



PLUM TREE CHILDREN'S CENTRE

Programme 9 January 2012 to 30 March 2012



PLYMOUTH
CITY COUNCIL

Providing services for all children under
5 and their families living in Plympton

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Please Note

Plum Tree Children's Centre has four different venues and also uses community venues. Please check which venue you need to go to for each group or activity. The address for each venue can be found on the back page

DROP-IN ACTIVITIES

PLEASE NOTE A NUMBER OF THESE GROUPS HAVE CHANGED DAY OR TIME SO PLEASE CHECK CAREFULLY

Groups start back on 9 January unless otherwise stated.

If you would like to attend these activities you just need to turn up. Unless otherwise stated, these activities will not be running in the February school holidays (from 13 to 20 February). Groups might change at short notice, please ring the centre before making a special visit.

GROUPS FOR UNDER 1'S

Baby Bunnies

- Tuesdays 10.30–11.30 in Plum Tree Children's Centre Woodford
- Wednesdays 10.30–11.30 in the Children's Centre at Yealmpstone Farm Primary School.
- Wednesdays 1.45–2.45 in the Children's Centre at Chaddlewood Primary School

Encourage your baby to learn and develop through gentle play opportunities. Come for the whole session or just part of it. Just £1 donation per session. Please note that due to the popularity of these groups we ask that you only attend one of them each week.

Baby Massage – Drop-in

- Tuesday Morning from 11–12

Plympton Clinic

For more information contact Carol on 314574. This group will be running in the holidays. This group does not run when Carol is on holiday or on training so please ring before making a special visit.

Latch on

- Every Thursday from 12.30–1.30 pm

Plympton Clinic

Come and meet other breast feeding mums and support each other. You are also able to buy reduced price manual breast pumps and maternity bras at the group. This group will be running in the holidays.

Post-natal group

- Thursdays 2–3.30 pm

Plympton Clinic

Sessions include weaning, fire safety, infant resuscitation, baby bumpkins, when to call the doctor, car seat safety, baby vision and an introduction to signing. For more information and to find out what sessions are on which dates contact Carol at the Clinic on 314574. This group will be running in the holidays. This group does not run when Carol is on holiday or on training so please ring before making a special visit.

GROUPS FOR CHILDREN OVER 1

Jump and Jiggle

■ Wednesdays 1.30–2.15 at Plum Tree Woodford

Fun music and movement session, including action rhymes, dancing and physical play.

This group is suitable for children over 18 months who are walking. £1 donation

GROUPS FOR CHILDREN AGED 0-5

Chatterbox

Chaddlewood Farm Community Centre

■ Mondays 1.30–3. This group does not run on bank holidays. There is no group on 9 January. This group re-starts on 16 January.

Baby weigh - in clinic and play opportunities to help your child become a chatterbox. Guests also come along to provide advice and support. £1.50 donation if you want to stay and play.

This group does run in the school holidays however it is not suitable for children over the age of 5.

Stay and Play

■ Tuesday afternoons, 1–2.30, Plum Tree Woodford

■ Friday Mornings 9.30–11, in the Children's Centre at Yealmpstone Farm

■ Friday Mornings 9.30–11, in the Children's Centre at Plum Tree Woodford

A drop - in group for children under five and their parents/carers. Activities include creative activities, book area, baby area, role play, snack time and rhyme time. £1.50 voluntary contribution.

Step by Step

■ Tuesdays 1.30–2.45 In the Children's Centre at Yealmpstone Farm Primary

A Group for families with children with additional needs. Parents \ Carers who are worried about their child's development can also come. Engage in play activities with your child which will support their development. Specialists occasionally visit who you can talk to about your child.

Twins, Triplets and more

■ Second Tuesday of every month, 1.30–2.30 in the Children's Centre at Chaddlewood.

This group is run by a parent with twins and provides a chance to speak to other parents with twins and play together.

