



Would you still like to receive the What's On Guide and Children's Centre News through the post ?

Starting from our next issue, we would like to send the What's On guide and Children's Centre News by e-mail. To receive this, please e-mail us at somervalley_childrenscentre@bathnes.gov.uk
If you would prefer a paper copy, please call 01225 396660 to let us know.

**Somer Valley Children's Centre Services
Children's Centre News**

Issue 19. January 2013

Welcome to the latest edition of Children's Centre News for the Somer Valley area!

Catch up with the latest groups, events and Children's Centre news from around the area.

We wanted to take the opportunity to say...

Hello to ...

Elaine Cowley (previously from Barnardos and Southside) who joins the Children's Centre Team as Receptionist for Midsomer Norton Children's Centre.

Mel Hutchinson (Early Years Practitioner) and **Antoinette Dormehl** (Flying Start Worker) who join the Somer Valley Children's Centre Team.

Sophie Plummer and Katie Neville, Early Years Assistants and **Roxy Kingman, and Sandra Van Russelt**, Early Years Practitioners who join the Radstock Children's Centre Nursery Team.
Carly Delbridge who joins the Health Visiting Team.



Goodbye to ...

Sophie Morgan—Family Information Service and Children's Centre Outreach Worker.
Debi Chalke, Children's Nursery Nurse who has left the Health Visiting Team.

We wish them all the best in the future.



Congratulations to ...

Danni Creed and Laura Langan from Radstock Nursery on the birth of their beautiful little girls.

Thank you.....

A big thank you to all the volunteers who have supported our groups and shown a huge commitment to improving the lives of families.



A huge thank you to Elffin, Sydney, Beth and Lochlan from Hemington Primary School who sold some of their toys and gave the money raised to us to buy resources for the children we work with. Thank you so much for your generosity.

We're on Facebook and have an updated website!



To keep you up to date with what's going on and new developments, we now have a Children's Centre Facebook page. Search for us at Somer Valley Children's Centres.

Our web page is now updated and can be found at www.bathnes.gov.uk/services/children-young-people-and-families/childrens-centres

You said.... We did.....

We really value what you have to say and wanted to feedback on some of the comments we received at the last Parent's Voice meeting (held on 9th October 2012).

You said

You would like more variation in Messy Play groups - some of the messy play sessions are feeling 'safe' and 'un-messy'

That the information about "your local Children's Centre" is often lost in the busyness at New Birth visit. Could this be done at 4-6 month Health Visitor review visit?

You would like the return of clear timetables or plan of session at Universal Groups and transparency to support routines.

That in the What's On guide - sometimes you don't know what sessions are - e.g. what is Beacon Tots?

You would like more parents to have a voice about Children's Centre Services.

We

Will discuss this with the staff.

Will liaise with the local Health Visitor team to encourage reminder around this time.

Will discuss this with group facilitators.

Incorporated postcodes into our last What's On guide and will consider a description to go alongside group names.

Will ask parents attending 'Parent's Voice' to gain views from other parents attending groups. We will encourage others to attend the next Parent's Voice meetings to be held at Radstock Children (and Youth) Centre 11 - 12 on 15th January and 19th March 2013.

Harri's Adventures



Harri has been out with Abigail, Olivia and Eva and has gone to the beach, the zoo and to nursery but would love to go out again soon to the park, the shops, to feed the ducks - what ever you like to do, Harri likes to do too.

If you would like to take Harri on an adventure please speak to a member of the Children's Centre Team or call 01225 396660.

If you have any comments or suggestions surrounding any of our services or wish to find out more, please contact Somer Valley Children's Centre Services on
Telephone : 01225 396660 **Email** : somervalley_childrenscentre@bathnes.gov.uk



“Children reinvent your world for you”

Babies and children learn by playing, come and explore together at our Young Parents One-Stop Shop, every Wednesday 1.30—3.00 at Radstock Children’s Centre.

Contact Louise Belson 07530 263259 for more details.

Somer Valley Foodbank

Foodbank is an initiative which launches in early January 2013. Individuals and families will be able to access 3 days worth of food to help them in situations such as benefit delay, relationship breakdown or unexpected debt. If you feel that you may need this support, please contact your local Children’s Centre or Health Visitor, who will be able to assess need and issue vouchers to be exchanged at a local Foodbank distribution centre. All enquiries will be dealt with, as ever, in the strictest confidence



Could you be a Communication Ambassador?



