



**Sure Start
Children's Centres**



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Venue Address Book:

Borehamwood South

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

Farriers Hall
27 Farriers Way
Borehamwood
WD6 2TB

International Christian Fellowship
Manor Way
Borehamwood
WD6 1QY

Borehamwood North & Elstree

St Michael & All Angels Hall
Brook Road
Borehamwood
WD6 5EQ

The Venue
Elstree Way
Borehamwood
WD6 1JY

Woodlands School
Alban Crescent
Borehamwood
WD6 5JF



Shenley

Shenley Chapel
Radlett Lane
Shenley
WD7 9DW

Busy Bees Day Nursery,
22 Andrew Close
Shenley
WD7 9LP

St Martins Church
63 London Rd
Shenley
WD7 9BW

Shenley Village Hall
74 London Road
Shenley
WD7 9DY

**This programme covers the
Children's Centre areas of:-**

H4 Borehamwood South,
H5 Borehamwood North & Elstree,
H3 Shenley

Borehamwood & Shenley Children's Centres



*"giving every child
the best start in life"*

Activity Programme

**FREE Activities for children under 5
and their parents and carers**

All parents accessing Sure Start services are
required to complete a Registration form.

January – March 2010

We are here to help you, if you have enquiries about activities in
Borehamwood or Shenley call:

020 8386 4038 or 020 8236 7550

www.hertsmere-children.co.uk

Hertsmere Leisure is a registered Charity Charity Number 1093653

Borehamwood & Shenley – January to March 2010

Activities for children under 5 and their parents and carers

Hertsmere Leisure offer a number of services for 0-5s at The Venue in Borehamwood, to find out what is on offer look at our website www.hertsmere-children.co.uk under Family Services Directory and then click on The Venue.

Under 5's Activities:

www.hertsmere-children.co.uk/familyservices

Play Zone Softplay, Mini Music Makers, Creche, Adult & Child Swimming Lessons, Toddler Swimming Lessons



Information points



Pick up leaflets about activities at our Centre as well as useful information for parents and carers about Sure Start Children's Centres.

Borehamwood Library, Elstree Way
The Community Shop, Leeming Road
The Venue, Elstree Way

Access to services

Transport to Play and Stay

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

Where: To find out more about this service contact Hertsmere Community Transport direct on Tel: 020 8207 5055 or pick up a leaflet at The BECC

Day: Monday and Thursdays

Cost: £2 per family for the return trip

Bookings: 020 8207 5115 (lines open Monday, Wednesday, Friday 9.30am – 12.30pm only)

FREE Bus journey vouchers

For local families who need to travel to Children's Centre activities by public transport there are FREE bus vouchers available for the B1, B2 and B3 routes. These can be collected from:

The Community Shop, Schools, Library, Health Visitors and Children's Centre Workers

To collect your return ticket, ask at the Reception of The BECC or one of the Children's Centre staff at your session. Registration with the Children's Centre is required for each family



Customer Information

Happy New Year!

New Year is always a time for looking back to the past, and more importantly, forwards to the coming year and a good time to reflect on changes we want to make. Have you made any resolutions? If so is your resolution in the top 10 list?

- Spend more time with family and friends
- Fit in regular exercise
- Shed extra weight
- Quit smoking
- Enjoy life more
- Quit drinking
- Get out of debt
- Learn something new
- Help others
- Get organized

So often we all have good intentions when setting ourselves New Year goals however by February they are all forgotten! Would you like some support in reaching your goals? Why not get involved in some of the activities at the BECC it offers opportunities to:-

- Enjoy quality time with your children
- Get fitter by coming along to our Sticky Kids sessions
- Sign up for our healthy cooking course - 123 Cook With Me
- Pick up a range of information about financial support you are entitled to
- Learn new skills on the computer with the support of Worknet
- Or even find out about volunteering opportunities that could launch a new career

We do hope to see you in the coming months

Best wishes

The BECC Children's Centre Team

Monday

Play & Stay

Come along to and enjoy a range of fun and stimulating early learning activities for you and your child. You will be encouraged to interact with your child/children. The session ends with a free, healthy snack for your child and singing time. Children's Centre staff are available to give support and advice throughout the session.