Baby Clinic

■ Every Wednesday Morning 10–12, starts January 4 2012

Plympton Clinic

This clinic is run by health professionals, who are able to provide you with information and advice on a range of different health matters. Baby weighing is also available.

Buggy walking

■ Thursday 11.30–12.30

Saltram

Meet by the Duck Pond, whatever the weather. Take a fast walk around Saltram with regular stops for more energetic exercising. Enjoy exercise to get back in shape while you socialise. Children stay in their buggies. Just £2 on the day. This group runs all year round except when the tutor is on holiday.

Young Parents

■ Every Friday 2–4

Rees Youth Centre

A youth Group for Parents and Parents to be aged 13 – 21. Come along with your children. Different topics each week. Ask the children's centre or a youth worker for a programme of what's happening when.



WINTER 2011/12 COMMUNICATION FOCUS

Children don't learn to talk by accident they need adults to nurture and support their language and communication

Top Ten Tips to help

- Get their attention - when children are absorbed in another activity, it can be hard to listen. Say their name first to get their attention and make sure they are listening
- Vocabulary is key – learning and remembering words is incredibly important. Help children of all ages by using all their sense to teach new words. Then build in lots of repetition and practice
- Build on what they say
- Talk about what children are interested in
- Be careful with questions – when adults use comments and prompts rather than question, children join in and talk a lot more
- Show them the right way – If children make mistakes, its best to repeat back what they say rather than tell them it's wrong. Say it clearly with the right words, so they can hear how things should sound
- Make learning language fun, Play around with words, make up silly rhymes – children of all ages can enjoy the fun of language
- Give children time to talk
- Check out understanding – Encourage children to ask when they are unsure
- Have conversations – communication is a skill like any other – the more it is practised, the better it gets

COURSES FOR PARENTS AND CHILDREN TO ATTEND TOGETHER

Baby Talk

A seven week course starting on Thursday 23 February, from 10.15–11.30 in the Children's Centre at Chaddlewood

This is a course for sitting babies from 6 months old. Watch your baby play with natural toys and learn new ways to communicate. This group aims to encourage interaction, attachment and communication between parents and babies. £1 voluntary contribution per week.

Baby Massage

6 week course running in the Children's Centre. Baby massage can be beneficial for both parent and baby and is a wonderful way to get to know each other. For parents it encourages bonding, develops confidence, provides quality time with your baby and can enhance communication. For your baby it can aid digestion, help to stimulate and strengthen the immune system, promote relaxation skills, and help improve communication and social skills.

Courses starting:

- Monday 6 February, 10.15–11.15 in the Children's Centre at Chaddlewood
 - Tuesday 10 January 1.30–2.30 in the Children's Centre at Plympton St Maurice
 - Thursday 23 February 10.30–11.30 in the Children's Centre at Woodford
- £5 per course.

Healthy cook and eat course for young children and their parents

4 week course where you get to try simple healthy cooking ideas and eat what you've made Suitable for children aged 2 and a half years and their parents.

Course starting on Wednesday 11 January in the Children's Centre at Woodford
£5.00 per course

For more information and to book your place on any of these courses please call the Children's Centre on 283826.

Talking Together

- Tuesdays, Chaddlewood, 9.30–11

This is not a drop in group. You must ring the children's centre and speak to Juliet regarding this group before attending.

This is a course for Toddlers and their parents. It focuses on four main themes:

- Child led play
- Listening and attention
- Understanding and its links to behaviour
- Use of language

All of the above must be booked, please call the children's centre on 283826 to book a place.

