



Newsletter & Activity Sheet

September
October
2011

A Sure Start Children's Centre

Jobs & Training Information

The Priory Family Centre is now registered as a UK Online Centre. Our digital champion, Linda Matthews, can sign you up and help get you online in no time. The internet is great for:

- keeping in touch with family & friends
- doing tasks like paying bills and shopping
- finding jobs and applying for them online
- saving money by shopping online to get the best deal.
- keeping up with your kids or grandkids and helping them with school work.

Jobs & Training Fair Coming Soon

Check our website or pop into reception for dates and times
www.surestartfpmcw.org.uk

UKonlinecentres™ Call us on 0121 556 5405



Baby Massage

Friday 16th September 2011

9.30am-10.30am

For 4 weeks, 50p for oil.

Baby massage is a wonderful way to communicate and find that special bond between you and your baby. Baby massage can help improve blood circulation for babies and relieve stress for parents. It can also help relieve the discomfort of constipation and colic and promotes better sleep. These are just a few examples of the benefits of baby massage!

Please call Sally to book a place on
0121 556 5405

If you are pregnant

our midwife can visit you and provide additional advice & support during your pregnancy. You will also get a goodie bag with lots of useful things.

For more information please

call Anita on
0121556 5405



Family Fun at Dudley Zoo

During the school summer holidays 19 families have enjoyed a day out at Dudley Zoo. The families have all used the Zoo passes the Children's Centre has to loan out throughout the year. Here are some comments from the families:

"Thank you so much for giving us this opportunity to have a day out together. It saved us over £50".

"We had a great time and enjoyed spending quality time together"

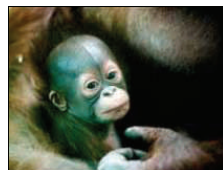
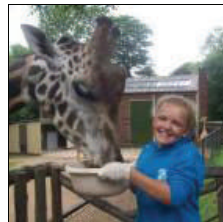
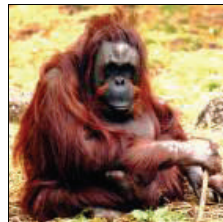
"All of the animals were lovely and the horrible history show was brilliant"

"The Zoo has really changed since we last went. There were lots of animals and we loved the Meerkats"

"We had a brilliant day out"

If you would like to use the free Zoo pass please call Louise AM on 0121 556 5405 for more information.

The pass is available until 31st March 2012 and will admit 2 adults and 3 children to the Zoo. A £20 deposit is required but this is refundable when you bring the pass back.



The Oasis Cafe

Hot and Cold Food, Snacks, Hot and Cold Drinks.

Open 9am — 1.30pm, Mon — Thurs

NOW SERVING BREAKFAST

Welcome Back

- Sarah Whitehouse
(Senior Early
Years Worker)



Leavers

We would like to say goodbye and good luck to:

- Louise Hudson
(Maternity Leave)

Stop Smoking Advice

Have you thought about giving up smoking?

Are you pregnant and would like to quit?

Would you like to stop smoking for your kids?

Would you like to quit to improve your health?

If Yes, come along to our Stop Smoking Clinic

Every Tuesday

9.00am - 12.00pm

Priory Family Centre.

You will be given advice and support over a 12 week programme including Nicotine Replacement Therapy (NRT) prescribed at the session, if necessary.

There is no need to book an appointment, just come along.



TASTY TUESDAYS



Come along to the Centre every **Tuesday in September from 10am-12pm** to

enjoy a cuppa and a slice of cake.

There will also be a Tombola & Name the Teddy competition.

Zanshin Kickboxing

Friday 6.30pm-8.30pm

Moorlands Methodist Church, Wednesbury.

For ages 5 years to adult

£4.00 per session.

Call 07415913887 for more information.



VOLUNTEER UPDATE

Paul Knott from Wednesbury will be volunteering at the Priory Family Centre over the next few months with Steve, our Site Manager. Paul will be learning all about school site management in preparation for finding a job in this field.

Dump the Dummy!



When should my baby stop using a dummy?

- It's best to start limiting the amount of time your child has their dummy from about six months.
- You should aim to wean your baby off the dummy by the age of one.

How do I stop my baby using a dummy?

- Gradually reduce the amount of time they have the dummy during the day and aim to use it at bedtimes only.
- Sometimes your child will decide to give up their dummy themselves.
- Talk to your child about giving up their dummy if they are old enough to understand.
- Encourage other comforters like a teddy or blanket.
- Give your child a special reward when they give up their dummy.

The disadvantages of using a dummy

- A dummy can cause problems with your baby's growing teeth.
- Using a dummy can cause delay in your baby's speech.
- Your baby may be more prone to ear infections if they use a dummy.



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:
8.30am-9.30am
28th Sept & 26th Oct

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

WORK CLUB

Wednesday 10.00am—12.00 pm

at the Sure Start Children's Centre

Please call Linda on 0121 556 5405

Are you signing on at West Bromwich Job Centre?

Do you have a child under 5?

If so, you can save yourself the travelling and see a Job Centre Plus Adviser here at the Children's Centre.

Do you have a family member who is ill?

If you are struggling to get essential equipment or have to make frequent hospital visits we may be able to help.

For more information please call Anita, Deb or Estelle on 0121 556 5405.