



PLYMOUTH
CITY COUNCIL

PLYMSTOCK CHILDREN'S CENTRE

1 April 2012 to 31 July 2012

Inside this newsletter

**Our volunteer of
the year - Dorothy!**

**Events and
activities**

There's plenty to do
this spring

**Courses for
parents**

Get involved
Parents groups and
volunteers



**OUR
NEXT FREE
ISSUE IS OUT
1 AUGUST!**

Services for all children under five and
their families living in Plymstock



Hello
from **Helen Caine**
Centre Manager

Welcome to our new look newsletter – we hope you like it. We wanted to make it as friendly as possible and easy to read so you can quickly spot the latest news and activities for you and your little ones.

The new term will be starting on Monday 16 April, when all groups will be back, but you'll see a few changes. The 'Twins Group' will be running once a month on the first Tuesday during term time only. We're also asking for money in advance for some groups, as bookings have been made but people have not been turning up. So to keep it fair for everyone, we may ask for your cash upfront!

We'd love to hear from you if you've got a story you'd like to send us, any feedback about this new style or any suggestions for the newsletter in the future.

Drop me an email at
plymstock.children CENTRE@plymouth.gov.uk
or call the centre on the usual number.

Helen

SAFETY DOESN'T HAVE TO COST



Parents can once again get a safety gate from the centre for the bargain price of £12. This is heavily subsidised by the centre because we feel it's really important to help you reduce accidents to your little ones and safety gates are a very easy first step to safety in your home. There are extra discounts for anyone on income related benefits.

THIS YEAR'S SUMMER OUTING



Don't forget to check out the 'Dates for your Diary' pages where you'll get a first glimpse at this year's summer outing. We're off to Wembury on Tuesday 10 July so don't miss out and mark it in your diary now!

A STREET PARTY FIT FOR A QUEEN!



We're holding a big street party to celebrate the Queen's Diamond Jubilee on Wednesday 30 May at the Dunstone site jointly with Seedlings Preschool and the School itself. We're looking for your support by coming along to the party, dressing up, bringing some food and having lots of fun! It's all starts at 2pm!

YOU SAID, WE DID...

Your comments and feedback are invaluable to us. To show we listen, here's an example of something you told us so we did it.



At Tumble Time, the parents commented on how more tunnels for the children would be good. Within a couple of weeks a new set of tunnels turned up much to the children's excitement!

If you ever have anything to tell us, good or bad, don't wait for an evaluation to come your way - comment slips are always available at groups or in the Centres. You can talk to a member of staff or join our Parents Voice group.

Plymstock Children's Centre has two different venues and also uses community venues so it's vital to check where you need to go for each group or activity. Addresses can be found on the back page of this newsletter. Groups featured are also subject to change but we'll try to keep it as up to date as possible.



Latch On Wednesdays

10.30am to 12 noon
Plymstock Children's Centre

A friendly and informal group for all pregnant or breastfeeding mums. Partners are also welcome. Come along to meet other breastfeeding mums and make new friends, as well as getting support from peers and advice from health professionals. Bra fitting may be available too.

50p donation per session

Baby Massage

Wednesdays 1.30pm to 2.30pm
Oreston Link Site

(Four week course)

Massage can be beneficial for you and your baby. It's a wonderful way to get to know each other, deepening and strengthening your relationship. Massage helps to reduce stress and irritability, promoting relaxation for you and your baby.

For babies from six weeks old. For dates and times call the Children's Centre.
£5 per course

Baby + Me

Tuesdays 1.30pm to 2.30pm
Oreston Link Site

A group for newborn babies until they are crawling, with information and support for new parents. Encourage your baby to learn and develop through gentle play including treasure baskets, sensory play, tummy time, rhyme time and tumble time.

50p donation per session

Crawlers and Talkers Mondays 1.15pm to 2.30pm

Oreston Link Site
This is a group aimed at baby's who are learning to crawl, up until they start to walk.

All activities will help to promote your babies development through this stage including games and song time.

50p donation per session

Baby Talk

Thursdays 1.30pm to 2.30pm
Oreston Link Site

(Four week course)

Come and join a group for sitting babies, from about six months to a year. Time to play, time to chat, time to relax for parents and babies.

Call 407496 to book your place and for course dates
£5 per course



CHILDREN 0 TO 5

Baby Weighing and Health Visitor

**Thursdays 1.30pm to 3.30pm
Plymstock Clinic**

Drop in to weigh your baby and speak to a health visitor.

