



**SOUTHAM & DISTRICT
CHILDREN'S CENTRE**



A Sure Start Children's Centre

1st September – 31st December 2010

**Providing fun opportunities and support for
dads, mums and carers with children under
the age of five in Southam and its
surrounding villages.**

OPENING HOURS: MONDAY to FRIDAY 9.00am - 4.30pm



Come along and spend quality time with your child. All our activities are designed to help your child's learning and development.

Monday

Baby Time 1.00 – 2.45pm *

A relaxed group especially for children up to 18mths to enjoy time together.

Tuesday

Big Chef, Little Chef 9.15 – 11.15am

From 7th September - 12th October

A course for parents using easy-to-follow, healthy and economic recipes which are easy to make and scrumptious to eat.

Crèche available. To book a place please speak to a member of staff.

Childminder Drop-in 1.30 – 3.00pm

A supportive and friendly group for local childminders with their children.

Wednesday

Stay and Play 9.30 – 11.00am *

An enjoyable stay & play group for children under 5 with plenty of space, toys, crafts and singing. Drinks and snacks are available.

Breastfeeding Cafe 10.30am – 12.00 noon

Come along and meet other breastfeeding mums in the area.

Parentcraft with a midwife 7.00 – 9.00pm (invitation only)

Preparing for childbirth, with practical techniques for dealing with pregnancy and birth, and looking after the baby.

Thursday

Toddler Chattermatters 10.30 – 11.30am

From 9th September – 14th October

Support for children and families using songs, play and story times as a means of encouraging the development of good speech, language and communication. **To book a place please speak to a member of staff.**

Friday

Beautiful Breakfast 9.00 – 11.15am

There will be a different speaker each session who will talk about the topics outlined below. **Crèche available.**

17th September - Finance Credit Union

24th September - Make Do & Mend

1st October - Bullying

8th October - Healthy Eating

15th October - A Woman's Place

If you would like more information about these or to book a place, please contact The Graham Adams Centre on 01926 811519

Messy Hour 10.00 – 11.00am

Starting 3rd September

A fun and interactive group giving your child the freedom to get messy and no clearing up!

Nurturing Group 11.15am – 12.30pm

(term time only)

This is a relaxed and friendly drop-in session for new mums, dads and their babies (up to one year old), offering different activities and topics for discussion with guest speakers.

Saturday

Together Time 10.00 – 11.30am

11th & 25th September, 9th & 23rd October, 6th & 20th November and 4th & 18th December

A fun time for mums, dads and carers with children under 5 years old; toys, crafts and other activities are available.

*** When refreshments are provided, a voluntary donation of £1 is appreciated to cover costs.**

Special dates for your diary

Parent Forum

A chance to discuss how you would like the children's centre services to move forward, any ideas welcome!

Crèche available. To book a place please speak to a member of staff.

Speech & Language Therapist will be in Stay & Play session.

15th September, 13th October, 10th November and 8th December 9.30 – 11.00am

Contact Kate Cook on 01926 815045

Family Information Service will visit our outreach sessions for free information & signposting service for families: Tuesday 15th September at Bishop's Itchington Early Years Centre 12:00 – 1:30pm; 29th September 9:15am – 12:00pm at Southam Children's Centre; and 1:00 – 2:30pm at Stockton Early Years Hub.

For any help or advice please contact Sarah Powell on 0845 0908044

Southam Clinic, Tuesdays 9.00 – 11.00am

A drop in for parents and carers to see a Health Visitor in a relaxed and friendly environment and get your child weighed.

A representative from the Children's Centre will be available once a month.

Job Centre Plus, 20th September 1.30 – 3.00pm

A service that provides one to one support and advice on benefits and employment.

For any help or advice contact Emma Gulliver 01926 302632

Save a toddler's life training

5th October and 16th November 9.30 – 11.30am

Crèche available. To book a place please speak to a member of staff.

Save a baby's life training

12th October and 30th November 9.30 – 11.30am

Crèche available. To book a place please speak to a member of staff.

Southam Parent and Carers Group 21st September and 16th November 10.00 – 12 noon

An informal group which support parents and carers with children who have a disability.

South Warwickshire Credit Union

Wednesdays 9.15 – 11.15am

An easy way to save safely at reasonable rates of interest, for more information please contact the Graham Adams Centre on 01926 811519

Warwickshire Just Kids Thursday 28th October 1.30 – 3.30pm

An informal group which supports families who have a child with Downs Syndrome.

Other Services

Stop smoking support – please contact Ruth at the Children’s Centre.

