

The BECC Activity Programme



Spring - 2009

The
BECC

Activities for children under 5 and their parents and carers

Many of the sessions are FREE – however donations are always welcome and collection boxes are available at every session.

You will also be asked to complete a registration form.

Play and Stay

Come along to and enjoy a range of fun and stimulating early learning activities with your children. The session includes free nutritious snacks for the children. You will be encouraged to interact with your child/children. Children's Centre staff organise and lead these sessions.

Who: Best suited for children aged 1 – 5 years with parents/carers
Where: Due to the large numbers attending Play & Stay at The BECC, from January these sessions will be held in larger community venues.
Registration: Required (you will be issued with a membership number)

Bookings: Not required - please sign in at reception before each session

Monday Play & Stay

Where: Farriers Hall, 27 Farriers Way, Borehamwood, Herts, WD6 2TB
Time: 9.30am – 11.30 am
Day: Monday
Dates: Start 5th January – 30th March (except 16th February)

Thursday Play & Stay

Where: St Michael & All Angels Hall, Brook Road, Borehamwood, WD6 5EQ
Time: 9.30am – 11.30 am
Day: Thursday
Dates: Start 8th January – 2nd April (except 19th February)

Under 1s group – NEW!

Come along to a drop-in session designed for parents/carers of children under the age of 1. Children's Centre staff organise and lead these sessions

Who: For children aged from birth to 1 year with parents/carers
Time: 1.00pm – 3.00pm
Day: Thursday
Dates: Start 8th January – 2nd April (except 19th February)
Where: Community Room

Bookings: Not required

Baby Massage

Baby Massage is run over 5 weeks by qualified instructors. You will learn to massage your baby, using approved strokes and techniques about the benefits of massage

Bookings: The BECC Children's Centre office Tel: 020 8386 4038

Course (1)

Who: For parents of children aged 2 – 8 months
Day: Friday
Time: 10.00am – 12noon
Dates: 6th, 23rd, 30th January, 6th & 13th February

Course (2)

Who: For parents of children aged 2 – 8 months
Day: Friday
Time: 10.00am – 12noon
Dates: 27th February, 6th, 13th, 20th, 27th March

Baby Clinic

Baby clinic is run by our local Health Visitor team. It is an opportunity for you to receive support and advice on a wide range of family health issues. Afterwards you may like to join us at Starjumps Café.

Who: For parents/carers and their young children
Time: 9.30am – 12 noon and 1.00pm – 2.30pm
Day: Tuesday
Where: Community Room

Bookings: Not required – just drop in

Breastfeeding Group

Who: For pregnant or breastfeeding mums
Time: 10 am – 12 noon
Day: Tuesday (except 17th February)
Where: Elstree Room

Bookings: Not required – just drop in

Starjumps Café Coffee & Chat

Join us for a free cuppa and a chance to chat with other parents/carers. Children's Centre staff will be on hand to answer questions and tell you more about the Centre's Programme

Who: For parents/carers and their children
Time: 9.30am – 12 noon and 1.00pm – 2.30pm
Day: Tuesday
Where: The BECC Foyer area

**Bookings: Not required – just drop in
FREE tea or coffee for each parent .**

Parenting Workshops

Come and share ideas for dealing with parenting children under the age of 2 covering a variety of topics including Communicating with your child, tears, tantrums, bedtime etc.

Who: For parents/carers with pre-school to primary aged children
Time: 12.45pm – 2.45pm
Day: Monday
Dates: 12th, 19th, 26th January, 2nd, 9th February
Where: Elstree Room
Bookings: The BECC Children's Centre office Tel: 020 8386 4038
Crèche: Limited places available (please book in advance)

Parenting Puzzle

The Parenting Puzzle is run over 8 weeks. It encourages parents and carers to enjoy bringing up children and getting the best out of family life. It will help you understand how emotions influence our actions and offers many positive, practical ways of guiding children so they learn to handle both their feelings and their behaviour.

