

Dover, Deal & Sandwich Children's Centres

For families with children aged 0 to 5 years old

February 2012 Newsletter

Snowdrop Children's Centre Celebration

Families and Partners from Snowdrop Children's Centre were invited to celebrate the "good" grading awarded to the centre following its recent Ofsted inspection.

Ofsted said "Snowdrop Children's Centre offers a very welcoming, safe and friendly environment for local families. The care and guidance shown towards all families are outstanding and staff work hard to give an exemplary level of individual support to those who are in need".

Everyone including families, partners and staff were asked to share their achievements on a "celebration" tree and to share their thoughts on the future development of services to be provided by the Centre.

We aim for children and families to enjoy fulfilled and successful times together. We work towards this by enabling children to reach their developmental potential and socialise well within their local community. Increasing children, parents and carers' confidence and skills and developing families' overall wellbeing, health and safety.



Sure Start Children's Centres



Visit us at www.kenttrustweb.org.uk?dover

Brand New Zumba Classes For 2012

The Latin-inspired, easy to follow, calorie-burning dance fitness party will be running in:

Aycliffe Church Hall, Old Folkestone Road, Aycliffe,
Tuesday 17th January, 1.30pm - 2.30pm.

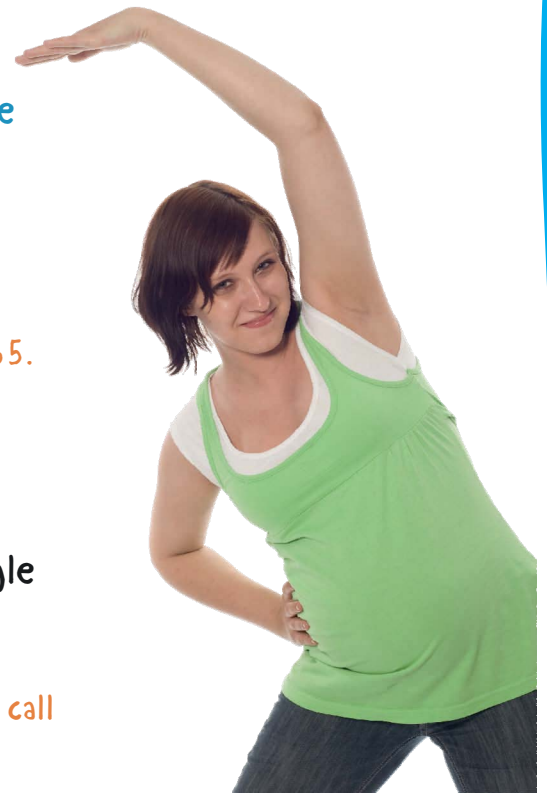
Preschool children welcome. Only £3 per session

To book please call Samphire Children's Centre on 01304 202665.

Buckland Community Centre, Roosevelt Road,
Dover, Thursday 19th January, 12.00 noon - 1.00pm.

There will be an area set up for children to play in with volunteers on hand. Preschool children welcome to wiggle along. £3 per session.

To book please call Buckland and Whitfield Children's Centre on 01304 826110. For more information about the class please call Charlotte Revell on 07919 820978.



Understanding Children's Behaviour Course

We would like to congratulate our parents that have completed the Understanding Children's Behaviour course

This was held at The Sunflower Children's Centre. There will be another behaviour course running later in the year.

If you would like to book your place please call 01304 831793.



Solihull Parenting Programme

Vicky and Andrea would like to thank all the parents who have successfully finished the 10 weeks Solihull Parenting Programme. Well done to you all.



The Buttercup Children's Centre

Food Safety In Catering Level 1 Course

This will be held at Triangles Community Centre in March. You will learn about temperature control, safe food storage, refrigeration, re-heating, food safety hazards and much more as well as gaining a recognised qualification.

Confident Parent Confident Child Course

We will be running a Confident Parent, Confident Child Course early this year. The course is through Adult Education and will enable you to have more confidence to do things with your child.

If you would like to put your name on the waiting list for the above please call Vicky Murphy on 01304 226919.

The Buttercup Children's Centre
Triangles Community Centre,
Poulton Close, St Radigunds,
Dover. CT17 0HL
Tel: 01304 226919
Bus 60 from Pencester Road



For more activities please see the 'What's On' guide or visit our website: www.kenttrustweb.org.uk

The Buckland & Whitfield Children's Centre,
St Nicks Church, The Linces,
Buckland, Dover
CT16 2BT

