

The ABC of our Activities

ADOPTION/FOSTERING support group -please contact centre for more details

BABY WEIGH CLINICS at the Children's centre every week 9.30-11am

BREAST FEEDING SUPPORT Katherine Saunders (breast feeding counsellor) will be at the Baby Clinic every Wednesday morning between 9.30-11am. Also BABY CAFÉ weekly on Thursdays at de Stafford (Tandridge Confederation Learning Centre) 10-11.30am term time.

BUGGY WALK Want to get some exercise and meet other local parents? Meet in the car park of Aggies Hall, Green Hurst Lane, Hurst Green at 11am, for a short walk around Hurst Green

BUMPS AND BABES-A group for mums to be and babies up to one year old supported by the NCT

CAB-Citizens Advice Bureau-visits the Postnatal group.

CHILD MINDING GROUP Stay and Play sessions for registered childminders. Weekly Tuesday morning sessions at Hurst Green Children's Centre RH8 0HJ 9.15-10.45am.

FAMILY LEARNING The children's Centre has teamed up with Surrey County Councils Family Learning to offer families learning and training opportunities. Please speak to a member of staff if you are interested in furthering your learning . 01883 723496.

FOOTBALL FUN For children aged 18 months-4 years. Let our sports coach Ross teach your little ones some skills and get them interested in being active.11am-11.30 am every Thursday in term time in Hurst Green Methodist Church, RH8 9JF. Free to all just come along

MUSICAL BUMPS (within term time only) Miriam Wright leads these music classes for under 5's with songs, instruments and puppets. Every Wednesday 1.15-2pm in the Scout Hut, Lagham Road, South Godstone, and every Thursday at Hurst Green Children's Centre 1.15-2pm.

PARENTING PUZZLE A 10 week course to encourage parents to get the best out of family life. Must be booked in advance please contact the centre for dates and times. Crèche facility available for day time courses. (A voluntary £20 donation is suggested towards the Parenting Book.)

POLISH BILINGUAL GROUP Come and meet other Polish parents/carers and families.

POST NATAL GROUP-4 week courses run on alternate months with St Piers and Hurst Green for parents with young babies-please call the centre for further details and book a place.

PREMATURE & SPECIAL BABY GROUP This group is for parents and carers whose children have been born prematurely or spent time in special care. . Please come along for support and information.

STAY AND PLAY Stay and Play sessions -time to play with your children and meet other parents.

SURE START RURAL BUS visits our rural areas including Oxted, Godstone and South Godstone. See inside for further details. Come on board for advice and information, meet other parents/ carers and let your children have play.

All these activities are free to all-just turn up and enjoy

Hurst Green and Holland Children's Centre

Wolfs Wood, RH8 0HJ

Also covering South Godstone, Godstone,
Tandridge Village, Limpsfield and the Chart, and
much of Oxted

Telephone 01883 723496

www.hurstgreenchildrenscentre.co.uk



PROGRAMME

FOR

**JANUARY &
FEBRUARY**

2012



Your Children's Centre

Hurst Green and Holland Children's Centre is open four mornings a week (except Bank Holidays) 50 weeks a year for advice and information. Our staff are Centre Manager Helen Acraman, Outreach Worker Amy Perner and Receptionist / Administrator Jenny Story. We have qualified support workers Jenni Wagstaff, Marian Atkinson, Shirley Ford, Janis Tarrier and Vanessa Mansell to help us run crèche's and additional activities. We also have some excellent volunteers, Anne Pullar-Strecker, Sharon Llewellyn, Tara Thomas, Sue Potter, Susan Batley and Shirley Dare who assist us in the running of our activities. All our staff and volunteers have CRB's through the centre or school and all are equally valued and respected members of the team.

Our **Stay and Play** sessions will be limited to the first 26 people (including adults and children). If the sessions are repeatedly over subscribed we will use a booking-in system. For a limited period we are mixing the age groups so there will be only one Stay and Play session each week which will include a Circle Time.

