



Newsletter

January
February
2012

A Sure Start Children's Centre

HAPPY NEW YEAR !

REAL REINDEER AT THE CENTRE

On Saturday 10th December families came to the Centre for a very special Christmas Party. 89 adults and children came along and took part in a wide range of activities, such as making Christmas cards, calendars, table decorations and crackers, seeing real life animals, including reindeer, owls and skunks. Also this year the Centre had an extra special Santa's grotto where the children received gifts, and there was also a magician and gospel singers! With the help of all the elves, this years party was said to be **"the best Christmas event Sure Start have organised."**



Photographs by Hannah Gatenby

"Bringing Christmas Magic"

SPECIAL DELIVERY: LETTERS TO SANTA



This Christmas, children were given the opportunity to write letters to Santa. Santa had over 80 letters from good boys and girls and wrote back to them all.

CONTENTS

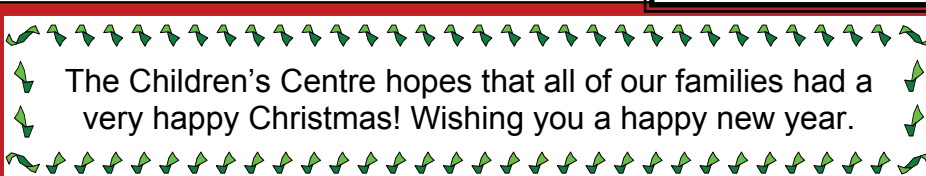
What's been happening?
Page 2 — 3

New family activities
Page 4 — 5

Breastfeeding — Did you Know
Page 6 — 8

Parents Page
Page 9

Courses, Jobs and Opportunities
Page 10 — 11



The Children's Centre hopes that all of our families had a very happy Christmas! Wishing you a happy new year.

What's been happening?

WE ARE OUTSTANDING

In October the Children's Centre was inspected by OFSTED and was rated Outstanding. We were the first Children's Centre in Sandwell to achieve this rating and are very pleased to be able to continue providing the wide range of quality services to the families living in this community. The report says the Centre "***provides a very welcoming environment where families can socialise and have fun while having the opportunity to access excellent care, guidance and support.***" The inspection also noted the amount of volunteering, training and employment support available at the Centre. (See page 4/5 for more opportunities)



PRIORY FAMILY CENTRE NURSERY RE-OPENS

Congratulations to the former "Our Place Nursery" on the quick re-open as Priory Family Centre Nursery. The nursery opened on Monday 3rd October with many of the same staff members plus three new apprentices.



There are only a few child places left so please book soon.

Call the Nursery for more information: 0121 505 5950

WEBSITE COMING SOON

New face in the Health Visiting Team



We would like to welcome Irene Tickell to our team. Irene started working with us on the 31st October and is looking forward to meeting you all. Come and say hello to Irene at Tuesday's Baby Clinic.

Welcome Back

- Elena Gelpi Morgan
(Community Liaison Worker)



New Births

Congratulations to Louise Hudson and Harjitt Chohan who both gave birth to baby boys in November.



Farewell

We would like to say goodbye and good luck to:

- Maria Fanthom (Maternity Leave)
- Sean McDivitt (Job Centre)

The ladies who have been covering reception for the past year;

- Charlotte (Business/Admin apprentice)
- Emma Carswell (Templink)

Local Achievement



Linda Matthews has recently worked with Holly Ives, a local woman from the Wednesbury area. Linda helped her gain employment with a film studio in Stafford. She has been working as an associate film producer for 4 months now.

Holly says, "Don't get disheartened if it doesn't happen straight away. Always keep your goals and dreams in mind and keep trying."

Do you want help looking for creative jobs?
Ring Linda Matthews on 0121 556 5405

NEW FAMILY SESSIONS 2012

Sensory Palace

New session for children under 1

Starts 7th February (then first Tuesday of every month)
9 — 10 am

FREE

At the Children's Centre Crèche Room 

Please call Sarah to book a place on 0121 556 5405

Baby Massage

Running for 5 weeks.

 Starts: Friday 2nd March, 9.30 — 10.30 am

Massage helps parents and babies relax! It makes babies feel loved and can also aid sleep and digestion. To find out more call Sally on 0121 556 5405 and book a place.

FAMILY SUPPORT DROP IN SESSIONS

Do you need any help or advice about something?
Need someone to talk to or just need a bit of support?

Come and speak to a family support worker who can help you or put you in touch with someone who can.