Tel: 01304 826110
Bus 62 from
Pencester Road



Buckland & Whitfield Children's Centre

Paediatric First Aid Course

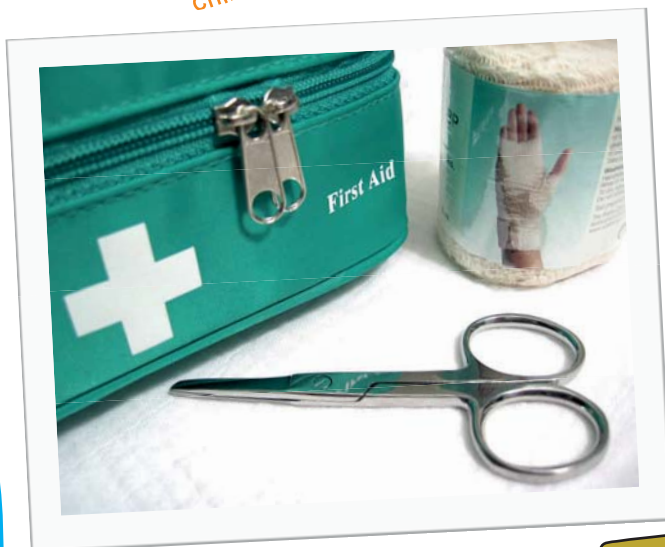
We will be running a Paediatric First Aid Course on Friday 24th February 9.30am - 1.00pm at Buckland and Whitfield Children's Centre, Crèche available.

To book please call 01304 826110.

Children's Disco

At this month's Children's Disco we are celebrating Chinese New Year by dressing up in red or Chinese fancy dress.

For more activities please see the 'What's On' guide or visit our website: www.kenttrustweb.org.uk?buckland



The Daisy Children's Centre

Daisy Baby Book Club

We will be meeting every Tuesday Term Time Only from 10.00am - 11.00am in The Junior Library at The Dover Discovery Centre.

For more information please call 01304 225052.

Daisy Family Group

Come along to Daisy Family Group on Saturday 4th February at Salem Baptist Church Hall, 3.00pm - 4.30pm. This is a group for all parents/carers with children under 5 and older siblings are welcome. Craft, toys and healthy snacks are available. For information please call

01304 225052.

The Daisy Children's Centre
The Ark, Noah's Ark Rd, Dover
CT17 0DD

Tel: 01304 225052

Bus 63 from Pencester Road



For more activities please see the 'What's On' guide or visit our website: www.kenttrustweb.org.uk



The Samphire Children's Centre
Aycliffe Community Primary School
St David's Avenue, Dover. CT17 9HJ
Tel: 01304 202665
Bus 61 from Pencester Road

The Samphire Children's Centre



Healthy Eating Workshop

The Samphire Children's Centre will be running a free four week Healthy Eating Course in March/April, days and times to be confirmed. A free crèche will be available.

To book call 01304 202665.

Baby Massage Drop In

The Samphire Children's Centre is holding a weekly Baby Massage Drop In from 9.45am - 10.30am every Wednesday.

For more information please call 01304 202665.

For more activities please see the 'What's On' guide or visit our website: www.kenttrustweb.org.uk?samphire





The Sunflower Children's Centre
Adelaide Road, Eythorne. CT15 4AN
Tel: 01304 831793
Bus 87/88 to Eythorne &
Bus 88A to Shepherdswell
from Pencester Road

The Sunflower Children's Centre

The Wonder Years Course

Come along and join in a 10 week course starting at The Sunflower Centre on 24th February 12.30pm - 2.30pm. Limited crèche available. Each week you will: Make a toy/game, develop your confidence as a parent gaining new skills and discuss activities that you can do at home to promote learning. A range of topics are covered from communication skills, sharing stories, letters and sounds, patterns of play and the world around us.

To book or for more information please call Sue on 01304 831793.

For more activities please see the 'What's On' guide or visit our website: www.kenttrustweb.org.uk?sunflower



The Snowdrop Children's Centre

Nonington Play Days

Come along and join in a fun stay and play session where we will provide a safe, warm friendly place for parents and toddlers to have fun by learning through play to enhance children's early year development. This group is on Wednesdays 1.00pm - 2.30pm at Snowdrop Children's Centre.

Breast Feeding Group

Will run on Friday, 12.30pm - 1.30pm. This group is for expectant mothers and new parents.

For more activities please see the 'What's On' guide or visit our website: www.kenttrustweb.org.uk?snowdrop

The Snowdrop Children's Centre
Aylesham Neighbourhood Project
Ackolt Road, Aylesham
CT3 3AJ
Tel 01304 840134



The Blossom Children's Centre

The Blossom Children's Centre
The Downs CE Primary School
Owens Square, Deal
CT14 7TL
Tel: 01304 362136



Baby or Toddler 9months - 2 years?

Many parents graduating from Baby Club have told us that they would like to see a group targeted to the late baby/early toddler stage. We listened and are starting our new group, 'Inbetweensies', on Wednesday, 1st February, 10am - 11.30am! If you have a child in this age range we would love you to come along and enjoy a relaxed, gentle atmosphere where parents and children can meet and enjoy spending time together.

Baby Massage Drop In

A friendly group, where you can learn massage strokes, relax and meet new people, starts at Blossom on Wednesday, 1st February, 1.30pm - 3.00pm. Baby Massage can help relieve stress and colic, can promote bonding and communication and help with muscle tone and breathing. Come along and enjoy this friendly and informal group.

For more information please call 01304 362136.



