

# Clyst Vale

Autumn  
Newsletter  
2010

## A Sure Start Children's Centre

Available to all families and their children under 5 years  
Helping to build future generations of happy, healthy, confident children.

Telephone 01392 469774 Email [cvcc@actionforchildren.org.uk](mailto:cvcc@actionforchildren.org.uk)

Mobile 07732 527419 Website [www.clystvalechildrenscentre.co.uk](http://www.clystvalechildrenscentre.co.uk)

### Welcome to our Autumn Term Newsletter

#### Inside this issue :

|                        |     |
|------------------------|-----|
| What is Clyst Vale     | 2-3 |
| Services we offer      | 5   |
| Autumn Term Services   | 6-7 |
| Services we offer      | 8   |
| Breastfeeding Info     | 9   |
| Parent Support Advisor | 10  |
| Health Contacts        | 11  |
| Centre Contacts        | 12  |



Clyst Vale Children's Centre  
Broadclyst Victory Hall,  
The Jubilee Room,  
Broadclyst, Exeter,  
Devon, EX5 3EE

New Timetable  
See the new layout of  
the timetable in the  
Centre Pages

Don't forget to register  
with the Children's  
Centre to receive  
information on  
local services.



Sign up to our email Newsletter  
[cvcc@actionforchildren.org.uk](mailto:cvcc@actionforchildren.org.uk)  
and ask to receive a copy.



# A Children's

## What are Children's Centres

Children's Centres provide support, information, groups and activities for all Children, families and childcare settings of under 5 year olds.



### Services include:-

- appropriate support and outreach services to parents/carers and children aged under 5yrs.
- Information and advice to parents/carers on a range of subjects, including—local childcare, local early years provision for 3-4yr olds, health, bonding, child development, ideas of age appropriate play activities, finances—tax credits, returning to work etc.
- support to childminders, nurseries and pre-schools.
- drop-in activities and weekly/monthly local groups for parents/carers and children—a great chance to meet other parents and children within your area, for your child to play with new toys/equipment and participate in craft & music activities and for you to seek advice from trained and experience staff on any parenting issues of concern.
- links with other agency's and organisations

**Sign up to our email newsletter for information about**

# what ? ...

## Who are we?

The charity Action For Children, has been chosen to manage Clyst Vale Children's Centre on behalf of Devon County Council.

Action For Children also manage other local children's centres in Exeter and in other parts of East Devon and they have considerable experience in working with children and families.



We are aware that the area Clyst Vale Children's Centre serves, is very different to those in Exeter and parts of East Devon and has very different needs. It is constantly our aim to ensure that we meet the needs of the children and families within our area, and are aware that transport links in rural areas can provide a challenge, thus meaning we bring our services to your village.

## Drop in....

Wednesday, Thursday or Friday each week (see timetable on pg6-7) our reception is open for you to drop into to feed your baby, play with toys, read books, enquire about services and access information.



## Clyst Vale is YOUR children's centre,

So we would like to hear from YOU about what services and support you would like.

We have a comments section on our website

[www.clystvalechildrenscentre.co.uk](http://www.clystvalechildrenscentre.co.uk)

where you can submit ideas or feedback, alternatively ring us

01392 469774 or email [cvcc@actionforchildren.org.uk](mailto:cvcc@actionforchildren.org.uk)

**our groups & services & what's on in your area**

# Was your child born between 1 September 2006 and 31 August 2007 ?

The way to apply for a primary place in Devon has changed

You can apply online at  
[www.devon.gov.uk/admissionsonline](http://www.devon.gov.uk/admissionsonline)  
from 1 November 2010 until 15 January 2011

If you can't apply online,  
you can get a copy of the  
First Step Booklet by calling  
the Education Helpline on  
**0845 155 1019**

Even if you have already given  
details to a primary school,  
you must apply for a place  
through the Admissions Team.  
This is the only way to apply,  
other forms or lists held by  
schools will not count.