Baby Signing

**Thursdays 1.30pm to 2.30pm
Oreston Link Site**

(Two week course)

You and your baby will be able to talk to each other using simple baby signs. Learn the signs and the background to baby signing. You'll also sing fun songs with your baby whilst you get to meet other parents. Call 407496 to book your place and find out dates.

£3 per course

Chatterbox

**Tuesdays 10.30am to 12 noon
at Staddy Arms, Staddiscombe**

A drop-in group for parents and children with active play, messy play and rhyme time.

All activities based around communication. Meet other parents and take the opportunity to talk to health professionals in an informal way. Baby weighing available from 10.30am to 11.30am.

£1 donation per session

Talking Tips

**Mondays 10am to 11.30am
Oreston Link Site**

Worried about your child's speech and language development? Drop in for a one to one session on general tips and support.

Early Play

**Fridays 9.15am to 10.45am
(Term time only)**

**Hooe Baptist Church,
Hooe Road**

Drop in session for babies and children with their parents or carers. Lots of activities for

your children to enjoy including messy play and rhyme time, also a snack cafe.

£1 per session

Twins Club

**First Tuesdays of every month
1.15pm to 2.30pm**

**Plymstock Children's Centre
(term time only)**

Friendly drop-in group for families with 0-5 year old twins and their siblings.

Tumble Time for Tots for 12-18 months

**Wednesdays from 9.30am to
10am (term time only)**

Tumble Time for 18 months to 4 years

**Wednesdays 10am to 11am
(term time only) meet at**

**Plymstock Children's Centre
(session takes place in
Dunstone School's Hall)**

Active play with your toddler or young child using soft play,

games and activities. Help them to burn off all that energy while developing their confidence and co-ordination! Balance and slide, jump and climb, throw and play! The first half hour is for the younger children, followed by an hour session for the older ones. There are overlaps, but it gives the little ones a better opportunity to use the equipment.

Experienced workers guide the children around the equipment and activities. Join in and encourage your child to stretch their skills. £1.50 per session

Drop In and Play

**Wednesdays 1.15pm to 2.30pm
Plymstock Children's Centre**

Drop in session for babies and toddlers with their parents and carers. Come along and join us for some messy play, rhyme time, healthy snacks and, weather permitting, outside activities.

50p donation per session

Buggy Walking

**Thursdays 12 noon to 1pm
Saltram (All year round
whatever the weather)**

Exercise with any age child or baby in their buggy. Power walk with fat busting and toning exercises, using bands and the buggy as resistance. Designed for all levels of fitness, particularly for those who have not exercised since the birth of baby. The class takes place on cycle tracks and pathways so does not need any specialist 'all terrain' pram or buggy. You can enjoy the exercise with other people to talk to, while your child enjoys the relaxation of being outdoors in the fresh air!

Meet at Saltram by the notice board at the entrance to the inner car park. £2 per session

Step by Step Together Thursdays 9.30am to 10.45am Plymstock Children's Centre (term time only)

Drop in sessions designed for children with any form of developmental delay or additional need aged from 0 to 4 years old, with their parents or carers. Each week's session will have a different theme to encourage the growth of all aspects of a child's development.

50p donation per session

Outreach Homevisiting Service

Providing support and guidance on any issue of parenting from advice on 'positive parenting' strategies for difficult behaviour, guidance and boundaries, routines, fussy eaters and any other topic you feel you need help and support with. They may also be able

to provide support and help on a wide range of issues such as housing, debt and separation. Available to talk to during Children's Centre sessions, community visits or home visits. Call the Centre and ask for Patricia or Linda

Family Focus

**Wednesdays 9am to 11am
Oreston Link Site**

Being a parent is a hard job and everyone needs some support at times. Drop in for a one to one private chat with Patricia or Linda, our Outreach Workers, to talk over any concerns you have. No appointment needed.



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. Call the main number for details.

Baby First Aid Awareness Course Friday 20 April, 15 June and 17 August - 9.30am to 11.30am Oreston Link Site

This two hour course will cover baby first aid including baby/child resuscitation, choking, breathing and unconsciousness. You are welcome to bring

your baby with you. Call the main number to book your place. £2 booking fee.

Weaning Tips

A one hour session for advice and information about this exciting new stage in your baby's development. Call the main number for dates.

Applying for Jobs Online Workshop

Friday 4 May
1pm to 2.30pm
Plymstock Library
Booking essential, crèche may be available. Call the main number to book your place.