For more activities please see the 'What's On' guide or visit our website:

www.kenttrustweb.org.uk?blossom



The Primrose Children's Centre
Sandown Primary School
Northwall Road, Deal
CT14 6PN
Tel: 01304 372834

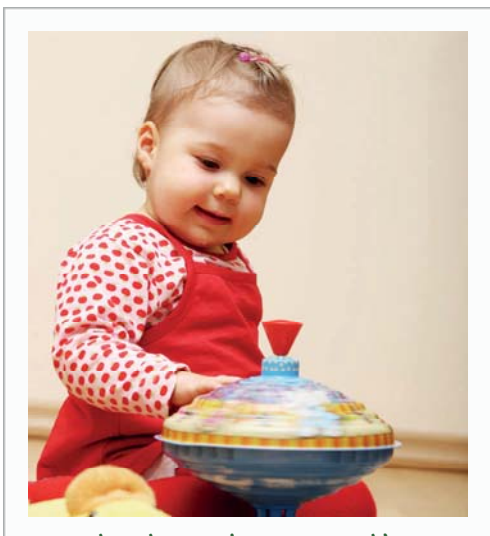
New Baby Club At Primrose Children's Centre

For Parents with babies up to 9 month's. Sessions to include singing, baby massage, and play. So come along and have fun with your baby and make new friends. Every Friday, 10.00am - 11.30am. For more information please call Lizzie or Danielle on 01304 372834.

Family Literacy Course

A 12 week course focused on improving your child's learning, whilst developing ways of communicating with your children in fun ways. The course starts on Wednesday 29th February 10.00am - 12.30pm at North Deal Community Centre, 28 Golf Road. Crèche available, places are limited.

To book or for more information please call Danielle or Sarah on 01304 372834.



For more activities please see the 'What's On' guide or visit our website:
www.kenttrustweb.org.uk?primrose



Top Tips For Chatting With Your Child

You can help your child to develop good communication skills by sharing stories, singing songs and rhymes and talking whilst out and about e.g. at the park or library. Spending time with a child helps to develop a bond.

When chatting with your child it is important to pause giving your child time to express their own thoughts and ideas about a situation/event.

Why not try blowing bubbles with your child and enjoy the chatter that this brings about. Try saying the words and then pause allowing your child time to repeat. e.g. "Bubbles", "Pop bubbles".

Ready, Steady, Go! Games are great for developing pausing and waiting skills and your child will love watching your face waiting for the "Go". You can add fun to this game by swapping different words for "Go". e.g. Steady, Steady, Bananas!"

For information please call The Teachers on 01304 226919.

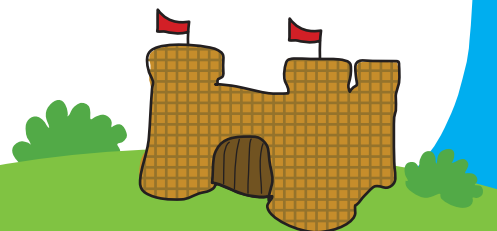


Healthy Start Vitamins

These can now be collected at any of our centres. Vitamins are essential nutrients that your body needs in small amounts so that it can work properly.

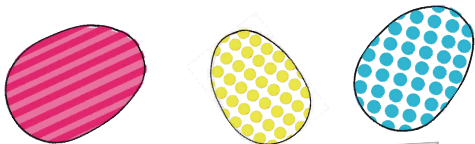
Even though you can get lots of vitamins from a healthy balanced diet, you still might not get everything you need at certain times in your life – such as when you're pregnant, a new mum or a small child. So UK Health Department recommends that at these times you should take a supplement containing specific vitamins to make sure you get everything you need.

You could qualify for free vitamins if you're on benefits, or if you're pregnant and under 18. Just speak to your midwife, health visitor or children's centre reception to find out more.



Christmas Draw

Congratulations to Amanda who was the lucky winner of a food hamper kindly donated by Dover Lions Club. The names of everyone who attended groups or events the week before Christmas were collected and a draw took place on Tuesday 20th December. Dover Lions Club also donated another hamper and Panto tickets that were raffled off in different centre events. Congratulations to all the lucky winners.



Easter Play Bags

Come and make an Easter Play Bag for your child (adults only workshops). Hop along to a workshop near you to make a variety of Easter themed games, puppets and learn some new songs to share at home!

Sessions in Dover:

Wednesday 29th February at Buckland & Whitfield Children's Centre, 6.30pm - 8.30pm. To book call Tanya 01304 826110.

Tuesday 6th March at Dover Library 10.00am - 11.00am.

To book please call Karen on 01304 225052.

Sessions in Deal:

Thursday 1st March at Sunflower Children's Centre, 10.00am - 11.30am To book please call Joan on 01304 831793

Sunday 4th March 1.30pm - 3.30pm in Deal Library

To book please call Ana on 01304 362136

Monday 5th March 6.30pm - 8.30pm at Blossom Children's Centre.

To book call Ana on 01304 362136



And Finally...

If you would like any further information on the services that the Children's Centres offer or you have any comments or ideas for our newsletter or you would like it presented in another format please call Dover, Deal and Sandwich Children's Centres on 01304 226919.

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