The **Post-natal group** (previously called the New Parents Group) currently runs alternately between this Centre and St. Piers Children's Centre. The next 4 week session here will begin on Wednesday February 8th from 1.30 -3.30pm. Please call 01883 723496 to book a place.

The **One step at a Time group** is a small group for families with under 5's with additional needs and is run by Alex Buckle from the Portage Team.

The **Parent's Forum** will be a group of the Centre user's. Please contact Jenny on 01883 723496 or email ccadmin@hurst-green.surrey.sch.uk if you would like to join the group.

The **Rural Bus** is a mobile extension of the Children's Centre. It enables us to visit the huge area of Tandridge that Hurst Green Children's Centre encompasses. Our Outreach Worker, Amy, is on board to listen, advise and support and there are wonderful toys for your children to play with. Please come on board if you see us around and about. **Amy can be contacted on 07920146677**

The **Hurst Green Clothing Store** runs in the Methodist Church Hall every Thursday morning in term time. They have children's clothing, bedding etc. and food parcels. No charge is made but they accept donations of food and clothes from anyone.

When you sign in to an activity you are agreeing to abide by our basic rules which are displayed around the centre.

All the activities in this programme are held at the Children's Centre in Hurst Green and are free unless otherwise stated, however a donation towards the cost of the activity would always be welcome.

Monday 27th February

The centre is open 9am-2.15pm for advice & information

Midwives Clinic. (by appointment only)

10-11.30am Breastfeeding information & support available

2.45 -4.15pm Polish Group

Tuesday 28th February

The centre is open 9am-12 midday for advice & information

9.15-10.45am Childminders Stay & Play.

11-12.30pm Stay and Play for under5's.

Wednesday 29th February

The centre is open 9am -2.15pm for advice & information

9.30-11am Baby Clinic with breast feeding information & support

11am -12noon Buggy Walk from Aggies Hall, Hurst Green?

1.15 -2pm Musical Bumps at South Godstone

1.30-3.30pm New Parents Group. Dental health & weaning (Please call for more details)

Thursday 1st March

The centre is open 9am-12 midday for advice & information

11-11.30am Football Fun at the Methodist Church Hall, Hurst Green

1.15-2pm Musical Bumps

2.15-4pm Bumps and Babes

Friday 2nd March

There is an answerphone service at the children's centre: please call and leave a message and we will return your call asap. Alternatively please email the centre on ccadmin@hurst-green.surrey.sch.uk or visit our website hurstgreenchildrenscentre.co.uk.

Parenting Puzzle

The Parenting Puzzle is a 10 week course that encourages parents and carers to enjoy bringing up their children and get the best out of family life. It offers positive, practical ways of guiding children so they learn to handle their feelings and their behaviour. The course is informal, fun and a great confidence booster. Places on the course are limited so please contact the centre (01883 723496) for further details, to express an interest or to book a place stating whether you would prefer an daytime or evening course.

Monday 20th February

The centre is open 9am-2.15pm for advice & information

Midwives Clinic. (by appointment only)

10 -11.30am Breastfeeding information & support available

1.30-2.30pm-One Step at a Time-a small group for children with additional needs

Tuesday 21st February

The centre is open 9am-12 midday for advice & information

9.15-10.45am Childminders Stay & Play.

11-12.30pm Stay and Play for under5's.

Wednesday 22nd February

The centre is open 9am-2.15pm for advice & information

9.30-11am Baby Clinic with breast feeding information & support

11am -12noon Buggy Walk from Aggies Hall, Hurst Green?