Home Safety Workshop
Thursday 24 May
1.30pm to 2.30pm
Plymstock Children's Centre

A one hour workshop to raise awareness of child safety and explore what you can do to reduce the risks for your children. Safety advice tailored to your child's stage of development. Ideas and information on child proofing your home and garden. Free safety equipment for you to take home. Advice on buying toys and safety equipment.

Help! I'm a Parent Fridays 1.15pm to 2.30pm Dunstone Site

Would you like to take part in a series of parenting workshops aimed at helping you understand your child's behaviour? You may come along to all four workshops or just attend the sessions relevant to your family. The topics we

will be discussing are managing emotions and biting, temper tantrums, appropriate coping strategies, sleep solutions and feeling positive about food. A crèche will be available or you may like to make your own arrangements.

To book your place and find out dates please call the Centre.

10 week adult Literacy and Numeracy courses

If you want to improve your literacy and numeracy skills and gain a recognised qualification then this is a great place to start. There are two levels equivalent to a GCSE at different grades. If you are interested in either of these courses please call the Children's Centre and we will

put your name on a waiting list. Once we have six or more parents for each course we will arrange a suitable date and time.

HAVE YOUR SAY OR GET INVOLVED

Parent Volunteers

Would you like to help in our groups, or set up a group of your own? We can offer support and training and it's a great way to meet new people and start to build a C.V.

Parents Voice

Parent's Voice is a group of parents who get together to discuss the running of the Children's Centre as well as to make suggestions and discuss ways of improving services provided. Why not come along and share your views with us? Contact the Centre for more information and dates.

WHAT'S ON

AT PLYMSTOCK CHILDREN'S CENTRE

There are lots of Toddler Groups running across Plymstock
Please see page 15

	MONDAY	TUESDAY	WEDNESDAY
AM	Talking Tips 10am to 11.30am Oreston link Site	Chatterbox 10.30am to 12 noon Includes baby weighing 10.30am to 11.30am The Staddy, Staddiscombe	Family Focus 9am to 11am Oreston Link Site Tumble Time for Tots 12 – 18 mths 9.30am to 10am Tumble Time 18mths – 4yrs 10am to 11am Meet at Plymstock Childrens' Centre Latch On Breastfeeding Group 10.30am to 12 noon Plymstock Children's Centre
PM	Great Expectations* 1pm to 3pm Plymstock Children's Centre Three week course Phone for details	Twins Club 1.15pm to 2.30pm First Tuesday of each month term time only Plymstock Children's Centre	Drop In and Play 1.15pm to 2.30pm Plymstock Children's Centre Baby Massage * 1.30pm to 2.30pm Oreston Link Site Four week Course *
	Crawlers & Talkers 1.15pm to 2.30pm Oreston Link Site	Baby & Me 1.30pm to 2.30pm Oreston Link Site	

* **Booking Required** Please ring the Children's Centre on 01752 407496
for more information about any of the groups or email
plymstock.children.centre@plymouth.gov.uk. Please also look at our website

THURSDAY	FRIDAY	SATURDAY
Step by Step Together 9.30am to 10.45am Plymstock Children's Centre	Early Play 9.15am to 10.45am Hooe Baptist Church	Kids and Dads 10am to 12 noon 26 May and 28 July Plymstock Children's Centre
Buggy Walking 12 noon to 1pm Saltram	Baby First Aid Awareness Course * 9.30am to 11.30am 20th April and 15th June Oreston Link Site	Great News * 9.30am to 12.30pm Plymstock Children's Centre Phone for details
Baby Weighing & Health Visitor 1.30pm to 3.30pm Plymstock Clinic	Help I'm A Parent * 1.15pm to 2.30pm Plymstock Children's Centre Phone for details	Breastfeeding Workshop* 1pm to 3pm Plymstock Children's Centre Phone for details
Baby Talk or Baby Signing * 1.30pm to 2.30pm Oreston Link Site Four or two week course *		

INFORMATION FOR CHILDMINDERS

Childminder Drop-in

Mondays fortnightly excluding bank holidays and school holidays from 10am to 11.30am
Plymstock Children's Centre
A chance to meet other childminders and to play with the children you are caring for. This group is run by childminders for other childminders.

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

Paediatric First Aid

We will be running a two day paediatric first aid course for childminders and workers from childcare settings. The course meets OFSTED requirements and the certificate is valid for three years. To find out dates and to book a place call the Children's Centre.