Who: For parents/carers with pre-school to primary aged children
Time: 12.45pm – 2.45pm
Day: Wednesday
Dates: 4th, 11th, 25th February, 4th, 11th, 18th, 25th March, 1st April
Where: Elstree Room
Bookings: The BECC Children's Centre office Tel: 020 8386 4038
Crèche: Limited places available (please book in advance)

Emergency First Aid courses

A course led by an experienced trainer from the British Red Cross. The sessions will focus on family first aid and you will learn about resuscitation and how to manage emergency situations.

Who: For all parents/carers
Where: The Community Room

Bookings: The BECC Children's Centre office Tel: 020 8386 4038

Course (1)

Time: 12.45pm – 2.45 pm
Day: Monday
Dates: 12th & 19th January
Crèche: Limited places available (please book in advance)

Course (4) - Evening

Time: 7.00 - 9.00pm
Day: Monday
Dates: 2nd and 9th March

Course (2)

Time: 12.45pm – 2.45 pm
Day: Monday
Dates: 16th and 23rd March
Crèche: Limited places available (please book in advance)

Course (5) – Saturday

Time: 10.00 am – 2.30 pm
Day: Saturday
Dates: 28th March

Course (3) - Evening

Time: 7.00 - 9.00pm
Day: Monday
Dates: 2nd and 9th February

Top Tots

Top Tots is an award winning programme developed by the Youth Sport Trust. It is run by fully trained staff for parents/carers and children. You will be encouraged to interact with your child/children to introduce them to fun physical activities.

Bookings: Not required

Due to popular demand, we are limiting the attendance to one session per week per family.

Shenley Top Tots

Where: Shenley Village Hall, London Road, Shenley, WD7 9BS
Time: 2.00pm – 2.45 pm
Day: Mondays
Dates: From 12th January to 30th March (except 16th February)

St Michaels Top Tots - 2 sessions

Where: St Michael & All Angels, Borehamwood, WD6 5EQ
Time: (1) 10.30 am – 11.15 am or (2) 11.30am - 12.15pm
Day: Wednesday
Dates: From 7th January to 1st April (except 18th February)

Allum Hall Top Tots

Where: Allum Hall, Allum Lane, Elstree, WD6 3PJ
Time: 10.15am – 11.00 am
Day: Thursday
Dates: From 8th January to 2nd April (except 19th February)

Computer Training

There are courses to suit all learners from beginners to those already in the know. The courses include: Introduction to computers, Introduction to the internet, Skills for life in English and Maths, Business skills, Technical skills using a computer, Web design
And much more.....

The courses are flexible, fun and a great way to start the learning you've promised yourself. Why not come along and see what's on offer.

Who: For all adults
Where: Worknet Training Room

Bookings: Worknet Tel: 020 8236 7600

Dates: Monday to Friday (by appointment)

Toy Library

It works as an ordinary library enabling people to hire toys and equipment for short periods of time at very reasonable costs. To find out how to become a member pick up one of our Toy Library leaflets or speak to one of the Children's Centre staff to find out more.

To view Membership fees, Terms and Conditions of loans, and the Catalogue on line please go to our website www.hertsmere-children.co.uk/childrenscentres/toylibrary

You can pre-order toys and even get Home delivery!

Who: For parents/carers and their children

Tuesday Toy Library

Time: 10am – 12 noon

Day: Tuesday

Dates: From 6th January to 31st March (except 17th February)

Where: The BECC Foyer area

Bookings: Not required – just drop in

Membership: Required

Soft Play / Sensory Room

Who: For children under the age of 5 supervised by a parent/carer

Time/Day: By appointment

Bookings: The BECC Children's Centre office Tel: 020 8386 4038

If you have never visited a sensory room, why not arrange to come along with your child. They can enjoy the soft play equipment and together you can experience sights and sounds.

A contribution of £1 per child per session is payable at The BECC reception.

