

# Sure Start Children's Centres

Beacon Heath, Clyst Vale,  
Whipton, Heavitree and Polsloe

Spring  
Newsletter  
2012

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

## Inside this issue

The Devon Carousel Project	2
The Devon Carousel Project Fathers' Groups	3
Group Information	4
Beacon Heath Timetable	5
Whipton Timetable	6
Heavitree and Polsloe Timetable Clyst Vale Timetable	7
Community Groups' Timetable	8
Community Groups' Timetable	9
Cedars Nursery Devon Family Information Service Police 101 number	10
Parent Forum	11
Contacts - useful numbers Public Access Computers	12



*Picture from Killerton Trip October 2011*

**Spring timetable runs between**

**Wednesday 4th January to Friday 30th March**

**Half term dates**

**Monday 13th February to Friday 17th February**



The Devon Carousel Project is going from strength to strength, with under fives and their families across Beacon Heath, Whipton, Heavitree and Polsloe, Stoke Canon and Silverton creating exceptional and inspiring creative work over the first half term. ...

Working with experienced local artists, our groups have enjoyed storytelling, dance, animation, film, music, visual arts, cooking & eating workshops, designed to teach young children about the natural world around them as well as develop their sense and awareness, guiding them towards a more in-depth understanding of the environment.

Building on our food-growing activities at **Beacon Heath**, we captured the last of the October sun when we took families to Killerton House to celebrate 'apple' week, learning all about apple traditions. Our children helped the wardens to pick apples for the apple press, juiced and tasted the apple juice, enjoyed apple stories and danced in the orchard.

**Stoke Canon** families explored the orchards and woodland, created orchard dances and stories under the trees and Wednesday's **Whipton** group became mini-bug detectives, investigating creepy crawlies, insects and all things slimy in the woodlands, in preparation for the creation of their wildlife garden.

A huge thank-you to Stagecoach South West for providing the double decker

buses free of charge. We're planning lots of trips over the year, so please keep an eye out ...

We are thrilled to announce that we've recently been awarded a grant from Arts Council England, in recognition of the work which you've all created, which means that we can continue our activities after Christmas. Expect printmaking, filmmaking, puppetry, dance, drama, food-growing, music, movement and more over the next few months, as well as development of our allotment at **Beacon Heath**, wildlife garden at **Whipton** and creative corner at **Stoke Canon**.

At **Heavitree and Polsloe** we will be exploring different cultures, backgrounds and traditions to create and illustrate a children's story book and at **Silverton** we're getting creative in the kitchen, learning all about traditional crafts and bread-making. We all know the way to a man's heart is through his food, so with Dads' groups we'll be cooking over open fires and learning about Forest Skills through play.



If you have a skill which you would like to share with our families, we would love to hear from you.... Several of our parents are now leading workshops at our sessions; with willow weaving, paper making, carpentry, Indian dance, textiles and illustration amongst their talents!



Thank you to everyone involved; children, parents, carers, staff and artists for helping to launch our project successfully and secure further funding! We would also like to thank Devon County Councillors Saxon Spence, Olwen Foggin, Richard Westlake and Peter Bowden who have kindly contributed through their locality grants and Exeter City Councillors representing Whipton, Mincinglake and Polsloe who have contributed through Exeter Community Grants. Special thanks to Councillor Ian Martin for his continued support with our allotment project.

We're currently fundraising to continue our sessions after Easter, working towards a series of mass participation celebratory events at Festivals across Exeter during Summer 2012.

If you have any ideas for fundraising, please do let us know!



## Fathers' Groups in the Children's Centres

Date	Venue
7th Jan	Beacon Heath Children's Centre
14th Jan	West Exe Children's Centre
21st Jan	Whipton Children's Centre
28th Jan	West Exe Children's Centre
4th Feb	Beacon Heath Children's Centre
11th Feb	West Exe Children's Centre
18th Feb	Whipton Children's Centre (planned trip to Killerton ask for details)
25th Feb	West Exe Children's Centre
3rd Mar	Beacon Heath Children's Centre
10th Mar	West Exe Children's Centre
17th Mar	Whipton Children's Centre
24th Mar	West Exe Children's Centre
31st Mar	Beacon Heath Children's Centre
14th Apr	West Exe Children's Centre
28th Apr	West Exe Children's Centre

Visit our website [www.thecarouselproject.org.uk](http://www.thecarouselproject.org.uk)  
for further information or  
e-mail [katherine.ford@thecarouselproject.org.uk](mailto:katherine.ford@thecarouselproject.org.uk)

## A guide to help you choose the right group at the Sure Start Children's Centre for you and your child's development

### Drop In Groups

#### **All families are welcome**

Most groups run term time; clinics and some groups are open during some holidays.