EQUIPMENT FOR SALE OR HIRE

TENS Machine Hire

Expecting a baby? We offer the hire of a TENS machine for use in labour. You can order one at any time during your pregnancy and it will be available for you at 37 weeks for a three week period. This can be extended by a further two weeks if you let us know in advance. The cost is £25 which includes a £10 refundable deposit. Contact the Children's Centre for more details.

Hire the centre playroom and /or equipment
Hold your child's birthday party in the Children's Centre.
Contact us to find out more.

SAFETY GATES

We sell safety gates to all Plymstock families at a special discount price of £12 each £10 each if you are in receipt of benefits with a maximum of two per person.

There are both types of gate available, tension or fixed. Tension is tightened up to fit a doorway whilst fixed is screwed to the wall.
Contact the Children's Centre for more information.

Home Safety Packs

Plymstock Children's Centre offers **FREE** home safety packs to eligible families with children under five years. To qualify for a free pack, families must be in receipt of benefits and meet the Sure Start vulnerabilities criteria. All safety equipment will be installed by a qualified fitter.
Contact Patricia or Linda at Plymstock Children's Centre on 407496.

MONEY, BENEFITS, CHILDCARE AND BACK TO WORK SUPPORT

Budgeting and Money Management

Do you find money is tight and by the end of the week you don't have enough left? We may be able to offer some support and advice. Contact us for details or if you prefer call the Family Information Service direct on 0800 783 4259 or the Citizens Advice Bureau on 0870 126 4011.

Family Information Service

Free advice on a range of issues including childcare options and returning to work,

tax credits and maternity benefits. Contact Plymstock Children's Centre on 407496 for more details or phone them direct on 0800 783 4259.

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 407496 and ask to speak to Linda or Helen. 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 407496.

Information and advice is available from a Jobcentre advisor through Plymstock Children's Centre.



DATES FOR YOUR DIARY



Term dates 2012

Spring term from
Monday 16 April to 1 June

Half term holiday from
Monday 4 to Friday 8 June
including two Bank Holidays
when the Centre will
be closed

Summer term from
Monday 11 June to 20 July

Summer holiday from
Monday 23 July to
Friday 7 September

New term from
Monday 10 September

Great Arrivals

Thursday 10 May 1.30pm
Dunstone Site
For all parents with a new
baby, come along and meet
others in the same boat and
find out you are not the only
one pacing the floor at night.

Applying for Jobs Online Workshop

Friday 4 May 1pm to 2.30pm
Plymstock Library
Booking essential, crèche may
be available. So many jobs
are only by online applica-
tions now and it's difficult to
know where to start. And if
you don't have access to the
Internet at home, you can find
out how to access it at the
Library for free. Call the centre
and book your place now!

Diamond Jubilee Street Party

Wednesday 30 May 2pm
We're holding a big street
party to celebrate the Queen's
Diamond Jubilee on Wednesday
30 May at the Dunstone
site jointly with Seedlings
Preschool and the School
itself. We're looking for your
support by coming along to
the party, dressing up, bringing
some food and having lots of
fun! Look out for our posters
nearer the time with
all the
details.

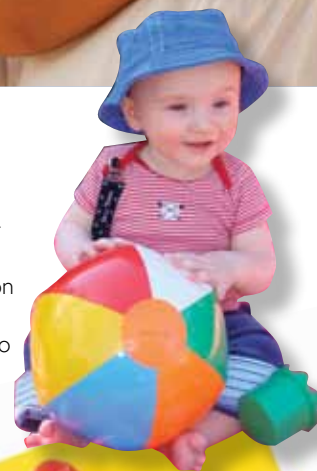


Table Top Sale

Thursday 7 June
10am to 12 noon
Plymstock Community Centre
top of Broadway car park.
Clear out your cupboards of
all those baby things and toys
they no longer play with. Call
the Centre and book a table
with us to sell it on. Otherwise
come along and save some
money by buying good quality
and clean equipment, toys or
clothes.

Wembury Beach Trip

Tuesday 10 July 10.30am
Going to the beach with your
children can be one of those
things you don't want to do on
your own. We meet down on
the beach under a huge flag so
you can't miss us, then Netty
and Steph bring activities and
toys for the children. It's much
more fun and they are
even there if the
weather
isn't great.



Kids and Dads

Saturdays 26 May and 28 July
10am to 12 noon
Plymstock Children's Centre
Come along to a play session
with a difference! Just for dads
with their children.
£1 donation per session



GOLD STAR FOR DOROTHY

Picture courtesy of The Herald

Tots and staff at the Centre rewarded one of our volunteers for three years of dedicated work in February with our very own New Year's Honours List.

