



Children's Centre
A Sure Start Children's Centre



Winter Newsletter

We have now settled into our new office and are very happy at the college but unfortunately have noticed fewer parents now dropping in. We are responding to feedback about this. As promised we will soon be asking parents their views on this term's programme and also to help plan our programme from April 2012. Look out for the **Time to Listen** and **Let's Talk** (formerly the Parent's Forum) events. Bump & Beyond antenatal classes with the midwives are going well and the new Sing, jump & Jiggle session is very popular.

We look forward to seeing you all at our Christmas parties and at our sessions running next term. The team at Okehampton Area Children's Centre wish you and your family a very

Merry Christmas and a Happy New Year

Time to Listen – Bridestowe Village Hall Monday 12 Dec 11 – 2pm

Come and have your say!

Children's Centres are **listening** to the community in order to shape the services we offer in 2012-2013. We need your help to:

- Reach the children and families who are in most need of support
- Understand the changing needs of the community
- Understand what is important to you and your child
- Find out how we can work more closely in partnership with other organisations

No need to book just turn up! Fun activities for children. Buffet lunch provided. Please contact us if you would like to attend but have no transport

IT'S CHRISTMAS PARTY TIME!



Our popular **Christmas party** will be held on **Wednesday 14 December** in the big hall in the Ockment Centre.

10.00 to 12pm focussing on 0-2s

1.00 to 3pm focussing on 2-4s

Book into whichever suits your family best – there will be activities suitable for all at both sessions but more for older ones in the afternoon.

Bookings will be taken from **5 December** – ring **01837 658621** or preferably email okehamptonchildrenscentre@barnardos.org.uk If you are booked to come and you are unable to please ensure you let us know so someone else can benefit. Refreshments will be served.



Eleanor and Lewis enjoying their massage – see inside for more details

Let's Talk (formerly the Parent's Forum)

Come and meet other parents and talk about what's going on at the Children's Centre.

Wednesday 11 January 7.30 -9pm at **Refresh Café** (underneath New Life Church) for tea and cakes. Ring 01837 658621 for more information.

Christmas 2011

The following sessions are running during the Christmas Holidays

From Dec 24 to Jan 3 there will be limited cover in the office and messages will be picked up regularly. In an emergency please contact the relevant agency.

Tuesday 20	10.30 - 11.30	Story Time and Bounce & Rhyme stories, songs and rhymes for 0- 5 year olds. Okehampton library.
Thursday 22	10.00 - 12.00	Healthy Child Clinic at the Parish Church hall. Meet other parents, talk to a health visitor.
Monday 19	10.30-12pm	Breastfeeding Group Kes Ockment Centre.
	1.30-3pm	KALEIDOSCOPE Christmas Party Rainbow Room, Okehampton College
Thursday 29	10.00- 12.00	Healthy Child Clinic at the Parish Church hall. Meet other parents, talk to a health visitor.
	1.30 - 2.30	Amandas Pop Kids at the Parish Church hall. Booking from 5 December.

The **Health Team** can be contacted throughout the Christmas holidays on **01837 658026**
If you have any concerns do please call them.

New Courses for the New Year

- Let's Get Healthy with **HENRY**: this 11 week programme has been designed to cover the key lifestyle areas with groups of parents and carers. Each session begins with family time and young children are then cared for in a creche while parents/carers explore the topic of the week. Participants receive the HENRY toolkit and supporting materials.
- "Toolkit for Parents": This 8 week Solihull parenting course will run from **7-9pm** each Thursday evening (this term) and gives the opportunity for parents who work to attend.
 - First Aid for Parents**: Free 2 hour evening training 7.15 - 9.30pm Open to mums, dads and carers registered with us.



Please ring the office or email us if you are interested in any of these courses **01837 658621**

Lone Parents Afternoon Session

A monthly group especially for lone parents & those whose partners work away for long periods held at **Hatherleigh Children's Centre**. The last session this year will be Thursday 8th December. After Christmas the session will change to the last **Tuesday** of every month so the next few dates are:

Thurs 8 Dec 1.30-3 Jewellery making
Tues 31 Jan 1.30-3 Cooking
Tues 28 Feb 1.30-3 Spring bulbs & decorated pots
Tues 27 Mar 1.30-3 Easter Crafts
Tues 24 April 1.30-3 Swimming

The play team are on hand to provide fun activities for your children too! Please let us know if you are a lone parent and would like more information or need help with transport to Hatherleigh.

Baby Massage

Suitable for babies from 10 weeks to crawling

In the first months of a child's life they rely on touch to make them feel cared for protected and confident in their new surroundings. Baby Massage is not a new idea, but an instinctive way of bonding and communicating with your baby.

If you're interested please ring the office and we will put your name on the waiting list and contact you nearer the time to confirm that you are still interested. You will then receive a letter to confirm the details. We do ask for a voluntary donation of £3 per session but please don't let money be a barrier to attending.

Next 5 week course starting
13 Jan - ring
01837 658621 to book a place.