#### **Antenatal Clinics**

Midwife available for antenatal advice and support.

#### **Baby Massage**

A group to benefit both the child and parents/carers. A chance to learn a full massage routine including a colic routine.

#### **Rhyme Time**

A group with songs, action rhymes, games and stories. Come and have fun with your children.

### **Child Health Clinics**

Drop in sessions for parents/carers and their under 5s. Health Visitors are available for advice, weighing and measuring.

#### **Baby Oasis**

Breast feeding social group, offering peer support in a relaxed and informal group and professional support from our Health Team.

#### **Young Parents' Group**

A drop in group for mums and dads 21 years and under. It gives young parents the opportunity to meet other young parents and their children in a safe and stimulating environment, enjoy fun activities and also access support for themselves.

### **Stay and Play**

Drop in group for parents/carers and their under 5s. A chance for children to play with large and small equipment and toys, paint, sticking and making new friends.

A welcoming atmosphere for parents and carers.

#### **Fathers' Group**

A drop in group for fathers/male carers and their under 5s.

A chance for you and your children to play together with toys, paint and sticking whilst making new friends.

A welcoming atmosphere for parents and carers.

### Sign Up Groups

#### **Places to be booked in advance**

Some groups are run for specific age groups of children so please talk with a member of staff about what would suit you and your child.

#### **Money Skills**

A course of workshops to help with managing your money. Fun activities and quizzes. Topics cover budgeting, banking, debts and money saving tips.

One to One sessions also available.

#### **Parent Forum**

A group for parents/carers who are involved in the planning of Children's Centre services. It also looks at fundraising and community issues for families with children under 5.

#### **Let's Get Healthy with Henry**

An 8 week parenting course to help families be aware of healthier lifestyle choices that fit into everyday modern life.

#### **Incredible Years**

A parenting group to help you learn new ways of coping with your children's behaviour.

### **Here's Looking at You Baby and Little One**

is a series of groups aimed at increasing parental sensitivity and knowledge of their child's developmental needs.

This includes how your child will develop emotionally, socially, cognitively and physically. In each of the groups you will be provided with an opportunity to discuss your child's development with staff who are fully trained in the HLAY programmes.

You will also be offered the opportunity to have your child videoed whilst they are playing and then to view and discuss the clip footage with the staff in order to gain a greater understanding of how your child is developing through their play activities.

The groups are divided into ...

#### **Here's Looking At You Baby**

A group for parents with their babies 6 months and under. A small friendly group with no more than 8 parents and their babies. This group will help you find out what your baby is trying to tell you with their smiles, wriggles, giggles and sounds.

... and a choice of 3 different  
Here's Looking At You Little One

#### **Here's Looking At You Little One Treasure Baskets**

6-12 months

A lovely experience for babies who are sitting or nearly sitting. Watch your child explore a basket full of lovely natural objects.

#### **Here's Looking At You Little One Heuristic Play**

1-2 yrs

A lovely play experience for babies on the move. Lots of objects to play with such as tubes, tins, cones, ribbons, chain. Watch your child explore, interact and have fun.

#### **Here's Looking At You Little One**

A mixed aged group session, which will cover a range of activities, both indoors and outdoors, to promote all areas of your child's development.

#### **Adult Learning**

Courses covering Maths, English and I.T. skills. Ask in the Children's Centres for details.