WHAT'S ON

Plum Tree Children's Centre, Plum Tree Children's Centre W

There are lots of Toddler Groups running across Plympton – please see

MONDAY	TUESDAY	WEDNESDAY
<p>Baby Massage Courses Please ring the children's centre to book</p>	<p>Talking Together course Please speak to a member of staff for more information</p>	<p>Baby Clinic 10–12 Plympton Clinic</p>
<p>Childminder drop in 1–11.30 Yealmpstone Farm</p>	<p>Baby Bunnies 10.30–11.30 Woodford</p>	<p>Baby Bunnies 10.30–11.30 Yealmpstone</p>
<p>Chatterbox 1.30–3 Chaddlewood Farm Community Centre</p>	<p>Baby Massage drop-in 11–12 Plympton Clinic</p>	<p>Healthy cook and eat course Woodford Must be booked</p>
	<p>Stay and Play 1-2.30 Woodford</p>	<p>Jump and Jiggle 1.30–2.15 Woodford</p>
	<p>Step by Step 1.30–2.45 Yealmpstone Farm</p>	<p>Baby Bunnies 1.30–2.30 Chaddlewood</p>
	<p>Baby Massage Course Please ring the children's centre to book</p>	

Woodford And Plympton Clinic

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THURSDAY	FRIDAY	SATURDAY
<p>Baby Talk Chaddlewood Must be booked</p>	<p>Stay and Play 9.30–11 Yealmpstone Farm</p>	<p>Saturplay 18 February 10–11.30 Woodford</p>
<p>Baby Massage Course Please ring the children's centre to book</p>	<p>Stay and Play 9.30–11 Woodford</p>	<p>Great News and Breastfeeding workshop - Antenatal Classes Ring the centre for more information</p>
<p>Buggy Walking 11.30 – 12.30 Saltram</p>		
<p>Adult Numeracy Course 1–3 Woodford</p>	<p>Please ring the Children's Centre on 283826 to check that groups are running before making a special visit. For more information about any of the groups either ring the centre on 283826 or email plumtree@plymouth.gov.uk</p>	
<p>Latch-on 12.30–1.30 Plympton Clinic</p>		
<p>Post-natal group 2–3.30 Plympton Clinic</p>		
<p>Great Expectations Antenatal Class 6.30–8.30 Ring the centre to book</p>		

COURSES FOR PARENTS

Great News, Great Expectations and Breastfeeding Workshop antenatal Classes

For mums and dads-to-be. Various sessions including preparing for the birth, the importance of early communication, money and benefits and much more; please phone us for details.

10 week adult Literacy and Numeracy Courses

If you want to improve your literacy or numeracy skills and gain a recognised qualification then this is a great place to start. There are two levels, level 1 and level 2. Level 1 is equivalent to a grade D and level 2 a grade C at GCSE.

We have spaces available for the numeracy course in January and have a waiting list for a literacy course. If you are interested in either of these courses please phone the Children's Centre. Once we have 6 or more parents for the literacy course we will arrange a suitable date and time.

First aid for parents

One off 2 hour workshops, running on:

- Tuesday 24 January 9.30–11.30 in the Children's Centre at Plympton St Maurice
- Thursday 22 March 1–3 in the Children's Centre at Plympton St Maurice

These workshops provide information and practical skills on what to do if your child or baby has an accident. These workshops cost £3.00 and you will receive a first aid book. Contact the Children's Centre for more information and to book your place.

Home Safety workshop

One off 1 hour workshop running on:

- Monday 16 January 10.30–11.30 in the Children's Centre at Plympton St Maurice
- Friday 10 February 1.30–2.30 in the Children's Centre at Woodford
- Tuesday 13 March 10.30–11.30 in the Children's Centre at Plympton St Maurice

These workshops are free and provide advice and information on how to make your house and garden as safe as possible, helping to ensure your little one doesn't end up getting hurt. You will receive free safety equipment if you attend.

Parenting Drop In

We recognise that parenting is a tough job and everyone needs a bit of support sometimes. Angie or Sophie, Outreach Workers at Plum Tree will now be available on the last Tuesday of every month from 9-12noon at Plum Tree Woodford for you to pop in for a chat about any concerns you have and we will try to help. Things we could help with include safety in the home, managing behaviour, mealtimes or routines and lots more. If you need specialist advice we will signpost you to another agency who can help.