1.15 -2pm Musical Bumps at South Godstone

1.30-3.30pm New Parents Group. 1st Aid. (Please call for more details)

2 -3.30pm Rural Bus on Godstone Green

Thursday 23rd February

The centre is open 9am-12 midday for advice & information

11-11.30am Football Fun at the Methodist Church Hall, Hurst Green

1.15-2pm Musical Bumps

2.15-4pm Bumps and Babes

Friday 24th February There is an answerphone service at the children's centre; please call and leave a message and we will return your call asap. Alternatively please email the centre on ccadmin@hurst-green.surrey.sch.uk or visit our website hurstgreenchildrenscentre.co.uk

Tuesday 3rd January

The centre is open today 9am—12 midday for advice & information

Childminders Stay and Play resumes on 10th January.

Stay and Play for under 5's resumes on 10th January.

Wednesday 4th January

The centre is open today 9-11.30am & 1 -2.15pm for advice & information

9.30-11am Baby Clinic with breast feeding support & information.

11 - 12 noon Buggy Walk, Aggies Hall, Hurst Green,

2-3.30pm Rural Bus on Godstone Green

Musical Bumps resumes on 11th January.

Thursday 5th January

The centre is open today 9am—12.midday for advice & information

Budgeting course 10 -11.30am (call for more information)

11-11.30am Football Focus at the Methodist Church Hall

Musical Bumps resumes on 12th January at 1.15pm.

2.15-4pm Bumps and Babes

Friday 6th January There is an answerphone service at the children's centre; please call and leave a message and we will return your call asap. Alternatively please email the centre on ccadmin@hurst-green.surrey.sch.uk . hurstgreenchildrenscentre.co.uk or visit our website at www.hurstgreenchildrenscentre.co.uk

Monday 9th January

The centre is open 9am- 2.15pm for advice & information

Midwives Clinic. (by appointment only)

3—4.30pm Adoption & Fostering Group

Tuesday 10th January

The centre is open 9am—12 midday for advice & information

9.15-10.45am Childminders Stay and Play .

11-12.30pm Stay and Play for under 5's

Wednesday 11th January

The centre is open 9- 11.30am & 1—2..15pm for advice & information.

9.30-11am Baby Clinic with breast feeding information & support

11am -12noon Buggy Walk from Aggies Hall, Hurst Green

1.15-2pm Musical Bumps at the Scout Hut, South Godstone,

Thursday 12th January

The centre is open 9am- 12 midday for advice & information.

Budgeting course (10 -11.30am) call for more information.

11-11.30am Football Focus at the Methodist Church, Hurst Green.

1.15-2pm Musical Bumps

Friday 13th January There is an answerphone service at the children's centre; please call and leave a message and we will return your call asap. Alternatively please email the centre on ccadmin@hurst-green.surrey.sch.uk or visit our website hurst-greenchildrenscentre.co.uk

Monday 13th February

The centre is open 9am - 2.15pm for advice & information

Midwives Clinic. (by appointment only)

10—11.30am Breastfeeding information and support also available.

2.45 -4.15pm Polish group

Tuesday 14th February

The centre is open 9am-12 midday for advice & information

Wednesday 15th February

The centre is open 9-11.30am & 1—2.15pm for advice & information

9.30-11am Baby Clinic with breast feeding information & support

11am -12noon Buggy Walk from Aggies Hall, Hurst Green

1.30 -3.30pm New Parents Group. Please call for more details

Thursday 16th February

The centre is open 9am-12 midday for advice & information

11-11.30am Football Focus at the Methodist Church, Hurst Green.

2.15-4pm Bumps and Babes

Friday 17th February

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Monday 6th February

The centre is open 9am-2.15pm for advice & information

Midwives Clinic. (by appointment only)

10—11.30am

1.30—2.30pm One step at a time—a small group for children with additional needs.

Tuesday 7th February

The centre is open 9am-12 midday for advice & information

9.15-10.45am Childminders Stay & Play.

11-12.30pm Stay and Play for under 5's.