# Beacon Heath Children's Centre

## Timetable Spring Term 2012



**Day**  
 Pendragon House, Beacon Lane,  
 Beacon Heath, Exeter EX4 8LZ  
 Tel. 01392 427063  
 Email: bhcc@actionforchildren.org.uk

<b>Monday</b>	<p>9.15 - 11.15am Stay and Play</p> <p>9.15 - 11.15am Child Health Clinic</p> <p>9.15 - 12.00pm Baby Oasis</p>	<p>1.00 - 3.30pm Young Parents' Group</p> <p>Chiropractor Appointments see Centre for details</p>
<b>Tuesday</b>	<p>Baby Massage 10.00 - 11.00am</p> <p>2½ Yr Development Checks by invitation from Health Visitor</p>	<p>1.00 - 2.45pm Sure Start Meetings</p>
<b>Wednesday</b>	<p>9.30 - 12.00pm Speaking Up Level 2 Course</p> <p>9.30 - 11.30am Devon Family Learning Literacy Course</p>	<p>1.30 - 3.00pm Here's Looking At You Little One - Heuristic Play New course each half term starting dates 11th Jan and 22nd Feb</p>
<b>Thursday</b>	<p>10.00 - 2.30pm Employability Skills Course</p>	<p>12.30 - 3.00pm Incredible Years</p> <p>1.00 - 3.30 HENRY Course</p> <p>Evening Antenatal Sessions by invitation from Midwife</p>
<b>Friday</b>	<p>9.15 - 11.00am Ding a Ling at Willowbrook School</p> <p>10.30 - 12.00pm New Baby Group</p> <p>10.30 - 12.00pm Midwife Drop In Willowbrook Antenatal Group</p> <p>Baby Club by invitation from Health Visitor</p>	<p>1.00 - 3.00 Parent Led Stay and Play Fortnightly Sessions</p>
<b>Saturday</b>	<p>10.00 - 12.00pm Fathers' Group See page 2 for Dates and Venue</p>	

We ask for a Voluntary contribution of £1 per family per session and an additional £2 if you are using Childcare – thank you  
**All Childcare needs to be booked in advance as places are limited**

Drop In Group  
 Sign Up Group

# Whipton Children's Centre Timetable Spring Term 2012



**Day**  
Hill Lane, Whipton,  
Exeter, EX1 3JP  
Tel. 01392 464754  
Email: whiptoncc@actionforchildren.org.uk

<b>Monday</b>	<p>2Gether Childcare - all day</p> <p>9.30 - 11.30am Adult Learning</p> <p>10.00 - 11.00am Baby Massage</p>	<p>1.30 - 3.00pm Here's Looking At You Baby</p>
<b>Tuesday</b>	<p>2Gether Childcare - all day</p> <p>9.30 - 11.30am Baby Oasis</p> <p>Postnatal Support by invitation from Midwife</p>	<p>Evening Antenatal Session by invitation from Midwife</p>
<b>Wednesday</b>	<p>9.00 - 10.00am Credit Union</p> <p>9.15 - 11.15am Stay and Play</p> <p>9.15 - 11.15am Child Health Clinic</p> <p>9.15 - 11.15 Dental Nurse (monthly) Ask in Centre for dates</p>	<p>12.30 - 3.00pm Incredible Years</p> <p>1.00 - 3.30pm HENRY Course</p>
<b>Thursday</b>	<p>10.00 - 11.30am Step by Step by invitation</p>	<p>1.00 - 3.00pm Living with Children</p> <p>Baby Club by invitation from Health Visitor</p> <p>2½ Yr Development Checks by invitation from Health Visitor</p>
<b>Friday</b>	<p>2Gether Childcare - all day</p>	
<b>Saturday</b>	<p>10.00 - 12.00pm Fathers' Group See page 2 for Dates and Venue</p>	

We ask for a Voluntary contribution of £1 per family per session and an additional £2 if you are using Childcare – thank you  
**All Childcare needs to be booked in advance as places are limited**

