday group for Dads, who say how much they like the session because it's chilled and their children have a couple of hours to get rid of any excess energy.

We are anxious to ensure that all members of families are involved in the Children's Centre. Which is why our groups are open to all parents, grand parents and other carers!

"As a Dad, it's made a difference to be able to come somewhere for us to play and spend time together."



Be Healthy

Breastfeeding

We have a range of one to one sessions, group support and advice on breast-feeding available for new mothers.

Child Development

We are here to help with the general development of a child's abilities including concentration and behaviour, through play based activities in the Centre and at home. If you are worried about your child we can offer services designed for you and your child.

Speech & Language Therapy

We offer advice for children up to 5 who have difficulties with communication. Our Chatter Matters groups are a fun way of supporting your child's speech and language development.



Smoking Cessation

We have a team trained in giving you the advice and moral support to give up.

Weaning Club

A workshop to help you through the process of moving your baby from milk to solids.

Midwife Service

The Community Midwife is available at the Centre to help and advise you with issues such as labour and delivery or breastfeeding.

Save a Baby's Life

Courses run regularly at the centre. The course teaches you how to rescue an unconscious, choking baby or drowning baby.

Baby Massage

Come and learn this unique relaxing skill, which will benefit you and your baby.

Health Visitors

We couldn't offer all our services without working closely with your Health Visiting Team. You can use them to receive lots of information about the health and welfare of your baby or child. Health Visitors base most of their group work at the Centre.



Making a Positive Contribution



Have your say!

Get involved - this is your Centre so we give you lots of ways in which you can have your say. Talk to a member of staff, write it on a post-it-note or come along to our one off sessions. We see your participation as being central to developing services we can offer. Your involvement helps us to make progress and successfully implement changes.

Volunteers

There are many volunteering opportunities for anyone with some time to help run a group, assist in the office or work with parents one to one. We offer training, ongoing support and socials to meet other volunteers. We look forward to hearing from you.



Family Learning

We offer fun, practical and informative courses for parents/carers with an interest in how their children learn.

Job Support

Through our partnership with the Job Centre, we offer support, advice and guidance to parents seeking employment. We can help you through the process of applying or training for work.

Policies & Procedures

We have a full set at the Centre. Please ask a team member for further information. Alternatively, a copy can be found in the welcome area.

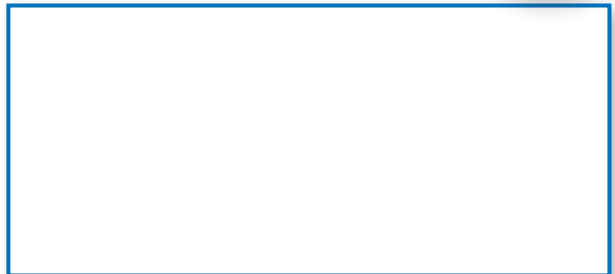
Behaviour Management

Within activity sessions we ask that parents are responsible for handling their child(ren)'s behaviour. Our aim is to encourage all children to be considerate of others and their property.



The Team

All team members are qualified and/or experienced and regularly undertake training to update their skills. Security (CRB) checks are carried out on all team members, trustees and volunteers.



The Parenting Project

Tel: 01789 266 624

Charity Registered No. 1125291

Our Funders:



Quality Marks:

Check our website for Centre timetables and information:
www.parentingproject.org.uk