Family Support – One to one support in the home on any aspects of family life, please speak to our Family Outreach Worker at the Children’s Centre in confidence.

Breastfeeding Support is now available at the Children’s Centre.

Outreach Activity Descriptions:

Creative Kids	You and your child will have the chance to get creative with arts and crafts.
Baby Massage (term time only)	A fun, relaxed 6-week course to learn the techniques and benefits of baby massage. Call the Children’s Centre to book your place.
Body Pump and Yoga	Fitness classes for parents and carers at Southam Leisure Centre for £3.30 a session for those who attend Southam and District Children’s Centre. A crèche is also available, to book a place please speak to a member of staff at Southam and District Children’s Centre.
Young Parents Group	A friendly group for parents under 25 to meet other young parents while the children play in stimulating surroundings.
Jo Jingles	A fun group that nurtures relationships and communication between parent/carer and child through action, songs and movement.

All activities are free unless otherwise stated.

What's on in the Outreach Areas: September - December 2010

<p>Bishops Itchington</p> <p>Early Years Centre Poplar Road CV47 2RT</p>	<p>Young Parent's Group</p> <p>Baby Clinic with Health Visitor</p> <p>Creative Kids</p> <p>Drop in Stay and Play</p>	<p>Wednesdays 12:00 - 1:30pm 1st & 15th September, 6th & 20th October, 3rd & 17th November and 1st & 15th December</p> <p>Wednesdays 1:30 - 2:45pm 1st & 3rd Wednesday of each month, as above</p> <p>Mondays 1:00 - 2:30pm</p> <p>Fridays 1:00- 2:30pm</p>
<p>Napton St. Lawrence Primary School</p> <p>Victory Club</p>	<p>Jo Jingles</p> <p>Drop in Stay and Play</p>	<p>Fridays (fortnightly) From 10th September 11:15am - 12:15pm</p> <p>Thursdays From 9th September 1:30 - 3:00pm</p>
<p>Stockton Early Years Hub Church Street CV47 8JG</p>	<p>Messy Hour</p> <p>Drop in Stay and Play</p> <p>Jo Jingles</p>	<p>Tuesdays Starting 7th September 1:30 - 2:30pm</p> <p>Wednesdays Starting 8th September 1:00 - 2:30pm</p> <p>Fridays (fortnightly) Starting 17th September 11:15am - 12:15pm</p>
<p>Southam Southam Clinic</p> <p>Southam Leisure Centre</p>	<p>Baby Chattermatters</p> <p>Baby Massage</p> <p>Exercise classes Body Pump Yoga</p>	<p>Thursdays 10:30 – 11:30am 4th, 11th, 18th & 25th November, 2nd & 9th December</p> <p>Tuesdays Starting 14th September 1:30 - 2:30pm & 2:30-3:30pm</p> <p>Tuesdays Starting 2nd November 9:15 - 10:00am 10:15 - 11:45am</p>

Other Groups

The following groups are not run by Southam and District Children's Centre.

Bishops Toddler Group-

Thursdays 10:00 - 11:30am (closed August, Christmas and New year)

Play sessions for children up to 3 years old, and a chance to meet other mums and carers. There are organised activities, a mid-morning drink and snack followed by singing at the end of the session. £1.50 per family

For more information, contact Andrea Hugo on 01926 612138

Memorial Hall, Fisher Road, Bishop's Itchington, Warwickshire, CV47 2RE

Long Itchington Baby and Toddler Group-

Wednesdays 9:30 - 11:00am (term time only)

A welcoming group with toys, crafts, snacks and singing. Tea and coffee is also available for parents and carers. £1.50 per family

Contact Nikki on 01926 810592 for more information, or just come along.

Long Itchington Primary School, Stockton Road, Long Itchington, Rugby, Warwickshire, CV47 9QP

Stockton Toddlersaurs

Fridays 10:00 - 11:30am

A playgroup for 0-4 year olds, offering a new activity every week.

£1.50 for 1 adult and 1 child, 50p per person after that.

For more information contact Emma on 01926 814687

Stockton Village Hall, Napton Road, Stockton, Warwickshire.

Southam Congregational Church Parent and Toddler Group

Thursdays 10:00 – 11:30am (term time only)

Lots of toys and activities for babies and toddlers, craft table and refreshments are also available.

For more information, please contact the Graham Adams Centre on 01926 811519

The Graham Adams Centre, St. James Road, Southam.

