

What's On at  
**Shirley Children's Centre**  
Courses and Activities  
**SPRING EDITION**  
**July—Sept 2019**

**Sensory for Babies 9.30am—11.00am**

**Every Thursday**

This session focuses on bonding with your baby & is specifically designed from birth to promote babies development. This session is also filled with an incredible selection of sounds, smells, sight, textures, music & singing.

For more information, please contact the centre on 0208 777 2119 or check out our facebook page 'Shirley Children's Centre'

No need to book, just drop in.



Centre Closure Dates. The centre will be closed on the following days:

Monday 22nd July 2019—INSET DAY

Tuesday 27th August—30th August 2019—DEEP CLEAN

Monday 2nd & Tuesday 3rd Sept—INSET DAYS

**Mucky Bubs 0-2 years**

**Every Tuesday 10.30am—11.45am**

Does your child love getting their hands dirty while exploring the world around them?...

We've got it covered! Messy play helps children develop in their own ways including being able to express their feelings and experimenting with a variety of textures.

Please bring with you a spare change of clothes for your children.

We also have baby baths should you wish to bath your baby.



**Hello Baby**

New session!! For New born babies to walking

**Every Monday**

**1.00pm -2.30pm**

Free flow Session for under 1s to explore learn and develop . A chance to meet other new mums with babies of a similar age in a welcoming environment.

No need to book, just drop in!

**Now I'm 2**

Come along to 'Now I'm 2' every

**Monday from 9.30am—11.15am**

This session is a structured Stay n Play which will offer support & guidance to help your child get ready for nursery.

We offer advice on the following:

- Toilet training
- Introducing new foods
- Behaviour
- Sleep routines & much more

All the activities are focused and are suitable for families to enjoy.

No need to book, just drop in.



**Babbling Babies**

It is never too early to introduce your baby to books.

Believe it or not, by the time babies reach their first birthday they will have learned all the sounds needed to speak their native language. The more stories you read aloud, the more words your child will be exposed to and the better he or she will be able to talk.

Reading aloud:

- teaches a baby about communication
- introduces concepts such as numbers, letters, colours, and shapes in a fun way
- builds listening, memory, and vocabulary skills

Babbling Babies is a bookable 4 week course that introduces you and your baby to crafts, nursery rhymes and songs for families.

Please contact the centre to book your place.

Course starts: **Thursday 27th of June - 18th of July 2019**

**1.30-2.30pm**

**Baby Massage**

Would you like to join our Infant Massage classes? If you have a baby aged between 2months—12months you can.

(Pre crawlers)

- Enjoy 1:1 time with your baby
- Relieve stress
- Bond with your baby

**Course starts : Wed 17th July—14th August**

**1.30pm—2.30pm**

To book your place— Please call the centre on 0208 777 2119 **BEFORE** you attend the course.

**Table Top Sale & Fun Day**

Shirley Children's Centre will be having a Table Top Sale and Fun Day on **Monday 5th August from 10.30am—2.30pm.**

If you would like to hire a table, please contact the centre on 0208 777 2119. Pitches cost £5.00.

The fun day will also include a bouncy castle, face painting, art & craft corner, Lucky Dip, Name the Teddy, Book sale, Baby Clothes sale and much more.

Fun for all the family.

Entry fee is £3.00 per family.

**New staff at the centre**

We would like to introduce you to our two new members of staff at the centre.

Trifina is our Early Years Educator and works Monday—Friday and Sophie is our Early Years Assistant and works Monday, Tuesday and Thursdays.

Pop in and say 'hi'

Shirley Children's Centre, 34 Lilac Gardens, Shirley, Croydon, CR0 8NR, Tel: 0208 777 2119  
[info@shirleychildrenscentre.org.uk](mailto:info@shirleychildrenscentre.org.uk) [www.shirleychildrenscentre.org.uk](http://www.shirleychildrenscentre.org.uk)

*'Helping Families Fulfil their Potential'*



Come along to our Stay and Play sessions for all children aged 6 months—5 years

Tuesday 1.00pm - 2.45pm

Thursday 9.30am - 11.15am

We offer a wide range of fun activities indoors and outdoors where you can meet other parents and play with your children. There is a variety of fruit at 'snack time' and water is on offer throughout the session.