Devon  
County Council

## Reception Drop In



Open to drop in  
Wednesday, Thursday  
& Friday  
08:30am-4:00pm

Comfy chairs  
toys  
information & advice



DISC  
Devon's family  
information service

Devon  
County Council

## 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

**0845 155 1013**

[www.devon.gov.uk/disc](http://www.devon.gov.uk/disc)  
[discinfo@devon.gov.uk](mailto:discinfo@devon.gov.uk)

# What Groups do we run?



## Here's Looking At You Baby

**A group for parents with their babies aged 6months and under.**

### About the Group

A small friendly group with no more than 8 parents and their little ones.

\* A group that will help you find out what your baby is trying to tell you with their smiles, wriggles, grizzles and sounds.

\* The group runs for 9 weeks.

\* This group will help you to understand what your baby is trying to say to you.

**This is a signup group.  
Please contact the centre to register your interest.**



## Here's Looking At You Little One

**A group for parents with their children aged from 6months to 2years.**

### About the Group

A small friendly group with no more than 10 parents and their little ones.

The group aims to deepen your understanding of how and why your child behaves as the world changes for them.

Our aim is to breakdown some of the myths of parenting, such as:

'terrible twos', 'they only do this to wind me up', 'They do the same things over and over again', 'Why does no one else's child do this'.

**This is a signup group.  
Please contact the centre to register your interest.**

## Police Monthly Drop In Surgery



**Open to drop in  
every 2nd Thursday of the month  
1:00pm - 2:00pm  
information & advice from your local  
community officer**



# Autumn Term Timetable

|                  | Monday   | Tuesday  |
|------------------|--|--|
| <b>Morning</b>   | <p><b>09:15-11:15</b></p> <p><b>Broadclyst Monthly Stay &amp; Play</b><br/>(3rd Monday of the month)<br/><b>20th September</b><br/><b>18th October</b><br/><b>15th November</b><br/><b>6th December</b></p> <p>Broadclyst Victory Hall,<br/>Wiltshire Room</p> | <p><b>10:00-11:00</b></p> <p><b>Baby Massage</b></p> <p>5 week sign up course.</p> <p>Each course<br/>location varies to suit demand</p> <p>Please register your interest to<br/>gain a place on the next course</p> |
|                  | Reception Drop in closed   | Reception Drop in closed   |
| <b>Afternoon</b> | <p><b>13:30—15:00</b></p> <p><b>Here's Looking At You Little One</b><br/>(Weekly—Term time only)</p> <p>Broadclyst Victory Hall,<br/>Wiltshire Room,</p>   |  |





| <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>  |
|--|--|--|
| <p><b>10:00-11:00</b></p> <p><b>Walk and Talk</b><br/>Meet at<br/>Silverton Community Hall<br/>Wyndham Road<br/>Silverton</p>  | <p><b>09:30-11:00</b></p> <p><b>Here's Looking At You, Baby!</b><br/><b>9 Week Sign Up Course</b><br/><b>Next Course Starting 30th September</b></p> <p>Silverton<br/>Community Hall<br/>Wyndham Road<br/>Silverton</p> <p>Please register your interest to gain a place on the next course</p>  | <p><b>09:30-11:30</b></p> <p><b>Stoke Canon Stay &amp; Play</b></p> <p>Stoke Canon Church,<br/>(by primary school)</p> <p><b>10:00-11:30</b><br/><b>Silverton Stay &amp; Play</b><br/>(2nd Friday of the month)<br/><b>10th September</b><br/><b>8th October</b><br/><b>12th November</b><br/><b>10th December</b></p> |
| <p>Reception Drop in open<br/>08:30-16:00</p>  | <p>Reception Drop in open<br/>08:30-13:30</p>  | <p>Reception Drop in open<br/>08:30-13:30</p>  |
| <p><b>13:30—15:00</b><br/><b>Broadclyst New Baby Group with Health Visitor</b><br/>(Weekly—Term time only)<br/>Broadclyst Victory Hall,<br/>Wiltshire Room</p> <p><b>13:30—15:00</b><br/><b>Baby Buddies</b><br/>(Weekly New Baby Group with Health Visitor)<br/>Silverton Community Hall<br/>Wyndham Road<br/>Silverton</p> | <p><b>13:30—15:00</b><br/><b>Baby Oasis</b><br/>Weekly group for breast feeders with peer Supporter—Starts 4/11/10<br/>Broadclyst Victory Hall,<br/>Within the Children's Centre—Jubilee Room</p> <p><b>14:00—15:00</b><br/><b>Police Surgery</b><br/>(2nd Thursday of the month)<br/><b>9th Sept 14th Oct</b><br/><b>11th Nov 9th Dec</b></p> |  |

# What Groups do we run?

**baby**



**buddies**

Silverton based new baby group & clinic with Outreach worker & Health Visitor to access support, information and advice. For parents and their babies from 0 to 9months. This is a drop in group.

