

PARENTS VOICE

We always welcome views from parents and carers about the services we provide: what we do well, what could be improved, and ideas of new services you would like. Parents Voice meetings take place once per term and are a great way to share your views. Dates and times are advertised throughout the Centre, or you can email your comments to: schooloffice@kccns.org.uk

Our next meeting is
Tue 6th March at 1.00pm.

Crèche places available; booking essential.

ADULT COURSE TIMETABLE

More adult courses will be scheduled for after February half term. Look out for our updated timetable.

Numeracy and Literacy *

Do you find it hard to read, write, or work with numbers? If so, don't worry. One in four adults need to improve these skills to get on at home, work, or in life. Small, informal classes on Tuesday mornings are ongoing until you have achieved your qualification.

Credit Union Collection Point

On the first Wednesday of every month between 1.00 and 2.00pm (4th Jan, 1st Feb, & 7th Mar). Come along to apply for membership, pay into your savings account, or to find out more about the low-cost loans available exclusively to members.

Save A Baby's Life *

A one-off session on Friday 27th January at 9.30 to 11.30am. Suitable for anyone who looks after a child under one year old, this free of charge session will teach you how to rescue an unconscious or choking baby.

Chill & Cook *

Starting Thursday 19th January at 12.45 to 2.15pm for two weeks. Develop your confidence and skills in the kitchen as you create delicious home made dishes using healthy ingredients on a budget, whilst taking time out to reflect on your own wellbeing.

Speech & Language Drop-in

If you have concerns about your child's speech or language development or would just like to know more about talking with your child, come along to one of our next drop-ins on Wed 25th January or Wed 14th March any time between 9.30 and 11.00am for a chat with our local Speech Therapist.

Chill Out *

Starting Thursday 2nd February at 12.45 to 2.15pm for two weeks. Take time out to reflect on your own wellbeing.

Introducing Solid Foods Talk

On Wednesday 22nd February at 1.30 to 3.00pm. Suitable for when your child is between four and six months old, the talk covers when and how to start weaning, appropriate foods, food tasting and making your own, and helpful hints. You are welcome to bring your baby with you.

Time Out From Anger *

Starting Thursday 1st March at 12.45 to 2.15pm for two weeks. We look at the causes and effects of anger, how to manage our own anger, and strategies to help our children manage their anger.

* A limited crèche facility will be available alongside most courses: advance booking is essential. There is a small fee for attending most courses and for use of our crèche, but to ensure no family is denied access in respect of payment this may be waived at the discretion of the Centre. For further details please request a copy of our Policy for Securing a Place on an Adult Course.

HOW TO FIND US...

FAMILY ROOMS & GARDEN | Use the main entrance on Bertie Road. The Family Rooms are located on the first left and right as you enter the building.

NURTURE NURSERY | Follow the public footpath to the left of the main building. The entrance is through the first green gate on the right.

GARDEN STUDIO | Follow the public footpath to the left of the main building and carry on past Nurture Nursery. The entrance is through the next gate.



KENILWORTH CHILDREN'S CENTRE & NURSERY SCHOOL

ACTIVITY TIMETABLE



jan-mar 2012



ACTIVITY TIMETABLE

for families with children under five in Kenilworth, Stoneleigh and Baginton.

Our timetable may vary during the school half term holiday (13th-17th Feb), please contact us for details.