Please bring one piece of fruit in per week to share.

Stay and Play sessions run throughout the year and older children are welcome in school holidays.

If you would like more information, please speak to reception or call 0208 777 2119.

No booking required.

### Chatterbox Groups

Are you worried about your child's talking? Do you have questions about your child's speech & language development? Shirley Children's Centre has a drop in group to promote, support and encourage your child's speech, language and communication development with a Croydon Speech Therapist, who can provide advice and support.

### Chatterbox Sessions

every Wednesday

9.30am—11.00am



### Parent Voice

Tuesday 30th July 2.15pm—2.30pm

The parent voice is an open meeting place for you to tell us how the centre is doing and to receive updates on Best Start and other community initiatives. It is also the place to tell us what services you would like in the centre so you can come along.

### Bookstart

Book start is a 3 week programme aimed at families that require support to develop a love of stories, books and rhymes.

Over the 3 weeks, children will have access to a range of learning resources and activities to enhance engagement with their families and build their confidence around stories.

Course starts : Thursday 5th—19th Sept 1.30pm—2.30pm

Please call the centre to book your place.

### Daisy First Aid

Daisy First Aid are delivering a 1 & 2 hour first aid classes at the centre on the following day:

2 hour—Thursday 25th July 2019 1.00pm—3.00pm £15.00— (includes certificate)

If you would like to book, please contact the centre on 0208 777 2119 or for more info please visit :

<https://www.daisyfirstaid.com/parent-first-aid-course-and-classes/family-and-carer-classes-2-hours/>

### Housing Advice

Do you need advice on your tenancy issues? If yes, please contact the centre to book an appointment.

Housing Advice dates:

Friday 12th July, 9th August &

13th September

12.00pm—2.00pm.

### Benefits Advice

Belinda is a Benefits Advisor from Croydon Council who comes to Shirley Children's Centre, **EVERY TUESDAY BY APPOINTMENT ONLY FROM 11.00AM—3.30PM**

Please call the centre to book an appointment

### Musical Bumps

A fun music and movement class for children of all ages. Introduce your child to the joys of singing, dancing and music with Maree every Tuesday

9th & 23rd July 9.30am—10.15am

6th & 20th August 9.30am—10.15am

10th & 24th September 2.15pm—2.45pm

17th September 9.30am—10.15am



### Mencap Chill n Chat every Friday 9.30am—12.45pm

#### Term Time Only

For children with special needs aged under 5.

Our Chill and Chat groups are run by experienced and specialist staff and offer you a chance to make new friends and share experiences, relax and chat with other parents and carers while your child has fun.

There will be a wide range of activities available and a chance to seek advice and support.

Refreshments provided. Why not come along, it will be lovely to see you!



### 1:1 Employment & Self Employment Advice

Book your FREE 1:1 Employment and Business Advice slot too;

- Access to local employability support
- CV checking service and access to local vacancies
- Advice on developing your business idea

All appointments are a minimum of 30 minutes long.

For more information, or to book an appointment, please call the centre on 0208 777 2119.

Mon 8th July 12pm—2pm

Mon 12th August 12pm—2pm

Mon 9th September 12pm—2pm

### Healthy Start Vitamins

If you get Healthy Start vouchers you will also be sent a green coupon, every eight weeks, you can swap locally for FREE Healthy Start vitamins. To pick up your vitamins just take your green vitamin coupon along to Shirley Children's Centre where you can exchange it. Ask your midwife or health visitor if you need any further advice or visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

### Shirley Children's Centre Food Parcels

Foodbanks provide a minimum of three-days non-perishable tinned and dried foods that have been donated by the local community.

If you would like more information on how to receive a food parcel, please contact the centre on 0208 777 2119.