Dates for this term:

- Tuesday 31 January
- Tuesday 28 February
- Tuesday 27 March

WEEKEND ACTIVITIES AND ONE OFF EVENTS

Fun morning

■ Saturday 18 February, 10–11.30

Plum Tree Woodford

A drop - in play session for children under five and their parents/carers. Activities include creative activities, book area, baby area, role play, snack time and rhyme time. £1.50 voluntary contribution.

INFORMATION FOR CHILDMINDERS

Childminder drop-in

Children's Centre at Yealmpstone Farm

■ Every Monday (excluding bank holidays and school holidays), 10–11.30,

A chance to meet other childminders and to play with the children you are caring for. Louise Fisher from Trio will be visiting the group at some point this term. Contact the Children's Centre to confirm when. This group is run by childminders for other childminders

PAEDIATRIC FIRST AID

We are running a two day paediatric first aid course for childminders and people working in childcare settings on 4 and 11 February. This course costs just £35.00 for childminders and childcare workers in Plympton as it is subsidised by the Children's Centre. The course meets OFSTED requirements and your certificate is valid for three years. To book your place contact the Children's Centre on 283826.

Childminders are welcome to attend any of the children's centre groups with the children they are minding.

TODDLER GROUPS IN PLYMPTON

There are lots of toddler groups running in Plympton throughout the week.

Group	Venue	Day	Time	Contact details
Underwood Chapel Parent and Toddler group	Underwood Chapel, 128 Underwood Road PL7 3TA	Monday	1.15-2.45	Margaret Baker 01752 336976
Play and Craft	The Hut, Glen Park Primary School	Wednesday Thursday	9-10 9-10	Bethan Parfill 01752 348786
Colebrook Little Cherubs Toddler Group	Colebrook Methodist Church PL7 4PF	Monday	10-12	Paula Galloway 07964437658
St. Maurice Toddler Group	St. Maurice Primary School, Bullers Hill PL7 1UB	Tuesday	9.30-11	Julie Issacs 01752 343085
Rainbow Toddler group	Harewood House, The Ridgeway PL7 2AS	Tuesday	12.30-2.30	Cathy Jenkins or Ann Sara 07749566209
Ridgeway Methodist Toddler Group	Ridgeway Methodist Church, Mudgeway PL7 2PS	Tuesday Friday	10-11.30	Jan Sherrington 01752 344017
Little Acorns Playtots	Mudgeway Community Church	Wednesday	9.45-12	Kay Allen 01752 776082
Noah's Ark Toddler Group	Plympton St. Mary's Church Hall Market Road PL7 1QW	Wednesday	1-3	Jan Selley 01752 516577
Woodford Toddler Group	Woodford Methodist Church, Greenway Avenue PL7 4RR	Thursday	1-3	Glenda Clamp 01752 337335

The groups above are not run by Plum Tree Children's Centre. Plum Tree Children's Centre does not necessarily endorse the practice that occurs in these groups. Plum Tree Children's Centre cannot guarantee this information is up to date or correct and recommends that parents / carers wishing to attend these groups contact the relevant provider in advance to gain more information, including the price of the group.

EQUIPMENT FOR SALE OR HIRE

Safety Equipment

Safety gates are available at a very reduced price of just £12 each. We have both fixed and pressure mounted gates available. A maximum of 2 per family are available. Call 283826 for more information.

TENS Machine Hire

Expecting a baby?

We are now able to offer members the hire of a TENS machine. You can order one at any time during your pregnancy and it will be available for you at 37 weeks for a 3 week period. This can be extended by a further 2 weeks if you have not had the baby and you let us know in advance. The cost is £25 which includes a £10 refundable deposit. Please contact the Children's Centre on 283826 for more information.

Book Library

We have a selection of books available for members to borrow on subjects such as child development, sleep, food and cooking, parenting and many more. For more information give us a ring or ask in one of our groups.