EVERY TUESDAY 10 — 12 pm
(Reception Area)

Please call Debbie or Estelle at other times on 0121 556 5405

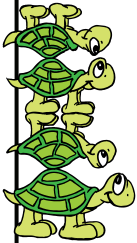
Leaps and Bounds

For children aged 2 — 3 yrs
10 week course

Give your child a head start with their physical development.

These sessions help your child learn skills such as locomotion, agility, balance, climbing and coordination.

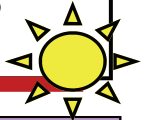
They will get to use specially designed equipment and learn at their own pace.



Starts Wednesday 1st February, 1 — 1.30pm

FREE LIMITED PLACES

Please call Sally to book a place on 0121 556 5405



Tiny Talkers

For children 2 years +

Help your child become a good communicator and aid their development. Come in for an assessment and play session on the below dates:

Sessions run **9 - 12pm** on the following dates at the Children's Centre:

Tuesday 14th February 2012 & Tuesday 28th February 2012

To book a place please call Sally/Lucy on 0121 556 5405

Play and Stay - Tameside school

From birth to 4 years 11 months

STARTS WEDNESDAY 22nd February. 9 — 11.15am

Come and play with other parents and children. 50p per child.
For more information contact Dianne Wyles on 0121 556 5405.

Breastfeeding

DID YOU KNOW....



Breast milk gives your baby all the nutrients it needs for the first 6 months and changes and adapts to your baby's needs.

Breastfeeding helps you and your baby bond, physically and emotionally.

Breastfeeding uses up an extra 500 calories — so mums can find it easier to lose their baby weight.

Formula feeding can cost £45 a month — breastfeeding is free!

Your milk protects baby from infections and other diseases — formula does not. Breastfed babies tend not to get as ill as formula fed babies.

Babies who are not breastfed have a higher chance of:

- Diarrhoea & Vomiting
- Chest Infections
- Ear Infections
- Constipation
- Obesity in later life
- Eczema
- Being fussy eaters

Every baby is born expecting their mothers milk - it helps your baby finish developing

Only a very small percentage of women cannot produce enough milk for their babies. **“ON DEMAND FEEDING”** - letting your baby feed as often and for as long as they want will make sure your body knows how much milk to produce.

**The more you feed,
the more you make!**

For more information visit www.nhs.uk/start4life
or ring the **National Breastfeeding Helpline 0300 100 0212**

Want more advice?

If you need any help with breastfeeding — whether you need help and advice with positioning, attaching, hand expressing or just generally want to learn more or have someone to talk to about breastfeeding call Elena, Jo or Anita on 0121 556 5405.

NEW NEW NEW NEW

We are hoping to start a **new breastfeeding support group** at the Centre very soon — open to everyone! Please call us on the number above if you're interested in coming along and we will let you know the start date.

A breastfeeding story... 11 months

By Elena Gelpi Morgan (Community Liaison Worker), just returned to work after taking a year off to be with her baby girl, Maya.

"I come from a family where breastfeeding was the normal and accepted way to feed a baby, so when my baby Maya was born I had already made the choice to breastfeed her and I knew it was the best thing for her. (See opposite)

I didn't really know much about breastfeeding or how to do it apart from reading the leaflets that we had at the Centre and what I learned from my antenatal class. You can't really do much to prepare yourself for breastfeeding — a lot of the changes and preparations are happening inside of our bodies without us even knowing! But what you can do is learn as much as you can about how breastfeeding works so you know what you need to do at hospital and then onwards to make breastfeeding as successful as possible.

Story continues over the next page...

Breastfeeding story continued...

Experiences at the hospital: As soon as my baby was born the midwife allowed us time to have skin-to-skin contact and Maya was put straight onto my chest. This is a very important part of starting off the milk making process - sending messages to our brains to start producing milk. The midwives were very good at helping me get Maya attached right initially and there are no words to explain the feeling of the first few gulps of milk she took!

Difficulties: Over the next few days in hospital I did experience difficulty in getting Maya to latch on correctly. Sometimes I did it ok and sometimes I knew by the lip smacking sounds that she wasn't attached right. I kept asking for help but sometimes didn't get the help I needed. Because of the struggles I had over the first few days and the occasional wrong attachment, I ended up having cracked and sore nipples which then led to engorgement. Thankfully I found out that I just had to feed Maya more to clear the blocked ducts. It was a very challenging and painful time but I'm glad I carried on because I wanted the best for my baby. Learning how to attach your baby correctly can stop you from getting injured. Feeding is not meant to be painful!

Dealing with feeding in front of other people: After everything healed, feeding her was pain free and a lovely time for both of us. I had to get over some issues like dealing with feeding in front of people — but after a few weeks of just being brave and doing it, I soon didn't feel embarrassed to feed my baby in front of anyone anymore. I found it more important to let my baby get her milk rather than worrying about what other people thought or how they felt about it. Feeding your baby in public is legal, so you should never get asked to stop.

