

Clyst Vale

Spring
Newsletter
2011

A Sure Start Children's Centre

Working with families and their children under 5
to build future generations of happy, healthy, confident children.

Telephone 01392 469774 Email cvcc@actionforchildren.org.uk

Mobile 07732 527419 Website www.clystvalechildrenscentre.co.uk

Welcome to our Spring Term Newsletter

Inside this issue :

Breastfeeding Peer Support Training Devon Family Information Service	2
Here's Looking At You Baby Here's Looking At You Little One Police Surgery	3
Timetable	4
Timetable	5
Money Skills Baby Oasis	6
Health Team Parent Voice	7
Staff Team Map of area	8



Sign up to our
Email Newsletter

cvcc@actionforchildren.org.uk
and ask to receive a copy.



in partnership with
Devon
County Council

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

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

Breastfeeding Peer Supporters Needed

Have you breastfed your baby for more than six months?

Are you interested in supporting other mothers and babies to share the wonderful benefits of breastfeeding?

Do you want to pass on what you have learned about the art of breastfeeding, so other women and babies can experience it for themselves?

A mother is more likely to speak to another mother who has experienced breastfeeding. So you will be able to give first hand advice, provide support and comfort to reassure they are on the right track so they continue their choice to feed.

If this is what you want to do, then this is a course for you

In the New Year we are offering breastfeeding peer support training that's a **credited** course that you can take it further if you wish.

You will be able to become a peer supporter in your local community and support your Local Children's centres in supporting mother's choice to breastfeed.

If you are interested please contact

Naomi at
Beacon Health Children's Centre
01392 427063



**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
discinfo@devon.gov.uk

Reception Drop In



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

Comfy chairs
toys
information & advice





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 babies.

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 is run over 9 weeks and in partnership with Ottery St Mary Children's Centre, it is open to families from both areas.

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.**

**Ottery Group Thursdays 9.30 - 11.00
Silverton Group to be confirmed
Please call for details**



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 drop in group.
This term the group is at Broadclyst
In the Victory Hall, Wiltshire Room
1.30 - 3.00pm**

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
Jubilee Room, Victory Hall, Broadclyst**



Spring Term Timetable

	Monday	Tuesday
Morning	<p>09:15-11:15 Broadclyst Monthly Stay & Play 17th Jan 21st Mar Broadclyst Victory Hall Wiltshire Room</p>	
	Reception Drop in closed	Reception Drop in closed
Afternoon	<p>13:30-15:00 Here's Looking At You Little One (Weekly—Term time only) Broadclyst Victory Hall, Wiltshire Room,</p>	<p>13:30-15:00 Child Health Clinic Pinhoe Surgery</p>

Wednesday	Thursday	Friday
	<p>09:30-11:00 Here's Looking At You, Baby (S) 9 Week Sign Up Course Next Course Starting 27th January Ottery St Mary Children's Centre <i>We are jointly running this session with staff from Ottery St Mary Children's Centre and it is open to families from both areas.</i></p> <p><i>Contact the Centre for details of the Silverton Group.</i></p>	<p>09:30-11:30 Stoke Canon Stay & Play Stoke Canon Church, (by primary school)</p> <p>10:00-11:30 Silverton Stay & Play (2nd Friday of the month) St Mary's Church Hall</p>
<p>Reception Drop in open 08:30-16:00</p>	<p>Reception Drop in open 08:30-16:00</p>	<p>Reception Drop in open 08:30-16:00</p>
<p>13:30-15:00 Baby Buddies <i>Weekly New Baby Group with Health Visitor & a member of staff from the Children's Centre For parents with babies up to 9 months.</i> Silverton Community Hall Wyndham Road Silverton</p> <p>13:00-15:00 Breastfeeding Peer Supporting in Jubilee Room Victory Hall Broadclyst</p>	<p>14:00-16:00 Child Health Clinic Ottery St Mary Hospital</p> <p>14:00-15:00 Police Surgery (2nd Thursday of the month) Jubilee Room, Victory Hall, Broadclyst</p>	



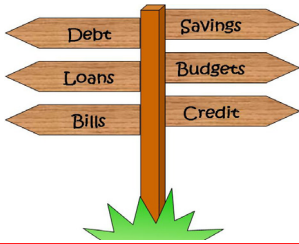
Money Skills Workshops



Are you concerned by money issues?
Do you want more control over your spending?
Then our workshops can help!