Please dress your children suitably for messy sessions

Who: Best suited for children aged 1 – 5 years with parents/carers

Where: Farriers Hall

Time: 9.30am – 11.30 am

Dates: 11th January – 29th March (excluding 15th February)

Bookings: Not required – just drop in

123 Cook with Me – 3 week course

This is a three week course designed by a registered dietician as a way for families to explore and cook healthy foods together. There will be lots of hands on experience for adults and children and an opportunity to sit together and eat the food you have prepared

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

Where: Crèche Room

Time: 10.00 am – 11.30 am

Bookings: The BECC booking number

Course 1 Dates: 11th, 18th and 25th January

Course 2 Dates: 8th, 15th and 22nd March

Jumpstart - 4 week course

Do you want to make your home a positive learning environment? Why not come and find out how you can support your child by providing them with lots of opportunities at home. This course gives you lots of ideas to try out with your child during a fun and informative session. Plus you receive a FREE guide full of information to support the course.

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

Time: 10.00 am – 11.00 am

Where: The BECC, Crèche Room

Dates: 1st, 8th and 22nd February and 1st March

Bookings: The BECC booking number

Crèche

Crèche sessions are available for a maximum of 2 hours for parents attending services at The BECC Children's Centre. All parents and carers must remain on site, while their child/children are in the crèche. If places are still available you are welcome to use our café for a maximum of 1 hour.

You will be asked to complete the Children's Centre registration form prior to the crèche session. A charge of £1 per child per session is payable at The BECC reception. Crèche places will be confirmed 24 hours prior to your requested session.

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

Where: The BECC, Crèche Room or Community Room

Time: 12.45 pm - 2.45 pm

Dates: 11th January – 29th March (excluding 15th February)

Booking: Essential, book early to avoid disappointment.
Phone The BECC booking number

Parenting support sessions

Come along and join other parents to discuss and support the development of your children.

The group gives a chance for parents to meet and talk about how your child develops and learns.

Who: For parents/carers with pre-school to primary aged children

Time: 12.45 pm – 2.45 pm

Dates: 11th January – 29th March (excluding 15th February)

Where: The BECC, Borehamwood Room

Crèche: Limited places available (please book in advance)

Bookings: The BECC booking number

After School Sticky Kids

A fun and physical session to help your child develop listening skills through this interactive fun and lively music session. For children aged 18 months – 5 years.

Where: St Michael & All Angels

Time: 3.45pm – 4.30pm

Dates: 8th January – 26th March (excluding 19th February)

Bookings: Not required – just drop in

Save a Life – a 2 hour First aid course

Learn how to save a child or baby's life. You will be given an opportunity to practice doing Baby & Child Recovery, Baby & Child CPR and Baby & Child Choking, plus other info on things like bang to heads and burns

Who: For parents/carers

Time: 7.00pm – 9.00pm

Course 1: 22nd February

Course 2: 22nd March

Where: The BECC, Borehamwood Room

Bookings: The BECC booking number

Tuesday

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

Where: The BECC Foyer area

Time: 9.30 am – 12 noon and 1.00 pm – 2.30 pm

Dates: All year round.

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

Baby Clinic



Baby clinic is run by 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 for a FREE tea or coffee.

Who: For parents/carers and their young children

Time: 9.30 am – 12 noon and 1.00 pm – 2.30 pm

Where: The BECC, Community Room

Dates: All year round.

Bookings: Not required – just drop in

Breastfeeding Group

Run by volunteers trained by the Breastfeeding Network. Come and get one to one support, meet other mothers and borrow books about breastfeeding.

Who: For pregnant or breastfeeding mums

Time: 10 am – 12 noon

Dates: 12th January – 30th March (excluding 16th February)

Where: The BECC, Crèche Room

Bookings: Not required – just drop in

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

Membership: Required

Time: 9.30 am – 11.30 am all year round

Where: The BECC Foyer area

Bookings: Not required – just drop in

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. Best suited for parents/carers of children aged 3 years and over.

Who: For parents/carers of children aged 3 years and above

Where: The Venue, Training room

Time: 12.45 pm – 2.45 pm

Dates: 26th January – 23rd March (excluding 16th February)

Bookings: The BECC booking number

Crèche: Limited spaces available phone The BECC to book a space.

Rhythm & Rhyme

Come and join us for a fun music session. These sessions will be run by Children's centre staff and encourage young children to listen to and join in with rhymes and songs. We will also explore musical instruments and the sounds they make.