Spring Term 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Morning	Morning	Morning	Morning
9.45-11.45 NEW TODDLER GROUP 28 Nov/5,12,19 Dec at Parish Church Hall phone Rev Dave Atallah 01837 54263 for more information. 10.00 – 12.00 Forest Garden Toddlers Garden, Oke College	9.30 – 11.30 Cheeky Monkeys Toddler Group – Fairplace Church, Oke 9.30 – 11.30 Toast Club , Gospel Church, Chagford 10.00 – 11.30 Jack and Jill's Toddler Group , Sticklepath Village Hall	9.30 – 11.30 South Zeal Baby and Toddler Group , Methodist Church, South Zeal	9.00 – 12.00 All Sorts Drop In –at the Baptist Church, Oke 9.30 – 11.30 Little Acorns Baby and Toddler Group , Chagford Primary School	9.15 – 11.15 Cotn Buds , New Inspiration, Oke 10.00 – 11.30 Jack and Jill's Toddler Group , Sticklepath Village Hall
10.30 – 12.00 Breastfeeding Group – Kes, Ockment Centre <i>Restarts 9 Jan</i>	10.30 – 11.30 Story Time and Bounce & Rhyme – stories, songs and rhymes at Okehampton Library <i>Restarts 10 Jan</i>	10.30 – 12.00 Learning Together with babies (0-1's) – Parish Church Hall, Okehampton <i>Restarts 11 Jan</i>	10.00 – 12.00 Healthy Child Clinic at the Parish Church Hall. Meet other parents, talk to a health visitor	10.00 – 12.00 Chagford Montessori Toddler Group
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
1.30 – 3.00 Step by Step (2nd & 4th Mon of the month) – Rainbow Room at Oke College <i>Restarts 9 Jan</i> 1.30 – 3.00 Kaleidoscope (3rd Mon of the month) – Rainbow Room <i>Restarts 16 Jan</i> HENRY	1.30 – 3.00 Mini-Me Young Parents Group – Rainbow Room at Oke College <i>Restarts 10 Jan</i>	1.30 – 3.00 Chagford Stay & Play for 0 – 5 year olds, Jubilee Hall, Chagford <i>Restarts 11 Jan</i>	2.00-3.00 Sing Jump & Jiggle – Links, Ockment Centre. <i>Restarts 12 Jan</i> 1.30-3.00 Development Checks Rainbow 7-9pm Toolkit for Parents (Booking Essential) 7.9.30 Bump & Beyond (by invitation)	1.30-3pm Cheeky Monkeys Toddler Group Parish Church Hall Oke

Sessions highlighted **in yellow** are run by **Okehampton Area Children's Centre** – all other sessions are run independently and the Centre is not responsible in any way.

Please Note our new office: In Community wing of Okehampton College, Mill Road EX20 1PW

Citizens Advice Bureau Dates

Come and talk to Nikki our friendly CAB (Citizen Advice Bureau) advisor about anything concerning you – can be financial worries, benefits, working tax credits, returning to work etc at any of the sessions below. New monthly sessions at the CC on Monday evenings once a month with access to computer for job searches and advice on benefits etc from CAB advisor.

JANUARY

- 5 Healthy Child Clinic Oke
- 10 Mini-me
- 16 Kaleidoscope
- 16 4-6pm drop-in (new)

FEBRUARY

- 2 Healthy Child Clinic Oke
- 8 Healthy Child Clinic Chagford
- 27 Step by Step

MARCH

- 8 Healthy Child Clinic Oke
- 13 Mini-me Oke
- 19 4-6pm drop in Oke

APRIL

- 5 Healthy Child Clinic Oke
- 11 Healthy Child Clinic Chagford
- 16 Kaleidoscope Oke



Step by Step Group



Fun for children and parents, plus ideas and support from visiting professionals

Okehampton and Hatherleigh Children Centres are working together to provide a group for families who have children with additional needs or whose development is delayed in anyway. Sessions on 2nd & 4th Monday of each month. **All sessions 1.30 – 3.00pm**
Future dates: 9 & 23 Jan/13 & 27 Feb 12 & 26 March.

The Rainbow Room, Okehampton College

KALEIDOSCOPE



Do you come from a country outside the UK?

Come and meet other families with children 0-5 years who have English as an additional language.

On third Monday of each month

Upcoming dates:

16 Jan/20 Feb/19 Mar

All sessions 1.30-3.00pm

Information link for childcare, education, employment, training, benefits etc available
The Rainbow Room, Okehampton College

Chagford Healthy Child Clinic The Public Health Team will be available on a fortnightly basis starting on 11 January. On alternate weeks we will be running a **Learning together with 0-2s** group. All sessions are held from 1.30-3pm in Jubilee Hall unless stated otherwise.



Christmas can be a magical time of year, but it is also a time of additional stress and pressure on families. If you find that you are more **scared** or **intimidated** by your partner; perhaps feeling as if you are **treading on egg-shells** waiting to get the angry outburst over, or being emotionally or physically **hurt**, please don't forget that there are places you can go for support.

Domestic Violence and Abuse Services (South and West Devon) can be contacted on **01626 365087** (Monday – Friday 10 am to 3pm; Wednesday also 7 – 9pm).

There is also the National Domestic Violence Helpline, open 24 hours a day on **0808 2000 247** or visit www.nationaldomesticviolencehelpline.org.uk

Emails and Website

In order to reduce paper, printing and postage costs wherever possible we will be contacting our members by email. If you would still prefer paper copies, large print versions or information in another language please let us know – and don't forget to tell us if any of your contact details change.

You can email us:

okehamptonchildrenscentre@barnardos.org.uk.

or visit our website:

www.barnardos.org.uk/devoncc/okehampton for all the latest news and information.

The Childrens Centre Team

Centre Lead – Chris Parsons

Children Centre Workers – Nick Stoneman
Liz Baker and Jean Daniel,

Play Leader – Mags Woolcott

Play Workers – Joanna Polak

Administrator – Wendy Mills-Hicks

Admin Assistants – Charlotte Vukova and Chrissie Read



Devon's family information service

Contact DISC Devon's family information service for information and advice on:

- childcare
- activities
- family support and parenting
- support for children with additional needs

DISC has achieved the Families First national award for local authority children's information services

0845 155 1013

www.devon.gov.uk/disc
discinfo@devon.gov.uk