



**Sure Start
Children's Centres**



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Venue Address Book:



Potters Bar & South Mimms

PB1 Children's Centre
Chace Avenue
Potters Bar
EN6 5NP

South Mimms Village Hall
Blanche Lane
South Mimms
Potters Bar

King Charles The Martyr Church
Mutton Lane, Potters Bar
EN6 3AS

St John's Methodist Church
Baker Street
Potters Bar
EN6 2BS

Our Lady and St Vincent Catholic Church,
243 Mutton Lane
Potters Bar
EN6 2AT

Wyllotts Centre
Wyllotts Place
Darkes Lane
Potters Bar
EN6 2HN

This programme covers the Children's Centre areas of:

- H1 Potters Bar East
- H2 South Mimms & Potters Bar West

Potters Bar & South Mimms

Children's Centres areas



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

We are here to help you so if you have any enquiries about the Potters Bar and South Mimms areas call:

01707 658 547

www.hertsmere-children.co.uk

Hertsmere Leisure is a registered Charity Charity Number 1093653

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

Potters Bar & South Mimms – 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 Furze field Centre, Potters Bar. To find out what is on offer look at our website www.hertsmere-children.co.uk under Family Services Directory and then click on Furze field

Activities for Under 5s at The Furze field Centre

Swimming for under 5s:

- Aquababes / Aquatots
 - Toddlers
- Fun Swim & Pool Sessions
 - Fizzifun
 - Gymnastics
 - Bounce About
 - Run-a-Round
 - Crèche
- Ante-natal:
 - Aqua Aerobics



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 in Potters Bar and South Mimms.

**Oakmere Library
Furze field Leisure Centre
Notice board at PB1 Children's Centre**

Customer Information

Dear Parents/Carers

Happy New Year!

Welcome to our new spring programme detailing all our activities, as you can see this term we have added to new and exciting sessions:

- *Let's Pretend – helps bring your children's imagination to life*
- *Move It – a new session designed to help children develop their physical skills*
- *Parent Support Group - offering support to Parents*

To book or find out more information please ring the Children's Centre between 9 – 10am and 3 – 4pm and a member of staff will be happy to answer any questions you may have,

Alternatively please leave a message on our answer phone and we will ring you back. If you are unable to attend a session that you have booked please could you let us know as we do have waiting lists.

As many are aware our sessions are FREE – However donation boxes are available at all activities and we are always grateful for any donations, as it helps us run a good quality service.

If you are keen to find out more about the Children's Centre or would like to get involved, why not pop along to our next Parent Forum. Our next Forum is on 3rd February from 7.30 – 9.30 pm we would love to see you there.

Many thanks

Davina Wilson

Team Leader

Monday

Sticky Kids

Come along to Sticky Kids and enjoy singing, dancing, listening and laughing. This programme has been designed with the under 5's in mind. Parents this will help to improve your fitness too!

Who: Recommended for 2yrs plus

Where: PB1

Time: 10.00 am – 10.30am

Dates: 11th January – 8th February

Bookings: Not required – just drop in

Move It - NEW

This is a new session designed to help children develop their physical skills. They will be given the opportunity to climb over and crawl under apparatus, practice their ball skills and take part in fun obstacle courses.

Who: Recommended for Toddlers and above

Where: PB1

Time: 10.00 am – 11.00am

Dates: 22nd February – 29th March

Bookings: Not required – just drop in

Fun for under 1s

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

Where: St John's Methodist Church

Time: 10.30 – 11.30 am

Dates: 11th January – 29th March (not 15th February)

Bookings: Not required – just drop in

123 Cook with Me

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 snack

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

Where: PB1

Time: 3.30pm – 5.00pm

Dates: 25th January, 1st & 8th February

Bookings: Booking line

Jumpstart

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

Where: PB1

Time: 3.30pm – 5.00pm

Dates: 8th, 15th, 22nd, 29th March

Bookings: Booking line

Tuesday

Little Explorers

A session designed especially for 1 – 2 year olds. The session will offer the children the opportunity to explore and discover new activities without the worry of being knocked off their feet! We will be playing with lots of everyday objects which help develop our Little Explorers imaginations.

Who: For children aged from 1 – 2 years parents/carers

Where: Our Lady and St Vincent

Time: 10.00 am – 11.00 am

Dates: 12th January – 30th March (not 16th February)

Bookings: Not required

Creative Play

A session for you and your child to come along and enjoy a range of creative play activities and crafts. Please dress your children suitably for creative play.

"Despite appearances, creative play can make an enormous contribution to babies' and young children's cognitive and creative development" – Early years foundation stage

Who: For parents and carers with 1-5 year olds

Where: PB1

Time: 10.00 am – 11.00 am

Dates: 5th January – 30th March (not the 16th February)

Bookings: Not required

Rhythm & Rhyme

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

Who: For children under 5 with their parents/carers

Where: King Charles The Martyr

Time: 2.00 pm – 2.30 pm

Dates: 12th January – 30th March (not the 16th February)

Bookings: Not required

Let's Pretend - NEW

Help bring your child's imagination to life. Each week will be based around a theme and will encourage your children to explore their imagination through creative activities, small world play and dressing up. Come and join in the fun and help your child's dreams come true!!!!

Who: For children over 2 with their parents/carers

Where: PB1

Time: 1.45 pm – 2.45 pm

Dates: **Course 1:** 26th January , 2nd & 9th February.