jan-mar 2012

Wed 4th Jan - Fri 30th Mar 2012

mornings

afternoons

	Monday	Tuesday	Wednesday	Thursday	Friday
mornings	<p>* £ Stay & Make Music 9.00, 9.50, 10.40, & 11.30am in the Family Rooms. For children up to 3. Fun sessions helping your little one learn through song, rhyme, rhythm and movement.</p> <p>* Baby Massage 10.00-11.15am in the Garden Studio £5 for 5 week course. Suitable from birth. Enjoy some quality time with your baby in a calm and peaceful environment as you learn massage techniques which can help to promote relaxation and bonding.</p>	<p>* Adult Courses We offer a range of adult courses, most of which are supported by a crèche facility. Please turn over for our course timetable.</p> <p>Drop-in and Chat Drop-in at the Garden Studio any time between 10.00 and 11.15am to relax with a drink and informal chat with our Family Workers. Children welcome.</p>	<p>£ Stay & Play 9.00-10.15 and 10.15-11.30am in the Family Rooms For children up to 3 Meet other parents whilst you play with your children and enjoy our wide range of indoor and outdoor toys and activities.</p> <p>Baby & Child Health Drop-In Clinic <i>FORTNIGHTLY: 04/01, 18/01, 01/02, 15/02, 29/02, 14/03, 28/03</i> 10.00-11.30am in the Garden Studio For children from birth to 5 years Weigh your baby, speak to the Health Visitor and chat to other parents. NCT Breastfeeding Support also available between 10.30-11.30am.</p>	<p>* Adult Courses We offer a range of adult courses, most of which are supported by a crèche facility. Please turn over for our course timetable.</p>	<p>£ Cradle Club 10.00-11.15am in the Garden Studio For babies/non-movers & expectant parents. A friendly session for you and your new baby where you can talk to other new parents and supportive staff.</p>
afternoons	<p>* Baby Massage 1.30-2.45pm in the Garden Studio £5 for 5 week course. Suitable from birth. Enjoy some quality time with your baby in a calm and peaceful environment as you learn massage techniques which can help to promote relaxation and bonding.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Baby Massage courses will run dependant upon demand. Please call to register your interest.</p> </div>	<p>£ Gentle Start <i>By invitation only</i> 2.15-3.15pm in the Garden Studio An introduction to the Children's Centre for first time parents with new babies up to sixteen weeks old. Expectant Parents - Drop in to meet staff and find out about what happens at the Children's Centre.</p>	<p>£ Baby Music 12.00noon in the Family Room For babies/non-movers; suitable from birth Enjoy learning new songs and singing familiar songs with your baby in a relaxed and informal environment. Time for coffee and a chat with Family Workers and other parents afterwards.</p> <p>£ Stay & Play 1.45-3.00pm in the Family Rooms For children up to 3 Meet other parents whilst you play with your children and enjoy our wide range of indoor and outdoor toys and activities. Childminders - Join our Wednesday afternoon Stay & Play session to meet other professional carers and receive practical advice and support from our staff team with links to the Childminders Network.</p>	<p>* Adult Courses We offer a range of adult courses, most of which are supported by a crèche facility. Please turn over for our course timetable.</p> <p>* Little Stars 1.45-2.45pm in the Nurture Nursery £8 for 4 week course. For children from 2 to 2 ½ years A special time for you and your child to share activities and story time together in a small group.</p>	<p>£ Movers & Crawlers 1.30-2.45pm in the Garden Studio For newly mobile babies Sessions giving babies who can shuffle, roll, or crawl the space to move and practice their new found skills.</p>
	<p>£ M.A.C. Club For dads and other male carers and their children up to 4. <i>MONTHLY: 28/01, 25/02, & 24/03</i> 10.00-11.30am in the Nurture Nursery Come along and have fun with your children; indoor and outdoor activities including painting, sand play and water play. Toast and drinks served during the session. Saturday 28th January - MUSIC DAY Saturday 25th February - MOTHERING SUNDAY SUPRISSES Saturday 24th March - EASTER EGG HUNT</p>				
	<p>Saturday</p>				

* **Advance booking essential! Call us on 853394. Activities without a * are drop-in so just come along, no need to book!**

£ Voluntary contribution of £2 per family towards refreshments and maintenance of our environment welcomed.

WANT TO KNOW MORE?

For more information about our activities or the support available for you and your family at the Centre, please visit our website at www.kccns.org.uk, give us a ring on **01926 853394**, or drop in at Reception any weekday between 9am and 4pm.

KENILWORTH CHILDREN'S CENTRE & NURSERY SCHOOL

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