Drop In Group

Sign Up Group

# Timetable Spring Term 2012

		<b>Heavitree and Polsloe Children's Centre</b>	<b>Clyst Vale Children's Centre</b>
Day		Health Suite, Ladysmith Infant School Ladysmith Road, Exeter, EX1 2PS Tel: 01392 464754 Email: <a href="mailto:whiptoncc@actionforchildren.org.uk">whiptoncc@actionforchildren.org.uk</a>	Clyst St Mary Primary School Clyst St Mary, Exeter, EX5 1BG Tel: 07732 527419 Email: <a href="mailto:cvcc@actionforchildren.org.uk">cvcc@actionforchildren.org.uk</a>
		 Centre is on the site of Ladysmith Infant School	 Centre is on the site of Clyst St Mary School
<b>Monday</b>	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ffff00;">                         12.45 - 2.45pm Volunteer Course                     </div>	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ffff00;">                         1.00 - 2.30pm Here's Looking At You Baby                          Victory Hall, Broadclyst                     </div>	
<b>Tuesday</b>	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ffff00;">                         Baby Club                          by invitation from Health Visitor                     </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         2.00 - 3.30pm Child Health Clinic                     </div>	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         9.30 - 11.30am Carousel Project                          The Bridge, St Mary Magdalene Church,                          Stoke Canon                     </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         1.30 - 3.00pm Child Health Clinic                          Pinhoe Surgery                     </div>	
<b>Wednesday</b>	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         1.30 - 3.00pm New Baby Group                     </div>	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         9.30 - 10.30 Baby Massage                          Victory Hall, Broadclyst                          bring a towel and baby oil                     </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         1.30 - 3.00 Devon Carousel Project                          Silverton Community Hall                     </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         1.30 - 3.00pm Child Health Clinic                          Silverton Community Hall                     </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         1.30 - 3.00pm Baby Buddies                          Silverton Community Hall                     </div>	
<b>Thursday</b>	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         9.15 - 11.15am Child Health Clinic                     </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         9.15 - 11.15am Baby Oasis                     </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ffff00;">                         1.00 - 3.00pm Treasure Baskets                     </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ffff00;">                         Rhyme Time - Dates to be announced                     </div>	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         10.00 - 11.30am Young Parents' Group                          Silverton Community Hall                     </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         Story and Rhyme Roadshow                          Starting at Rockbeare                          contact Centre for details                     </div> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ff69b4;">                         2.00 - 4.00pm Child Health Clinic                          Ottery St Mary Hospital                     </div>	
<b>Friday</b>	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #ffff00;">                         Baby Massage                          Contact the Health Visitor                          on 429012                     </div>		

We ask for a Voluntary contribution of £1 per family per session and an additional £2 if you are using Childcare – thank you  
**All Childcare needs to be booked in advance as places are limited**

Drop In Group

Sign Up Group

# Community Groups Spring Term 2012

## Beacon Heath Children's Centre Area

Many toddler groups have baby areas too, so they are suitable for parents with very young children. It's a great way to meet other families and make new friends.

	<b>Tuesday</b>	<b>9.30 - 11.30am Pinhoe Parent Toddler and Baby Group</b> America Hall, Pinhoe Contact Denise 07894 446274	<b>Tuesday</b>	<b>9.45 - 11.45am Home-Start Family Drop In</b> referred families only 149 Beacon Lane Tel:426440
<b>Wednesday</b>		<b>10.00 - 12.00pm Sylvania Hall Parent and Toddler Group</b> Contact Stella on 07933 437072	<b>Thursday</b>	<b>9.30 - 11.30am Pinhoe Parent Toddler and Baby Group</b> America Hall, Pinhoe Contact Denise 07894 446274
<b>Thursday</b>		<b>10.00 - 11.15am Tadpoles Baby &amp; Toddler Group</b> Holy Trinity Church Arena Park Run by Isca Church 462557	<b>Thursday</b>	<b>9.45 - 11.45am Home-Start Family Drop In</b> referred families only 149 Beacon Lane Tel:426440
			<b>Friday</b>	<b>10.00 - 11.30am Tiddlywinks</b> For Parents and Toddlers Beacon Heath Church, King Arthurs Road