Somer Valley Children’s Centres has begun the Communication Ambassadors project in which 16 volunteers attended training to become Communication Ambassadors. The project was initiated following evidence that more and more children are entering school with speech and language delays. In some areas as many as 50% of children! The idea behind the project is to train parents who have an interest in speech and language around;

- How children’s speech and language develops
- How can we support families to improve their children communication skills
- Where to find further specialist support locally

After the training the parents then went out into the community to speak with as many people as possible about the key messages from the training. The idea being that parents become more aware of the circumstances when speech and language can be delayed and where they can seek help. We hope to reach as many as 500 families with the information and hopefully begin a reduction in speech and language delays in the local area.

If you would like to find out more about the project please contact Jed Parsons on 01225 39 6660, jed_parsons@bathnes.gov.uk or if you would like to directly talk to a speech and language therapist about any concerns you can ring the local speech and language team on 01225 831 752- term time only, every Wednesday between 10am-12pm. To arrange a free phone call from a speech and language therapist please call 0207 8432544.

New Baby Massage course



We are starting a Saturday morning baby massage course in late January. If you have a baby between about 3 and 7 months this may be for you! We are looking for parents for whom a week day course isn’t convenient – particularly dads who would like to be more “hands-on” with their baby. Please phone 01225 396660 and chat to Heidi or Judith for more information.

Did you know that you can get your Healthy Start Vitamins and redeem your vouchers at your local Children’s Centre?

Please call 01225 396660 for more details and opening times. To find out more about Healthy Start vitamins, please see www.healthystart.nhs.uk/



Toddler-proof your Home!



Each Children’s Centre now has a range of cost-price home safety equipment for sale to families. This includes socket covers, cupboard locks and hair straightener pouches, amongst other things. If you would like to look at what is available, please ask either at Reception in your local Children’s Centre, or the leader of any group you attend.

Emergency Paediatric First Aid

Would you know what to do if your child was choking or stopped breathing? The British Red Cross will be running first aid training sessions in Radstock Children’s Centre on 23rd January 9.00 - 11.30am. Dates for Peasedown St John Children’s Centre are to be confirmed, please call to express your interest. Please book on to one of these courses if you want to feel more confident that you could cope if your baby or child needed emergency first aid. It will be less than half a day’s training that could make a difference to the rest of a child’s life. Spaces are limited. Creche available.



Please phone 01225 396660 to book.

Cook It Programme at Paulton Children Centre

We ran a successful ‘family cook it’ programme at Paulton Children Centre where children and their family come together to cook and learn about the wonders of food. They made recipes such as sweet and sour chicken, banana muffins and fruit salads.

The idea of the 6 week programme is to increase the skills and confidence around cooking such as recognising, tasting and cooking a range of different ingredients. The parents thoroughly enjoyed the sessions and took away new ideas to try at home with their children. If you would like to attend one of these programmes please contact Jed Parsons (Children Centre Coordinator) on 01225 396660 or jed_parsons@bathnes.gov.uk or Anna Woodhouse (Cook It Team) or email anna.woodhouse@sirona-cic.org.uk Tel: 01179 161826



Confused about what benefits you may be entitled to? Worried about debts? Not sure about your rights?

The Citizens Advice Bureau provides an outreach service at Children’s Centres in the Somer Valley Children’s Centre area. This free service is for families with children under 11 and is available at the following times:

- Week 1 Wednesday 9.30 - 12.30 at Radstock Children’s Centre
- Week 2 Thursday 9.30 - 12.30 at Midsomer Norton Children’s Centre
- Week 3 Wednesday 9.30 - 12.30 at Peasedown Children’s Centre
- Week 4 Thursday 9.30 - 12.30 at Paulton Scout and Guide Hall.



We can provide free, impartial advice and information on a range of everyday problems. For further information or to book an appointment, please call 01225 396858.

Calling all “Cloth Bum” Mums... and Dads!

We are planning an event to take place in “Real Nappy Week” in April to provide information and advice to families to promote the use of cloth nappies. We are looking for a few people who are already passionate about using cloth nappies to help plan and run this event.. If you would like to know more about how you can help spread the “fluffy love”, please phone Judith Parr on 01225 396660 or 07530 263129.