Where: Farriers Hall

Session 1 Time: 10.00 am – 10.45 am (aimed at the under 2 years)

Session 2 Time: 11.00 am – 11.45 am (aimed at the over 2 years)

Dates: 12th January – 23rd March (excluding 16th February)

Bookings: Not required

Wednesday

Crèche

Crèche sessions are available for a maximum of 2 hours for parents attending services at The BECC Children's Centre. All parents and carers must remain on site, while their child/children are in the crèche. If places are still available you are welcome to use our café for a maximum of 1 hour.

You will be asked to complete the Children's Centre registration form prior to the crèche session. A charge of £1 per child per session is payable at The BECC reception. Crèche places will be confirmed 24 hours prior to your requested session.

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

Where: The BECC Community Room

Morning: 9.45 am – 11.45 am

Afternoon: 12.45 pm – 2.45 pm

Dates: 13th January – 31st March (excluding 17th February)

Booking: Essential (book early to avoid disappointment) phone The BECC booking number

123 Cook with Me

This three week course is designed by a registered dietician as a way for families to explore and cook healthy foods together. There will be lots of hands on experience for adults and children and an opportunity to sit together and eat the food you have prepared

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

Where: The BECC Crèche Room

Time: 10.00 am – 11.30 am

Course 1: 6th, 13th and 20th January

Course 2: 24th February, 3rd and 10th March

Bookings: The BECC booking number

Fun with stories – a NEW 3 week course

Come and join us with telling our favourite stories and help us to bring our characters to life through creative and imaginative activities.

Who: Best suited for parent/carers with children aged 1-5 years

Where: The BECC Crèche room

Time: 10.00 am – 11.30 am

Course 1: 27th January, 3rd and 10th February

Course 2: 17th, 24th and 31st March

Bookings: The BECC booking number

Story Time - NEW

Why not drop into The BECC for our new story time session. The session starts with some refreshments for the children

Who: Best suited for parent/carers with children aged 1-5 years

Where: The BECC Foyer

Time: 3.15 pm – 4.00 pm

Dates: 13th January – 31st March (except 17th February)

Bookings: Not required

Thursday

Play & Stay

Come along to and enjoy a range of fun and stimulating early learning activities for you and your child. You will be encouraged to interact with your child/children. The sessions ends with a free healthy snack for your child and singing time. Children's Centre staff are available to give support and advice throughout the session. Please dress your children suitably for messy sessions

Who: Best suited for children aged 1 – 5 years with parents/carers

Where: St Michael & All Angels Hall

Time: 12.45 pm – 2.45 pm

Dates: 7th January – 25th march (excluding 18th February)

Bookings: Not required

Little Explorers

A session designed for under 2 year olds. The sessions will offer the children the opportunity to explore and discover new activities without the worry of being knocked off their feet. We will be exploring with lots of everyday objects which will help develop your child's little imagination.

- Where:** St Michaels and All Angels
Who: Parents/Carers and children under 2 years old
Time: 10.00 -11.00 am
Dates: 14th January – 25th March (except 18th February)
Bookings: Not required

Childminder Group

A play and stay session run by the local Childminders for them to enjoy fun and stimulating planned activities in the Children Centre with their children.

- Who:** For registered Childminders in Borehamwood & Shenley
Where: The BECC, Crèche room
Time: 9.30am – 11.30am
Dates: 7th January – 25th March (excluding 18th February)
Bookings: Not required

If you are Childminder and have any queries contact Daniela Drozd at The BECC

Under 1s group

Come along to a drop-in session designed for parents/carers of children under the age of 1. It's a great opportunity to meet other new parents. Children's Centre staff are available throughout the session to offer support and advice. The session ends with a sing song and free refreshments in our Community Café.

- Who:** For children aged from birth to 1 year with parents/carers
Where: The BECC Community Room
Time: 1.00pm – 3.00pm
Dates: 7th January – 25th March
Bookings: Not required

Through the garden

Come along and enjoy playing in the safe and stimulating garden at the BECC, whatever the weather!

- Who:** For children aged from 0 – 5 years with parents / carers
Where: The BECC Community Garden – Access via the Community Room
Time: 3.00pm – 4.30pm
Dates: 7th January – 25th March
Bookings: Not required

Friday

Baby Massage

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

- Who:** For parents of children aged 2 – 8 months
Where: Community Room
Time: 10.00am – 12noon
Bookings: The BECC booking number
Course 1 Dates: 15th January – 12th February
Course 2 Dates: 26th February – 26th March

Saturday

Dads Club

- Who:** Dads and Grandads can bring along children aged 0-8 years
Where: The BECC
Time: 10.00 -12 noon
Dates: 30th January, 27th February and 27th March
Bookings: Not required

Emergency First Aid courses

The sessions will focus on family first aid and you will learn about resuscitation and how to manage emergency situations. Led by an experienced First Aid Trainer.

