

All you need to know!



Monday

Playbox 9.00-10.00

A fun session for all ages from birth – pre school, focussing on speech and language development through playing games and singing; with good ideas for activities from Speech and Language Therapists as well as Early Years specialists.

Healthy Snack 10.00 -10.15

**Building Self Esteem and Confidence Course
10.30-12.00 with crèche**
Invitation only see staff for details.

**Health Visitor on site
9.00 - 10.30**
(appointment only)

**Health Visitor Drop-In
10.30 - 11.45**
For any questions you may have and to weigh your baby.

Baby Lunchbox - 1.00 - 2.30
Jan Kipling, our local Midwife runs a friendly and relaxed drop-in for new parents, offering help and support with breast feeding as well as advice with any other feeding issues.

Tuesday

Sticky Fingers Drop-In 1.00 - 3.00

Have fun together developing your child's skills through experimenting with paints, glue and other messy things! Please wear clothes you don't mind getting messy!

Wednesday

Parent Led Drop-in 9.00-10.00

Parents join together to organise a fun session of activities for their children.

Little Chef's Drop-in 10.00-11.00.

This is an open drop-in session where parents and children can cook delicious recipes together.

Music and Rhyme Time 11.15- 11.45

A session for all ages from babies to pre school. All children love music and this session is aimed at developing language skills through rhymes and songs.

Healthy Living Course with Crèche 1.00-2.30 (Starts 18th Jan)

Discussions around healthy eating and a chance to exercise together with personal trainer Michaela. Please see staff to book a place.

**The Children's Centre Mobile Library Bus
10.00-11.30 on 4th Jan, 1st Feb, 29th Feb and 28th March
Stadhampton Green**
Come along and share in a story and rhyme time and borrow books to share together at home.

Thursday

Outdoor Play Session 10.00-12.30

Lots of fun activities in our great outdoor areas come prepared for digging and planting, bug hunting and many more exciting things. After all that fresh air enjoy a light lunch together at 12.00

Oxfordshire Playbus 1.00-2.30 alternate weeks Stadhampton Green.

Climb on board this exciting double-decker bus and share fun activities with the Playbus staff.

Under 1's Group 1.30 - 3.00

Do you have a baby under the age of 1 year? If so, come and join us for a cup of tea. An opportunity to meet other parents in a similar situation. The Centre Health Visitor will be available to answer any questions you may have and we have planned activities every week.

After School Family Session 3.15 - 4.30

Come along after school and share your homework with Lorraine our Home School Community Links Worker. There will be activities for the younger children and for the older children - once the homework is done!

Friday

Telephone support available 9.00-12.00

Please call 01865 341310 or 01235 555524 if you have any enquiries.

See more of our programme at:
www.pactcharity.org

To do....

Give us a call on
01865

341310

for any
further info!



This programme is subject to change during school holidays. Please contact the Centre for details.



PARENTS AND CHILDREN TOGETHER

What else do we do here at the Children's Centre?

Alongside our programme we run lots of other courses, activities and services:

- Parenting Courses
- Ante Natal Breast Feeding Workshops
- Sensory Room Available - call the Centre to book
- Home School Link Worker Support
- On-site Family Support
- Healthy Start Vitamins
- Family Planning Supplies
- Family Friendly Walks
- Day Trips

For information on these and any other courses, activities and services we may be running please call us on 01865 341310.

All activities are free unless otherwise stated but all donations for food and drink are welcomed!

Family Support

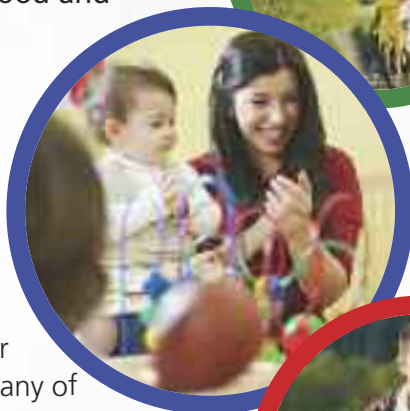
We have a family support worker based at the Children's Centre. If you have a child under five and you need support with any of the following please ask to speak to a member of staff:

- Emotional issues
- Relationships
- Domestic abuse
- Substance or alcohol abuse
- Financial/Benefits support
- Housing
- Parenting
- Concerns about your children

Support is provided on a one to one basis and can be in your own home or at the Children's Centre.

See more of our programme at:
www.pactcharity.org

What's on at Berinsfield Children's Centre



Spring 2012



Find us



Safeguarding statement: All information parents share with staff will be confidential and not shared with any other agency/individual without parental permission. However, we have a responsibility to protect the children in our care and in matters of safeguarding children, when there is a concern regarding a child's welfare, it may be necessary to consult the Assessment Team in Social Care prior to discussing the matter with parents



NHS direct 0845 4647
Library 01865 340771

Tax credits Helpline 0845 300 3900

Family Info Service 08452 26 26 36

CAB 08444 111 444



Children's Centres **Sure Start**
for families in Oxfordshire

Registered Charity Number: 285214
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