## **Broadclyst New Baby Group**



Broadclyst based new baby group with Outreach worker & Health Visitor to access support, information and advice. For parents and their babies from 0 to 9months. This is a drop in group.

## **Baby Massage**



Structured 5 week baby massage course for parents and babies from 0 to 6months. This is a **signup group**. Please contact the centre

## **Stay & Plays**



**Advice, information, a chance for you and your child to socialise with a variety of toys, activities and craft activities.**

## **NEW WEEKLY BABY OASIS GROUP**

**A group for breastfeeding mothers  
All welcome—pre/post natal up to finishing feeding.  
All breastfeeding mothers & expectant mothers welcome for support, advice, information & to socialise**

# Breastfeeding peer support



Qualified and experienced peer supporters available to advise and support you and your baby during breastfeeding

**One to One support & advice available daily**

## **NEW WEEKLY BABY OASIS GROUP**

**A group for breastfeeding mothers**

**Every Thursday (from 4/11/10)**

**in Clyst Vale Children's Centre, Broadclyst  
Victory Hall, Jubilee Room—13:30-15:00**



**Call: 01392 469774**



**Email: [bfeedingexeter@actionforchildren.org.uk](mailto:bfeedingexeter@actionforchildren.org.uk)**

## **Parent Voice a chance to be heard**

*'Thank you for all the help with my child when they went through a difficult time, it helped build their confidence, and form new friendships'*

Please use the comments books/boxes in the centres, it is an opportunity for parents and carers to express their opinion, and can even help influence how your centre is run. Your comments are valuable to us.

**For more information  
about Parent Voice  
contact Laura Robinson  
on 464754  
or visit our website  
[www.surestartexeter.org.uk](http://www.surestartexeter.org.uk)**



## **Breast Pump Hire**



**Contact:**

**Alison Sharpe (Health Visitor)  
All areas except Stoke Canon  
& Silverton**

**T: 01404 816021**

**Lynette Hawes (Health Visitor)  
Stoke Canon & Silverton Areas  
T: 01392 860034**

**Clyst Vale Children's Centre  
T: 01392 469774**



# Summer 2010 Events

Clyst Vale Children's Centre hosted, attended and supported several local community events throughout the Summer. Sign up to our email newsletter, look at our website [www.clystvalechildrenscentre.co.uk](http://www.clystvalechildrenscentre.co.uk) or speak to a member of staff for details of any upcoming events.



Parent Support  
Advisor

## The Role of Parent Support Advisor

The Parent Support Advisor for Clyst Vale Learning Community is Barbara Scales. The role of parent Support Advisors is to enhance children's learning through contact with parents. Barbara has been working with parents on a one to one basis and also in groups. She accepts self referrals from parents. Referrals are also made by the school after consultation with parents.

Barbara has recently organised parenting workshops and has worked with Clyst Vale Children's Centre in providing messy play sessions for parents.

Barbara is very involved with the schools in the Learning Community and is present at school activities where parents are invited.

If parents have any difficulties with their children's transition to their first school or senior school then Barbara can help.

She can also advise on:

- Behaviour Management
- Attendance issues
- Family Issues
- Personal Issues
- Any family issue that can affect a child's experience at school whether directly or indirectly.

**Barbara has an office at Clyst Vale Community College  
and works full time and during school holidays.**

**She can be contacted on 07544 982390 or 01392 461407 (term time)**

## Public Health Nursing Team for Clyst Vale.

### Alison Sharpe—Health Visitor & School Nurse

Alison covers all of Clyst Vale Children's Centre areas except Stoke Canon and Silverton. Alison attends the New Baby Group held at Broadclyst Victory Hall on Wednesday afternoons & supports Paula Goodship, school nurse, one day a week.