## Heavitree and Polsloe Children's Centre Area

<b>Monday</b>		<b>9.30 - 12.30pm Childminders Group</b> Scout Hut by St Michael's School £1.50 fee for drink and snack	<b>Tuesday</b>		<b>9.30 - 12.30pm Childminders Group</b> Scout Hut by St Michael's School £1.50 fee for drink and snack Tel: 210643	<b>Tuesday</b>		<b>Ladysmith Parent &amp; Toddler Group</b> Ladysmith Infants School, <b>9.30 - 11.00 and 11.30 - 1.00</b> Tel. 271596
<b>Tuesday</b>		<b>10.00 - 11.00am Pebbles Baby &amp; Toddler Group</b> Church based group. Rifford Room St Michael's & All Angels Church, contact Claire 251135	<b>Tuesday</b>		<b>10.00 - 11.30am PRBC Parent and Toddler Drop In</b> Pinhoe Road Baptist Church by Polsloe Bridge, Call Julia 424181	<b>Tuesday</b>		<b>1.30 - 3.00pm PRBC Parent and Toddler Drop In</b> Pinhoe Road Baptist Church By Polsloe Bridge on Contact Julia 424181
<b>Tuesday</b>		<b>1.00-4.00pm Merry Go Round Toy and Leisure Library</b> at Exeter Scrap Store, Contact Fiona 436777 www.mgrtoylibrary.org	<b>Wednesday</b>		<b>9.30 - 11.30am HURC Parent and Toddler Group</b> Heavitree United Reform Church, Fore Street, Heavitree	<b>Thursday</b>		<b>9.00 - 10.00 and 10.15 - 11.15 'Monster Music'</b> St Michael's Primary School For 2 yrs up to school age. Cost is £1. To book call 256669
<b>Thursday</b>		<b>Ladysmith Parent &amp; Toddler Group</b> Ladysmith Infants School, <b>9.30 - 11.00 and 11.30 - 1.00</b> Tel: 271596	<b>Thursday</b>		<b>10.00 - 1.00pm Merry Go Round Toy and Leisure Library</b> at Exeter Scrap Store, Contact Fiona 436777 www.mgrtoylibrary.org	<b>Friday</b>		<b>9.30 - 11.30am HURC Parent and Toddler Group</b> Heavitree United Reform Church, Fore Street, Heavitree

## Whipton Children's Centre Area

<b>Monday</b>		<b>10.00 - 12.00noon Cherubs Baby &amp; Toddler Group</b> St Lawrence Church Hall, Lower Hill Barton Road, Contact Anne-Marie Coles 664011	<b>Thursday</b>		<b>9.30 - 12.30pm Whipton Mums and Tots</b> Whipton Chapel Pinhoe Road Ring Chris on 210643
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### Free Public Access Computers



You are welcome to use these computers for job searches, preparing CVs, searches for childcare provision, housing, benefits and many other activities...



Local Childcare settings and Childminders can also use them for the Ofsted Self Evaluations  
For more details or to book a session contact

**Whipton Children's Centre Tel 464754**

**Beacon Heath Children's Centre Tel 427063**

# Community Groups SpringTerm 2012

## Clyst Vale Children's Centre Area

<p><b>Broadclyst Pre-School</b> School Lane, Broadclyst, Exeter EX5 3JG Contact number 01392 466743 Email preschool@bcps.org.uk www.broadclystpreschool.co.uk <b>Monday to Friday</b> 9.00 to 3.15pm with lunch club</p>	<p><b>Little Dragons Pre-School</b> Lady Seaward's Primary School Contact number 01392 877793. www.clyst-st-george.devon.sch.uk/ littledragons <b>Monday to Friday</b> from 9.15 to 3.15pm</p>	<p><b>Rockbeare Pre-School</b> Rockbeare Primary School Contact 01404 822501 <b>Monday to Friday</b> 8.50 to 11.40am. Lunch clubs run on <b>Mondays and Wednesdays</b> 11.40 to 12.40pm.</p>
<p><b>Stoke Canon Pre-School</b> Contact number 01392 841279 admin@stokecanon.devon.sch.uk. <b>Monday to Friday</b> afternoons during term time. Sessions run from 12.45 to 3.15pm</p>	<p><b>Whimble Pre-School</b> situated at the back of Victory Hall next to the Primary School. Open <b>Monday to Fridays</b> 9.00 to 12.00pm and Tuesdays 9.00 to 1.00pm (includes a 'school goers' lunch club). Contact Jo Westney (Pre-School Leader) 01404 822168.</p>	<p><b>Silverton Pre-School Playgroup</b> Evangelical Church Hall, School Road, Contact number 01392 861353 <b>Mondays to Thursdays</b> 9.15 to 11.45am &amp; 12.45 to 3.15pm 11.45 to 12.45pm Lunch</p>
<p><b>Clyst Valley Pre-School</b> Clyst St Mary Primary School Clyst St Mary Exeter EX5 1BG Tel: 07546 289331 Open <b>Monday to Fridays</b></p>	<p><b>Rockbeare Parent &amp; Toddler Group</b> Rockbeare Village Hall Contact number 01404 823770. Mondays 9.30 to 11.30am</p>	<p><b>BUFFS</b> Broadclyst Church 01392 466257 Every 2<sup>nd</sup> Monday of the month 9.30 to 11.30am</p>
<p><b>Clyst St Mary Parent &amp; Toddler Group</b> Contact number 01392 874148 Mondays in the Village Hall, 9.30 to 11.30am Cost £2 per family.</p>	<p><b>Whimble Toddler Group</b> At the back of Victory Hall next to the Primary School. Wednesday afternoons 2.00 to 3.30pm Contact Louise Fenner on 07973 822202 or Jemma Cresswell 01404 823519.</p>	<p><b>Broadclyst Toddler Group</b> Broadclyst Sports Pavilion Off Holly Close (not the Sports Hall) Contact number 01392 464122 Fridays 10.00 to 11.30am term time</p>
<p><b>Silverton Parent and Toddler Group</b> Evangelical Church Hall, School Road, Contact number 01392 861353 Fridays 10.00am to 11.30am Once a month activity by the Children's Centre at St Marys Church Hall</p>	<p><b>Stoke Canon Parent and Toddler Group</b> Stoke Canon Church, (by primary school) 9.30 to 11.30am Once a month activity by the Children's Centre</p>	