Course 2: 2nd, 9th & 16th of March

Bookings: Booking line

Autism Support group

An opportunity for parents and carers of children with autism to meet together, share experiences and get support. Your child does not need to have been diagnosed or statement for you to come along to this group

Who: For parents/carers of children with autism

Where: PB1 **Time:** 7.00pm – 9.00 pm

Date: 9th February

— **Wednesday** —

Baby Clinics



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.

Who: For parents/carers and their young children

Where: PB1

Time: 9.30 am – 12 noon

Dates: 6th January – 31st March

Bookings: Not required – just drop in

Please Note : *Baby Clinic will not be at PB1 on the weeks that it is at Wylotts (See Thursday's programming)*

Afterwards come see our information area and have FREE refreshments.

Chatterbox Café

Please join us for a free cuppa and a chance to chat with other parents/carers. A range of play equipment will be available for your children. Children's Centre staff will be on hand to answer questions and tell you more about the centre's Programme. You do not need to visit the clinic to visit Chatterbox Café.

Who: For parents/carers and their children

Where: PB1

Time: 9.30 am – 11.30am

Dates: 6th January – 31st March

Bookings: Not required – just drop in

And

Where: South Mimms Village Hall

Time: 2.15 pm – 3.15pm

Day: 6th January – 31st March

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!

Who: For parents/carers and their children

Where: PB1

Membership: Required

Time: 9.30am - 10.30am

Dates: 6th January – 31st March

Bookings: Not required – just drop in

And

Where: South Mimms Village Hall

Time: 2.15 pm – 3.15 pm

Dates: 6th January – 31st March (not 17th February)

Membership: Required

Bookings: Not required – just drop in

Singing & Stories

Come and sing along to some of your children's favourite songs and enjoy an interactive story time.

Who: For children over 2 with their parents/carers

Where: St John's

Time: 10.00 am – 10.45am

Dates: 6th January – 31st March (not 17th February)

Bookings: Not required

Move It

This is a new session designed to help children develop their physical skills. They will be given the opportunity to climb over and crawl under apparatus, practice their ball skills and take part in fun obstacle courses.

Who: Recommended for Toddlers and above.

Where: St John's

Time: 1.30 pm – 2.30 pm

Dates: 13th January – 10th February

Bookings: Not required

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Booking line: 01707 658 547

Sticky Kids

Come along to Sticky Kids and enjoy singing, dancing, listening and laughing. This programme has been designed with the under 5's in mind.

Parents this will help to improve your fitness too!

Who: Best suited for 2yrs plus

Where: St John's **Time:** 1.30 pm – 2.00 pm

Dates: 24th February – 31st March

Fun with Food

Is your child reluctant to try new foods? Then this is the session for you. We will be trying a range of food from different cultures and making some simple snacks that you can then try at home.

Who: Best suited for 2yrs plus

Where: South Mimms Village Hall

Time: 1.00 pm – 2.00 pm

Dates: **Course 1:** 13th, 20th, 27th January

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

Course 3: 17th, 24th & 31st March

Bookings: Booking line

Thursday

Baby Clinics

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.

Who: For parents/carers and their young children

Where: Wylotts Centre

Time: 9.30am – 12 noon

Dates: 7th January, 4th February, 4th March. 1st April

Bookings: Not required – just drop in

Baby Massage

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

Where: Wylotts Centre

Time: 1.00 pm – 3.00 pm

Date: 4th, 11th, 18th, 25th March, 1st April

Bookings: Booking line

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Booking line: 01707 658 547

Save a Life - First Aid – 2hr course

This session 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

Where: Wyllyotts Centre

Time: 12.45 pm – 2.45 pm

Dates: **Course 1:** 4th February
Course 2: 11th February

Bookings: Booking line

Crèche: Limited places available, booking essential

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.

Where: PB1

Time: 10.00 am - 11.30 am

Date: 14th Jan – 1st April (not 18th February)

Bookings: Booking line

Crèche: Limited places available, booking essential

Singing & Stories

Come and sing along to some of your children's favourite songs and enjoy an interactive story time.

Who: For children aged from 2 years with their parents / carers

Where: PB1

Time: 2.00 pm – 2.45 pm

Dates: 7th January – 25th March (not 18th February)

Bookings: Not required

Contact: Potters Bar & South Mimms Children's Centres

01707 658 547

www.hertsmere-children.co.uk

Friday

Play and Stay

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

Please dress your children suitably for messy sessions

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

Where: PB1 **Time:** 9.30 am – 11.30 am

Dates: 8th January – 26th March (not the 19th February)

Bookings: Not required

Support Session at Potters Bar twins club

We've joined up with Potters Bar twins club and are providing creative activities and exciting and varied age appropriate toys.

Who: For families with twins or more!

Where: King Charles the Martyr Church

Time: 9.30 am – 11.30 am

Dates: 8th, 22nd January, 12th, 26th February, 12th March, 26th March

Bookings: Not required

Saturday

Emergency First Aid

This session will focus on family first aid, you will learn about resuscitation and how to manage emergency situations. Led by an experienced first aid trainer.

Who: For all parents / carers

Where: PB1

Time: 9.30 am - 1.30 pm

Date: 27th March

Bookings: Booking line

Dads Club

Who: For fathers, grandfathers, uncles all male carers with children aged 0 – 5

Where: PB1

Time: 10.00 am – 12.00 noon

Dates: 3rd Saturday of every month. 23rd Jan, 20th Feb, 20th March

Bookings: Not required