- Who:** For all parents/carers
Where: The BECC The Community Room
Time: 9.30 – 1.30 pm
Dates: 16th January 2009
Bookings: The BECC booking number

Daily – by appointment

Computer Training

- Who:** For all adults
Where: Worknet Training Room
Day: Monday to Friday (by appointment)
Cost: First course FREE to parents and carers of children aged 0-5 living in Hertsmere wishing to return to work
Bookings: Worknet Tel: 020 8236 7600

Counselling

- Who:** For parents/carers of children under the age of 6 living in Hertsmere
Time/Day: By appointment
Bookings: The BECC booking number

Childminders Support Network Meeting

These meetings are designed for all registered childminders in the local community to meet together along with Children's Centre staff to discuss training needs, sharing experiences, ideas, support and information. These sessions are supported by Young in Herts, Children's Schools and Families and NCMA. Free refreshments for all those attending.

- Who:** For registered Childminders in Borehamwood & Shenley
Where: The BECC
Time: 7.00pm – 9.00pm
Date 1: Monday 22nd February
Date 2: Wednesday 19th May
Date 3: Monday 11th October 2010
Bookings: Not required

Shenley

Children's Centre activities

Tuesday

Play & Stay

Come along to and enjoy a range of fun and stimulating early learning activities for you and your child. You will be encouraged to interact with your child/children. The sessions end with a free healthy snack for your child and singing time. Children's Centre staff are available to give support and advice throughout the session.

Please dress your children suitably for messy sessions

- Who:** Best suited for children aged 1 – 5 years with parents/carers
Where: Shenley Chapel
Time: 9.30 am -11.30 am
Dates: 12th January – 30th March (excluding 16th February)
Bookings: Not required

Baby Massage



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

- Who:** For parents of children aged 2 – 8 months
Where: Busy Bees Nursery, Shenley
Time: 1.00 pm – 3.00 pm
Dates: 12th January – 9th February
Bookings: The BECC booking number

Wednesday

Mini Explorers and Parenting Café

Come along with your babies to explore and discover. Babies will instinctively investigate objects that interest them. We will be going back to basics and bringing out the pots and pans, materials and lots of different textured objects.

- Who:** Parents/Carers and babies under 1 year old
Where: Shenley Chapel
Time: Mini Explorers 1.30pm – 2.30pm
Time: Parenting Café: 2.00pm – 3.00pm
Dates: 13th January – 31st March (except 17th February)
Bookings: Not required

Thursday

Rhythm & Rhyme

Come and join us for a fun music session. These sessions will be run by Children's centre staff and encourage everyone to listen to and join in with rhymes and songs. We will also explore musical instruments and the sounds they make.

- Who:** Parents/Carers of 0-5 year olds
Where: Shenley Village Hall
Time: 10.15 – 11.00am
Dates: 14th January – 25th March (excluding 18th February)
Bookings: Not required

Friday

Sticky Kids

A fun and physical session to help your child develop listening skills through this interactive fun and lively music session. For children aged 18 months – 5 years.

- Where:** Shenley Chapel
Time: 10.00 am – 10.45 am
Dates: 8th January – 26th March (excluding 19th February)
Bookings: Not required

Toy Library and Parenting Café

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

- Where:** Shenley Chapel
Time: 10.45 - 11.45 am all year round
Bookings: Not required

Childminders Support Network Meeting

These meetings are designed for all registered childminders in the local community to meet together along with Children's Centre staff to discuss training needs, sharing experiences, ideas, support and information. These sessions are supported by Young in Herts, Children's Schools and Families and NCMA. Free refreshments for all those attending.

- Who:** For registered Childminders in Borehamwood & Shenley
Where: The BECC
Time: 7.00pm – 9.00pm
Date 1: Monday 22nd February
Date 2: Wednesday 19th May
Date 3: Monday 11th October 2010
Bookings: Not required

Contact: Borehamwood and Shenley Children's Centres

020 8386 4038 or 020 8236 7550

www.hertsmere-children.co.uk