Due to popular demand, we are limiting the attendance to one session per family per week.

123 Cook with Me - NEW!

Tired of trying to provide good food on a budget? This course is for you and your children.

You can experiment with new foods that are easy and practical. After cooking the food we will all sit down together to a sociable, healthy lunch

Who: For parents and carers with 2-5 year olds

Where: Crèche Room

Time: 10.30am – 12.30 pm

Day: Friday

Dates: 20th, 27th March, 3rd April

For more information contact The BECC Children's Centre: Tel: 020 8386 4038

Crèche

Who: For parents/carers accessing services at The BECC Children's Centre

Where: Crèche Room

Monday: 12.45pm-2.45pm

Wednesday: 9.45 am – 11.45 am

Wednesday: 12.45 pm – 2.45 pm

Booking: Essential (please book early to avoid disappointment)

– please phone The BECC Children's Centre office Tel: 020 8386 4038

Crèche sessions are available for a maximum of 2 hours for parents attending services at The BECC Children's Centre. **From January 2009 parents / carers not accessing services will be limited to 1 hour per child in the crèche.** Prior to your child attending their first crèche session, parents will need to complete the Children's Centre registration form which includes a medical form. A contribution of £1 per child per session is payable at The BECC reception.

Counselling

Run by professionally trained counsellors. If you require some confidential sessions please contact the Centre and one of our Counsellors will ring you back to make an appointment. These sessions are FREE – but donations are always welcome.

Who: For parents/carers of children under the age of 5

Time/Day: By appointment

Bookings: The BECC Children's Centre office Tel: 020 8386 4038

Transport to Play and Stay

Who: For parents and carers and children under 5 coming to Play and Stay sessions.

Day: Monday and Thursdays (not 16th or 19th February)

Where: To find out more about pick-up points either contact Hertsmere Community Transport direct on Tel: 020 8207 5055; pick up a leaflet at The BECC or visit www.hertsmere-children.co.uk

***Parents / carers are encouraged to walk to sessions.**

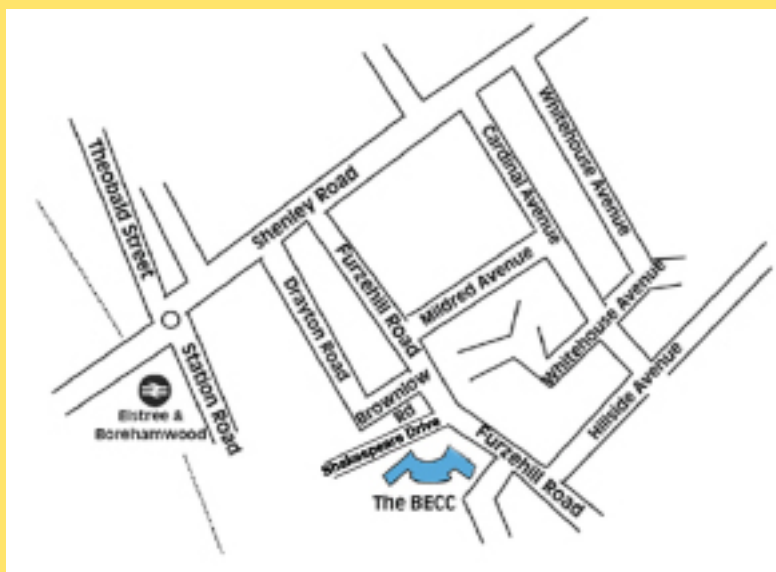
How to find us:

The BECC Children's Centre
Shakespeare Drive
Off Furzehill Road
Borehamwood
Herts, WD6 2FD

From Shenley Road turn
up Furzehill Road
The BECC is on the right
after Brownlow Road

For local buses ask at
reception.

Limited free parking spaces available on site
and a public car park close by



Contact The BECC Children's Centre

Children's Centres office: **020 8386 4038**

or 020 8386 7550

www.hertsmere-children.co.uk



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