Breastfeeding at work: I am still feeding her now whilst being at work and I hope to carry on until she's ready to stop. When we are apart I have to express my milk to keep my milk supply up and stay comfortable. Maya has never drank out of a bottle, so has sips out of a cup. Breastfeeding changes as your baby grows, it may seem like its all you're doing at the start but it slowly balances out and your baby will gradually need less and less milk. It's very satisfying looking at her months down the line and knowing that it was my milk that helped her grow and develop — it's made me love my body and love being a woman (and love my baby of course!)

**Need help and advice on breastfeeding?
Call 0121 556 5405 and speak to Elena, Jo or Anita.**

Parents Forum Page

job well done... 

Fundraising Success

The parents managed to collect over £600 to help a family buy a special mattress for their child who is disabled. They have been doing a separate sale during the parents coffee morning over the last few months. The mattress will help the child with his involuntary movements and give him the much needed support. Well done to the parents!

MORE DONATIONS NEEDED FOR NEARLY NEW CLOTHING SALE

**Adult and children's clothing
and accessories needed.**

Please bring your donations to the Children's Centre — must be in good condition! No bric a brac at the moment. Thank You!



PARENTS COFFEE MORNINGS

THURSDAYS
9.30 — 11.30 am

Buy nearly new clothes
and items for adults and
children from 25p !

Cheaper than a charity shop!

Come and have a cup of tea at our
Oasis Café and get some "me" time.

Do you want to be in the Parents Forum or help by
volunteering at the Children's Centre?

Please call Elena on 0121 556 5405

Courses and Opportunities for 2012

Below are some courses we are able to run in 2012. Please visit the Centre or call us on 0121 556 5405 to put your name down on the waiting list. **We will run the courses with the most interest.**

- *Drawing and Painting*
- *Family Flower Arranging*
- *Family Yoga Sessions*
- *Introduction to Counselling*
 - *Food Hygiene*

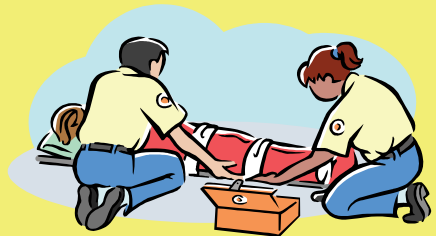
What courses would you like to do? Please call us on the above number and tell us so we can try and set more up!

PAEDIATRIC FIRST AID COURSE

6 week course (every Thursday)

Starts Thursday 23rd Feb —
29th March 2012

1 — 3pm
At the Children's Centre



Limited places.

Please call Linda for more info or to book a place on
0121 556 5405.

Jobs and Employment

WORK CLUB

Come and learn how to use a computer, then build up skills to create your own email address, job search online and much more.

Find work experience placements, get job and training support & help to get into volunteering.

Wednesdays 10.00am—12.00 pm
at the Sure Start Children's Centre

For more information please call Linda on 0121 556 5405

UK **onlinecentres**[™]

Want to learn how to use a computer?



I.T. for Beginners

*Every Thursday starting 2nd February
10 — 12 pm*

*You can also get help to look for jobs online and get employment support. You will get a certificate once you complete the course.
For more information call Ted on 0121 556 5405*

JOB CENTRE PLUS

Would you prefer to see your Job Centre Plus advisor a bit closer to home?

TUESDAYS 9 — 4.30pm

Please call to book an appointment at the
Children's Centre with Claire: 0121 556 5405

Councillors Surgery

Hi, my name is Simon Hackett and I am one of your local councillors. I represent the Friar Park, Woods Estate, Newtown, Mesty Croft and Park Hill. I have been your local councillor since 2004. My advice surgery runs at the Children's Centre every last Wednesday of each month, so you can see me after taking your child/ren to school.

You can also call me on 0121 569 3045 or Mobile: 07813989422
Simon_hackett@sandwell.gov.uk



SURGERY TIMES:

08.30-9.00 am

25th January & 29th February

If you require any information on our courses, activities or for general enquires

Please contact us:

Friar Park, Mesty Croft & Woods
Sure Start Children's Centre
Priory Family Centre
Dorsett Road
Wednesbury
West Midlands
WS10 0JG

Tel: 0121 556 5405

Fax: 0121 556 0616

Website: www.surestartfpmcw.org.uk

Email: Info@surestartfpmcw.org.uk

**PLEASE NOTE THE CHILDREN'S CENTRE IS A
NO SMOKING SITE**