### Paula Goodship—School Nurse

Paula is the school nurse for all of the Clyst Vale Learning community which includes the 8 feeder primary schools.

### Jo Lowman—Nursery nurse

Jo works with both the health visitors and school nurses across the Clyst Vale and Ottery St Mary localities.

**CONTACT: Ottery St Mary Community Hospital  
Tel: 01404 816021**

### Lynette Hawes (2 days health visitor)

Lynette is a very experienced Health Visitor covering Stoke Canon and Silverton areas. Lynette attends the Baby Buddies on Wednesday mornings 10.00 - 11.30am at Silverton Community Hall

**CONTACT: Silverton Health Centre  
Tel: 01392 860034**

## Free Counselling Service

Linda Reed is our qualified Clyst Vale Children's Centre Counsellor.



Counselling is available to all parents and carers of children under 5years within the Clyst Vale Children's Centre area. **Common issues supported:**

- \* Depression \* Anxiety \* Bonding \* Anger
- \* Alcohol &/or Drug Problems \* Low Self Esteem \* Childhood Abuse \* Pre & Post-Natal Depression \* Domestic Violence \* Bereavement \* Relationships
- \* Isolation \* Traumatic Births \* Couples Counselling

**SELF REFER OR SPEAK TO YOUR HV OR CHILDREN'S CENTRE WORKER TODAY: 01392 469774**



# Who are the staff in the Children's Centre?



**George Hawkins**  
Outreach Worker



**Carol Harvey**  
Outreach Worker



**Ann Brandrick**  
Early Years Lead



**Christine Cottle**  
Children's Centre Manager



**Janine Broomes**  
Safeguarding Lead



**Ann Bindschedler**  
Family Project Worker



**Linda Reed**  
Counsellor



**Aimee Coppard**  
Admin Assistant & Breastfeeding Peer Supporter



**Pauline Haggerty**  
Publicity and Events Co-ordinator



**Laura Robinson**  
Parent Forum Co-ordinator



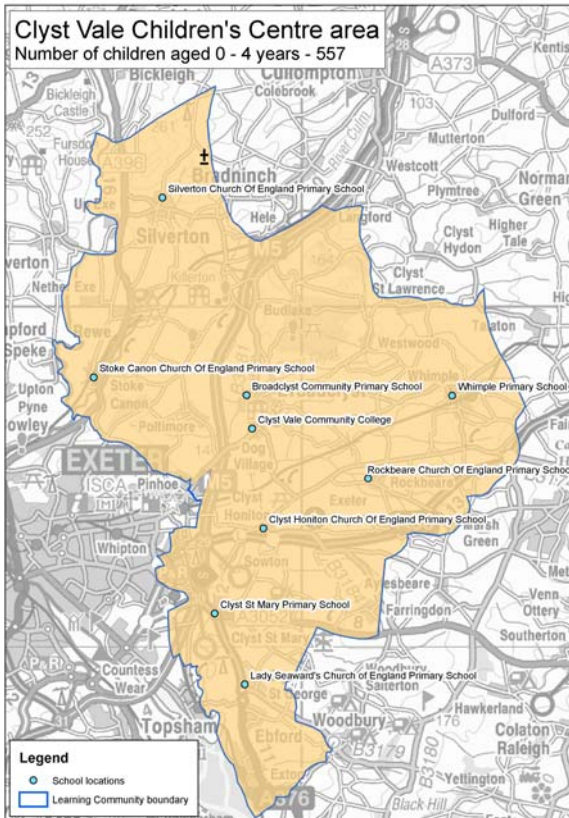
**Helen Miles**  
Outreach Worker



**Sandra Semmens**  
Outreach Worker



**Catherine Hill**  
Volunteer Co-ordinator



## Opening Times

The reception is currently open:  
**Wednesday's,**  
**Thursday's**  
**& Friday's**  
**08:30 to 16:00.**

## Term Dates

**Autumn Term 1**  
**02/09/10 –23/10/10**  
**HALF TERM**  
**26/10/10-30/10/10**  
**Autumn Term 2**  
**2/11/10-18/12/10**