Harbury Toddler Group

Mondays 9:30 – 11:30am

A group that includes craft activities, indoor and outdoor play, and singing. Snacks and drinks are available. 50p per person over 9 months. For more information, please contact Jemima Balcam

01926 614971 jemimabalcam@hotmail.co.uk

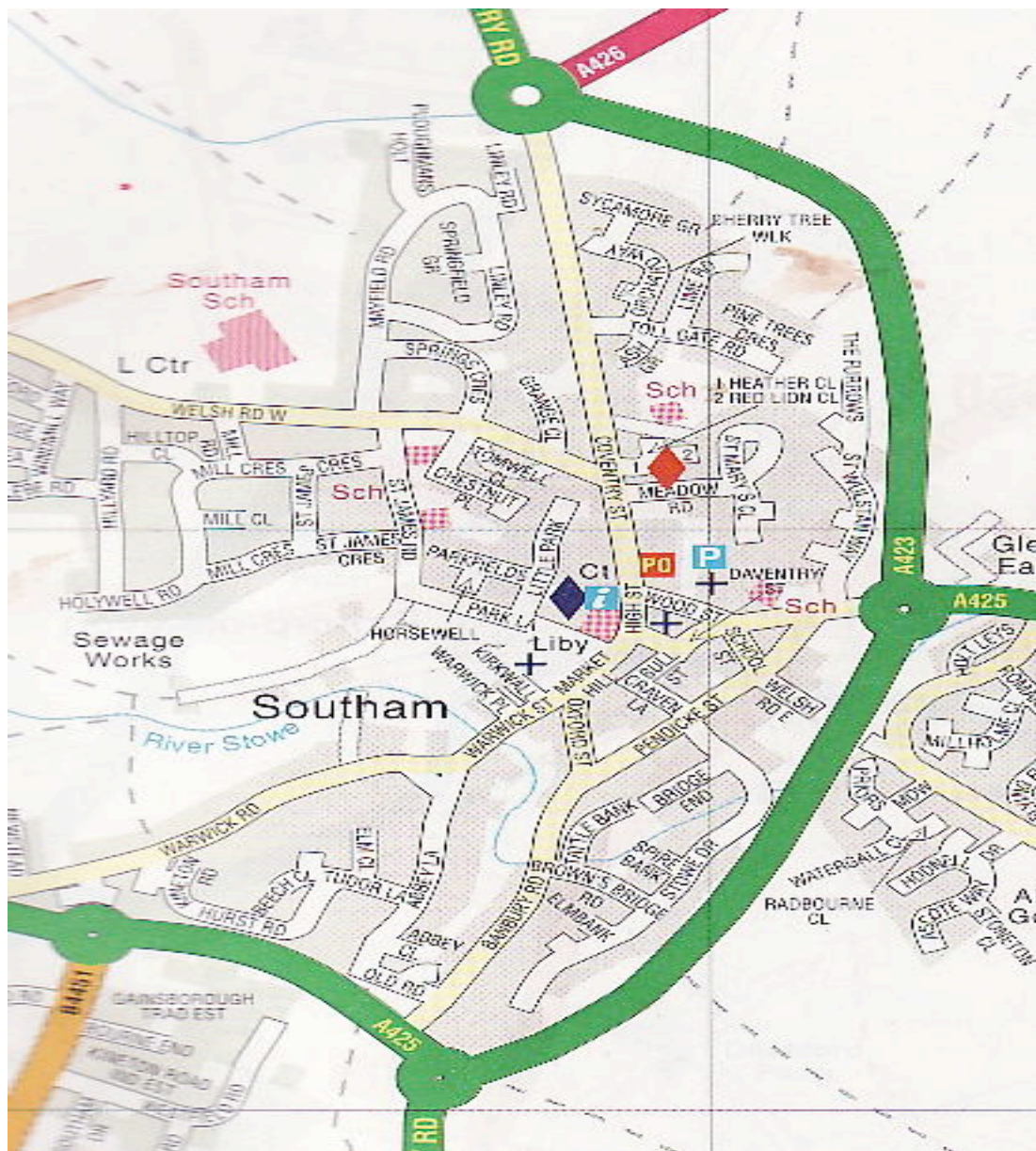
The toddler group is located behind the library at the Wight School.

Homebirth Group

Wednesdays 6th October & 1st December 7:30 – 9:00pm

Thinking of a homebirth? Want to find out more information? Come to our informal meeting (with tea and biscuits). Mums, Dads, other siblings, grandparents - All are welcome. Contact Helen for more information on 01926 612068.

Bishop's Itchington Early Years Centre, Poplar Road, CV47 2RT



Southam & District Children's Centre

The Graham Adams Centre

St James Road

Southam

CV47 0LY

Tel: 01926 814953

Email: southamcc@yahoo.co.uk

www.southamchildrenscentre.co.uk