1.15-3.15pm Parenting Puzzle (with crèche)

Wednesday 8th February

The centre is open 9-11.30am & 1-2.15pm for advice & information

9.30-11am Baby Clinic with breast feeding information & support

11am -12noon Buggy Walk from Aggies Hall, Hurst Green

1.15-2pm Musical Bumps at the Scout Hut, South Godstone,

1.30 -3.30pm New Parents Group. Child development & your Children's Centre(Please call for more details)

2 -3.30pm Rural Bus on Godstone Green

Thursday 9th February

The centre is open 9am-12 midday for advice & information

10am—12 midday Cookery course. Please call for details

11-11.30am Football Fun at the Methodist Church Hall, Hurst Green

1.15-2pm Musical Bumps

2.15-4pm Bumps and Babes

Friday 10th February

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Monday 16th January

The centre is open 9am-2.15pm for advice & information

Midwives Clinic. (by appointment only)

1.30-2.30pm One step at a time group for children with additional needs.

2.45 -4.15pm Polish Group

Tuesday 17th January

The centre is open 9am—12 midday for advice & information

9.15-10.45am Childminders Stay & Play.

11-12.30pm Stay and Play for under 5's

1.15-3.15pm Parenting Puzzle Course (with crèche)-For further details please see inside back cover

Wednesday 18th January

The centre is open 9 - 11.30am & 1—2.15pm for advice & information

9.30-11am Baby Clinic with breast feeding information & support

11am -12noon Buggy Walk from Aggies Hall, Hurst Green

1.15-2pm Musical Bumps at the Scout Hut, South Godstone,

Thursday 19th January

The centre is open 9 am—12 midday for advice & information

10 -12 midday Cookery course. Please call for more details

11-11.30am Football Fun at the Methodist Church Hall, Hurst Green

1.15-2pm Musical Bumps

2.15-4pm Bumps and Babes

Friday 20th January There is an answerphone service at the children's centre; please call and leave a message and we will return your call asap. Alternatively please email the centre on ccadmin@hurst-green.surrey.sch.uk or visit our website hurstgreenchildrenscentre.co.uk

Monday 23rd January

The centre is open 9am-2.15pm for advice & information

Midwives Clinic (by appointment only)

2.45—4.15pm Polish Group

Tuesday 24th January

The centre is open 9am-12 midday for advice & information

9.15-10.45am Childminders Stay & Play. Jenny Chay (Dental support) visiting.

11-12.30pm Stay and Play for under 5's

1.15-3.15pm Parenting Puzzle- (with crèche)

Wednesday 25th January

The centre is open 9-11.30am & 1-2.15pm for advice & information

9.30-11am Baby Clinic with breast feeding information & support

11am -12noon Buggy Walk from Aggies Hall, Hurst Green

1.15-2pm Musical Bumps at the Scout Hut, South Godstone

2 -3.30pm Rural Bus on Godstone Green

Thursday 26th January

The centre is open 9am-12.30 midday for advice & information

10—12 midday Cookery course. Please call for details

11 - 11.30 am Football Focus at the Methodist Church Hall, Hurst Green

1.15-2pm Musical Bumps

2.15-4pm Bumps and Babes

Friday 27th January

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Monday 30th January

The centre is open 9am-2.15pm for advice & information

Midwives Clinic (by appointment only)

2.30—4 pm Premature & Special babies.

Tuesday 31st January

The centre is open 9am-12 midday for advice & information

9.15-10.45am Childminders Stay & Play.

11-12.30pm Stay and Play for under 5's

1.15-3.15pm Parenting Puzzle-(with crèche)

Wednesday 1st February

The centre is open 9-11.30am & 1—2.15pm for advice & information

9.30-11am Baby Clinic with breast feeding information & support

11am -12noon Buggy Walk from Aggies Hall, Hurst Green

1.15-2pm Musical Bumps at the Scout Hut, South Godstone,

Thursday 2nd February

The centre is open 9am-12 midday for advice & information

10—12 midday Cookery course. Please call for details

11 - 11.30 am Football Focus at the Methodist Church, Hurst Green

1.15-2pm Musical Bumps

2.15-4pm Bumps and Babes

Friday 3rd February

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