Breast pumps

We have a small number of electric breast pumps for hire. They are Ameda breast pumps and can be used as a single or dual pump. When hiring the breast pump you can choose whether you want to hire it for single or dual use. If you hire it for single use you will get 1 hygienikit milk collection system and for dual use you will receive 2 hygienikit milk collection systems. The cost of hire is £25 for four weeks for a single kit and £40 for four weeks for a double kit. This includes a £10 refundable deposit

MONEY, BENEFITS, CHILDCARE AND BACK TO WORK SUPPORT

Family Information Service

The family information service provide advice on childcare, returning to work, tax credits, maternity benefits and can complete better off calculations. They will be at:

- Children's Centre on Monday 30 January from 1.30–3 during our Chatterbox group at Chaddlewood Farm Community Centre.
- Tuesday 28 February from 1–2.30 during our Stay and Play session in the Children's Centre at Woodford
- Wednesday 21 March from 10.30–11.30 during Baby Bunnies, in the Children's Centre at Yealmpstone Farm

Back to work support

Do you want help to write your CV or need advice on how to complete an application form? If so someone from the children's centre can help. Give us a ring on 283826 and ask to speak to either Sophie or Hannah. We will arrange a time to meet with you and look at your CV or application form.

If you are thinking about returning to work but you are not sure where to start then, we can link you with Job Centre Plus and Working Links, who will be able to provide you with the help and support you need. Either speak to a member of staff in a group or call the Children's Centre on 283826.

Childcare information

If you are looking for childcare and want to know about settings in Plympton and also some top tips on what to look for then please speak to a member of staff.

PARENT'S VOICE

Parents forum

Meeting three times per year with a crèche so that you can speak to staff about what you like about the centre, what you don't like, what could make it better and also about fundraising for the centre. The first meeting will be on Thursday 9 February, 10–11.30 am in the Children's Centre at Woodford. If you would like to book your child into the crèche you need to call us on 283826 as spaces are limited. Babies can go into the meeting with you.

Parent volunteers and helpers

Would you like to help in our groups, or set up a group of your own? We will support you to do this by offering training opportunities and support. It is also a great way to meet other people. For more information speak to one of the centre staff or call 283826.

Policy update **MEDICINES IN GROUP**

Did you know?

- Every day, 12 children are admitted to hospital because it's thought they have swallowed something poisonous.
- Medicines are the most common cause of accidental poisoning in children. Everyday painkillers are a frequent culprit.
- The kitchen and bathroom are the likeliest places for children to be accidentally poisoned by cleaning products.
- Concentrated detergent capsules usually come in a box so don't have the protection of child resistant caps and they don't contain bittering agents.
- While child-resistant tops are helpful as they slow young children down, they are not completely childproof. Some three and four year-olds can open them within seconds

Please do not bring any medication to Children's Centre groups.

If you need to bring medication to a Children's Centre group because you will need to take it while at the group, please make sure it is kept in a childproof container, and on you at all times. Do not leave it in a bag that you leave unattended.

This is for the safety of the children.

WHERE TO FIND US

Main Plum Tree Children's Centre

Plympton St Maurice Primary School Plympton PL7 1UB
Please park on St Maurice Road and walk on to the School site.

Linked Site

Yealmpstone Farm Primary School Meadowfield Place, Plympton PL7 1XQ.
Please park on the road and walk on to the school site. The Children's Centre is located in through the main school reception. You will need to press the buzzer in the gates to get into the school grounds.

Linked Site

Chaddlewood Primary School Hemerdon Heights, Plympton PL7 2EU
Please park on the road and walk into the school. Keep heading to your right and you will see two disabled bays and the entrance to the children's centre.

Main Plum Tree Children's Centre Woodford Site

Woodford Primary School,
Litchaton Way
Plympton
PL7 4RR

Other Venues

Plympton Clinic, The Ridgeway.
This is the cream building opposite the Co-Op

Chaddlewood Farm Community Centre
80 Glen Road, Plympton PL7 2XS.
This is near the Co-Op in Chaddlewood and there is plenty of parking.

If you would like this information in another language or accessible format,
please contact 01752 283823.

CONTACT

Plum Tree Children's Centre
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