Dorothy Fulford received her award in February at the Staddy, where the weekly Chatterbox session that she supports takes place.

Helen Caine, Plymstock Children's Centre manager, said: "Dorothy is an active member of the community and has been volunteering with us at Plymstock Children's Centre since we opened in 2008. For over three years she has been a valuable member of the team helping to run Chatterbox at the Staddy - our busiest group.

"She's a dedicated, reliable and enthusiastic member of the team, sharing with us her ideas and experience. She has been keen to learn new skills and through the children's centre, Dorothy has gained her Paediatric First Aid Certificate."

Volunteers are crucial to the smooth running of the Centre and the permanent staff members know the value of their volunteers, who they say are an 'integral part of the team'.

In return, volunteers are supported with learning opportunities and training, as well the valuable experience of working with babies, young children and families. Many who begin as volunteers at the centre go on to employment. Helen continued: "She is a popular face at the Chatterbox group with children and parents alike and always has a smile on her face to help make snack time fun. She's always willing to help and enjoys a good singsong. The rest of the team certainly miss her when she is on holiday as it takes two

of us to do her job! We can't imagine a Chatterbox without Dorothy.

"It's for all those reasons and more that we want to say a big thank you to Dorothy."

When accepting her award, Dorothy said: "Thank you for thinking of me, it was very unexpected, I'm sure lots of people are more deserving than me."

Dorothy is also an active member within the community and the church and runs a successful mother and toddler group.

If you'd like more information on volunteering opportunities at the Centre, call 407496 or drop in for a chat.

TODDLER GROUPS IN PLYMSTOCK



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

GROUP	VENUE	DAY	TIME	CONTACT
Plymstock Chapel Parent and Toddler group	Church Rd PL9 9AH Opposite Plymstock School	Monday	10am to 11.30am	Iris 01752 484188
Radford Parent and Toddler group	Radford Family Centre Stockingway Close Plymstock PL9 9JL	Monday and Thursday	9.30am to 11.30am	Lindsay/Louise 01752 406680
St Mary and All Saints Church Parent and Toddler group	St Mary and All Saints Church Hall, Church Rd Plymstock PL9 9BD	Monday	1.45pm to 3pm	Doreen Tozer 01752 402701
St Matthews Toddlers	St Matthews Church Hall, Sherford Road Elburton PL9 8DQ	Tuesday and Friday Wednesday and Thursday	9.30am to 1pm 10am to 11.30am	Sue 01752 457226
Hooerays Hooe Baptist Toddler group	Hooe Baptist Church Hall 29 Hooe Rd PL9 9QS	Wednesday	1.45pm to 3.15pm	Deborah 01752 481232 evenings
Plymstock Library Rhymetime	Plymstock Library Horn Cross Rd PL9 9BU	Thursday	2.15pm to 2.45pm	
Elburton Methodist Toddler group	Elburton Methodist Church Hall, Springfield Rd, Elburton PL9 8PR	Friday	1.30 to 3pm	Maureen 01752 407137
Oreston Methodist Parent/Toddler group	Oreston Methodist Church Hall, Plymstock Rd PL9 7LL	Friday	1.30 to 3.15pm	Barbara 01752 492135

Disclaimer: The groups above are not run by Plymstock Children's Centre and as such, the Centre does not necessarily endorse the practice that occurs in these groups. Plymstock Children's Centre cannot guarantee this information is up to date or correct and recommends that parents and carers wanting to attend these groups contact the relevant provider in advance for more information including prices.

WHERE TO FIND PLYMSTOCK CHILDREN'S CENTRE

Plymstock Children's Centre

Dunstone Primary School
Shortwood Crescent
Plymstock
Plymouth PL9 8TQ

Tel: 01752 407496

Email: plymstock.children.centre@plymouth.gov.uk

www.plymouth.gov.uk/plymstockchildrenscentre

Park in Southernway and walk through the pedestrian entrance. The Children's Centre is the first building you will see.



Oreston Link Site

Oreston Community Academy
Oreston Rd
Plymstock PL9 7JY

Children's Centre is located in through the main school reception on the right hand side.

Other Venues

Plymstock Clinic

Horn Cross Road
Plymstock PL9 9BU

Tel: 01752 314477

The Staddy Pub

144 Staddiscombe Road
Staddiscombe
Plymstock PL9 9LT

Hooe Baptist Church

29 Hooe Road
Plymstock PL9 9QS

This is opposite
Hooe Primary School.