We have teamed up with Barclays Bank to offer a course of workshops.
We offer 4 sessions with fun activities, quizzes and prizes to win

Starting February at Beacon Heath Children's Centre
Mondays 1.00 - 3.00



If you are interested in signing up contact
Laura Robinson or Pauline Haggerty
01392 464754
or fill out a group sign up form

More sessions to follow in Clyst Vale and Whipton

Breastfeeding Support Group Baby Oasis

Monday 9.30 - 12.00pm
at Beacon Heath Children's Centre

Tuesday 9.30 - 11.30am
at Whipton Children's Centre

Wednesday 1.30 - 3.00pm
at Clyst Vale Children's Centre

Thursday 9.30 - 11.30am
at Heavitree and Polsloe Children's Centre

Come along to our Baby Oasis **drop in** group.

We offer individual support as well as a friendly supportive group, so if you have any questions or queries regarding breastfeeding you can pop in and have a chat.

It's a place where you can feed your baby and a chance to meet other mums.

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 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.

Lynette Hawes (2 days health visitor)

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

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**

Parent Voice

Thank you to all of you who completed a Parent Satisfaction Survey back in June. We have now had the results back and are extremely pleased with the feedback you gave. It is really important that we receive feedback from parents and carers that use our services as this can highlight changes we can make to improve services, and it also validates the work that we do in the Centres and local community.

Our participation workers will be visiting local groups during this term to feedback the results of the surveys.

To find out how you can get involved in your Children's Centre please contact Laura Robinson Parent Forum Coordinator on **01392 464754** or email laura.robinson@actionforchildren.org.uk

www.clystvalechildrenscentre.co.uk

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



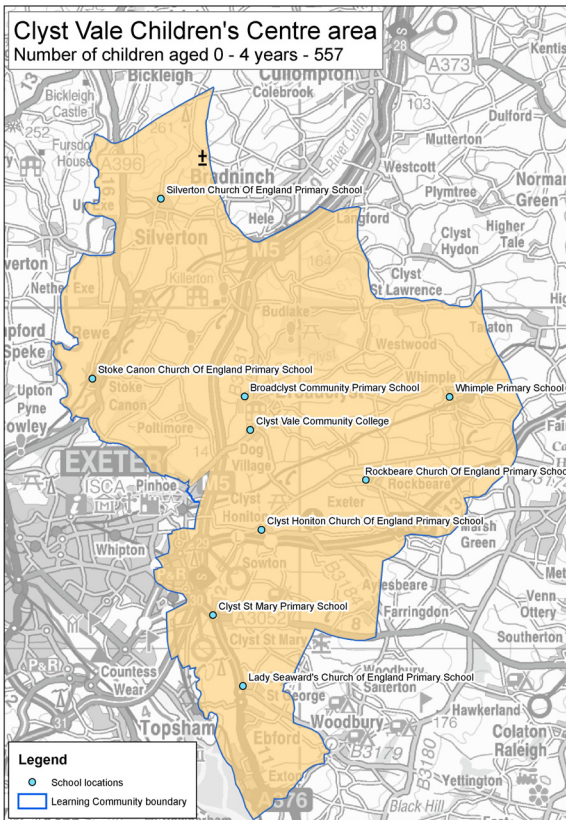
Helen Miles
Outreach
Worker



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

Groups start Mon 10th Jan
Half term 21st - 25th Feb
Term ends Fri 8th Apr