For babies, toddlers and pre-schoolers, parents, grandparents and caregivers – all welcome!

Join us for creative explorations and fanciful adventures through arts & crafts, storytelling & singing, music, movement and more!

We will be running weekly sessions at the following venues...

Beacon Heath Children's Centre, Stay and Play  
Mondays, 9.15 - 11.15

The Bridge, St Mary Magdalene Church, Stoke Canon  
Tuesdays, 9.15 - 11.15

Whipton Children's Centre Stay and Play,  
Wednesdays, 9.15 - 11.15

Silverton Community Hall, Silverton  
Wednesdays, 1.30 – 3.00

Ladysmith Parent & Toddler Group, Heavitree,  
Thursdays, 9.30 - 11.30

Fathers' Stay & Play,

Whipton and Beacon Heath Children's Centres,  
Alternate Saturdays, 10.00 - 12.00

For more information on the Carousel Project  
see the website [www.thecarouselproject.org.uk](http://www.thecarouselproject.org.uk)

# The Cedars

## Neighbourhood Nursery

The Cedars Nursery provides high quality care for children aged from three months to five years

We want children to develop a strong sense of self, be excited about learning, and feel cared for and secure

We offer:

- A purpose-designed, homely, safe place for babies and young children
- Highly qualified and experienced staff
- Experiences for different ages, including a special babies room ('Saplings'), areas for different types of play ('Woodlands') and a preschool room ('Treetops')
- A fantastic garden
- Home-cooked, healthy and nutritious meals
- Regular parent/carer evenings



Registered Charity  
Number: 1097940

Full day care from 7.30am to 6pm and sessional care from 7.30am to 1pm and 1pm to 6pm - open 52 weeks a year

The Cedars Neighbourhood Nursery,  
Northbrook Close, Beacon Lane, Exeter EX4 8LD

Tel: 01392 204660

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

[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

101 is now the only number to call when you want to get through to your local police when it's less urgent than 999.



### When to call 101?

You should call 101 to report less urgent crime and disorder or to speak to your local officers.

For example, you should call 101 if:

- ♦ your car has been stolen
- ♦ your property has been damaged
- ♦ you suspect drug use or dealing in your neighbourhood

Or to:

- ♦ report a minor traffic collision
- ♦ give the police information about crime in your area
- ♦ speak to the police about a general enquiry

101 is being introduced as part of the government's wider work to improve access to the police, ease pressure on 999, and help to efficiently and effectively tackle crime and disorder.

## 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

DISC has achieved the Families First national award for local authority children's information services

**0845 155 1013**

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

# Parents Forum

Over the last 12 months Parent Forum volunteers have given 675 hours of their time across a range of activities:

- Fun Days
- Consultations
- Fundraising
- Child Safety Week
- Ofsted Inspections
- Meetings with Staff and other service providers
- Meetings with MPs and local Councillors
- Training Courses
- And much more...

The Parent Forum held an open Stay and Play session where parents and carers could find out about what happens in the forum and the children play and meet new friends. This was a successful and busy session. More of these sessions will be offered across the term so keep an eye on our website or ask in the Centres for details.

Fundraising activities so far have included Tesco's Bag Packing, funds raised at fun days and the abseil which had staff from the Cedars Nursery, Staff from the Centres and volunteers.



Christmas Abseil in Exeter December 2011



Parents learning to knit in one of the working groups making knitted breasts for Breastfeeding Peer Supporters

We would like to thank our local Councillors who have generously given money to projects in the Centres. Thank you to Councillor Ian Martin for the Beacon Heath allotment project and Councillor Olwen Foggin for a Buggy Store at Whipton.

For more information about the Parent Forum contact

**Laura Robinson**

Parent Forum Co-ordinator

Telephone

**01392 427063**

Email

[Laura.Robinson@actionforchildren.org.uk](mailto:Laura.Robinson@actionforchildren.org.uk)

Website

[www.surestartexeter.org.uk](http://www.surestartexeter.org.uk)

Volunteer Celebration 2011



# Contacts

## Children's Centre Contacts

### Beacon Heath Children's Centre

Pendragon House, Beacon Lane  
Beacon Heath, Exeter EX4 8LZ  
Tel: 01392 427063  
Email: bhcc@actionforchildren.org.uk

### Beacon Heath, Whipton, Heavitree and Polsloe Children's Centres Website

www.surestartexeter.org.uk

### Heavitree and Polsloe Children's Centre

Tel: 01392 464754  
Hill Lane, Whipton, EX1 3JP  
whiptoncc@actionforchildren.org.uk

### Whipton Children's Centre

Hill Lane, Whipton  
Exeter EX1 3JP  
Tel: 01392 464754  
Email: whiptoncc@actionforchildren.org.uk

### Clyst Vale Children's Centre Website

www.clystvalechildrenscentre.co.uk

### Clyst Vale Children's Centre

Clyst St Mary Primary School  
Clyst St Mary, EX5 1BG  
Tel: 07732 527419  
Email: cvcc@actionforchildren.org.uk

### For information on Sure Start Exeter Parent Forum

Laura Robinson  
Tel: 01392 204651  
laura.robinson@actionforchildren.org.uk

### For information on Volunteer opportunities

Catherine Hill  
Tel: 01392 490485  
catherine.hill@actionforchildren.org.uk

### For information on the Newsletter, Website or Events

Pauline Haggerty  
Tel: 01392 464754  
pauline.haggerty@actionforchildren.org.uk

## Other Contacts

### NHS Direct

find a local health service  
24 hour helpline  
Tel: 0845 46 47  
www.nhsdirect.nhs.uk

### Next Steps

Practical help and advice to  
get your career moving  
in the right direction  
Tel: 0845 850 50 70

### Home-Start Exeter

149 Beacon Lane, Exeter EX4 8LR  
Tel: 01392 426440  
homestartexeter@msn.com  
www.homestartexeter.co.uk

### Parentline Plus

0808 800 2222  
www.parentlineplus.org.uk

### Learndirect

Courses and qualifications for adults.  
Exeter Central Library  
Tel: 01392 216413  
www.learndirect.co.uk

### Devon's Family Information Service

Freephone 0845 155 1013  
www.devon.gov.uk/disc

## We offer a range of services for all families with children under 5 years

As well as all the groups listed on the timetable you can book the Sensory Room, get up to date information on a range of topics and get free access to the internet on our Public Access PCs.

If you haven't already done so...come along and register at your Children's Centre.  
Take a look around and see what's on offer.

If you move house, change a phone number or other details, please let us know so we can keep our information up to date.

## Would you like to receive our newsletter by email at the start of each term?

Call in or email us to register for this service.

Beacon Heath Children's Centre [bhcc@actionforchildren.org.uk](mailto:bhcc@actionforchildren.org.uk)

Whipton Children's Centre [whiptoncc@actionforchildren.org.uk](mailto:whiptoncc@actionforchildren.org.uk)

Clyst Vale Children's Centre [cvcc@actionforchildren.org.uk](mailto:cvcc@actionforchildren.org.uk)

Heavitree and Polsloe Children's Centre [whiptoncc@actionforchildren.org.uk](mailto:whiptoncc@actionforchildren.org.uk)