

## For more details contact:



**Little Squirrels Children's Centre**  
Windhill21, Bishop's Stortford, CM23 2NL  
**01279 696853**



**Buttercups Children's Centre**  
Summercroft Primary School, CM23 5BJ  
**01279 508759**



**Windhill Children's Centre**  
Windhill21, Bishop's Stortford, CM23 3QJ  
**01279 696850 ext 7**



**Duckling Green Children's Centre**  
Sawbridgeworth Library,  
The Forebury, CM21 9BD  
**07557 114141**

## Other Activities during the year:

- Family outreach services
- A range of courses and workshops for parents & carers: e.g. healthy eating & lifestyles, paediatric first aid, e-safety
- Information, advice & guidance drop in: e.g. family finance, potty training, better sleep
- Foodbank voucher holders
- Training support, network cluster meetings for all Early Years Staff and Childminders
- Learners Community Library (resources, access to professionals and toy library in Kitwood Centre, Herts & Essex Hospital)
- Community events ● Holiday activity programme
- For school-aged children please call ASPECTS on 01279 696842



*This Programme is subject to change.  
We advise that you check with the Children's Centres and our website,  
Facebook and Twitter pages regularly.*

## For your Information:

This Government's vision of a Children's Centre is to improve outcomes for young children and their families. By working in partnership with other professionals and families we support:

- Child development and school readiness
- Parenting skills
- Child and family health

**Parents/Carers** – please note that all the Play and Learn sessions have an element of messy play and outside sessions are subject to weather conditions. Can you please dress your children appropriately.

**Safeguarding** – If you know of a child who is being neglected or abused, report it now to Children's Services on: 0300 123 4043

**Safer Places** – Domestic Abuse Support Services  
For confidential help and advice call: 03301 025811  
(24 hour helpline) or see: [www.saferplaces.co.uk](http://www.saferplaces.co.uk)



[www.stortvalleychildrenscentres.org.uk](http://www.stortvalleychildrenscentres.org.uk)



[stortvalleychildrenscentres@windhill.herts.sch.uk](mailto:stortvalleychildrenscentres@windhill.herts.sch.uk)



**Stort Valley & Villages Children's Centre Group**



**@SVVCCG1**



# Stort Valley & Villages Children's Centres

Activity  
Programme

April – July  
2018

Supporting children to be  
healthy, stay safe, thrive, learn  
and reach their full potential.



## Monday

**Community Midwife Clinic**  
9.00am – 1.00pm  
Book via Midwife  
Buttercups CM23 5BJ

**'MumsFit' Ab-Rehab:  
postnatal core training**  
9.15am – 10.15am  
04/06/18 – 09/07/18  
(6 week course)  
£45.00 per course  
Book via Children's Centre  
Sawbridgeworth Memorial Hall  
CM21 9BD

**Play & Learn (0 – 4 years)**  
10.00am – 11.30am  
Term time only  
Just come along  
Sawbridgeworth Scout Hut  
CM21 9DT

**Bumps and Baby Play & Learn**  
(Bump – 12 months)  
1.30pm – 2.30pm  
Just come along  
Windhill & Little Squirrels  
CM23 2NL



Windhill21



## Tuesday

**Grow It, Cook It, Share It**  
9.30am – 11.00am (walking – 4 yrs)  
17/04/18 – 19/06/18 (9 week course)  
Come rain or shine  
Book via Children's Centre  
Buttercups CM23 5BJ

**Outdoor Play & Learn**  
(0 – 4 years) 9.30am – 11.00am  
26/06/18 – 10/07/18  
Come rain or shine, just come along  
Buttercups CM23 5BJ

**Everyday First Aid for Parents**  
9.30am – 11.30 am  
22/05/18  
Book via Children's Centre  
Sawbridgeworth Library CM21 9BD

**Infant Massage**  
For babies 6 weeks to crawling  
10.00am – 11.30am  
05/06/18 – 03/07/18  
(booking window opens  
9.00am 15/05/18)  
28/08/18 – 25/09/18  
(booking window opens  
9.00am 07/08/18)  
Book via the Children's Centre  
5 week course – £15.00 course fee  
Sawbridgeworth Library CM21 9BD

**Child Health Clinic**  
11.45am – 1.15 pm  
Just come along  
Thorley Community Centre  
CM23 4RF

**Introducing Solids**  
12.30pm – 2.00pm  
17/04/18, 15/05/18, 19/06/18,  
17/07/18, 14/08/18, 18/09/18  
Book via Children's Centre  
Sawbridgeworth Library CM21 9BD

**Introducing Solids**  
12.30pm – 2.00pm  
24/04/18, 22/05/18, 26/06/18,  
31/07/18, 21/08/18, 25/09/18  
Book via Children's Centre  
Windhill & Little Squirrels  
CM23 2NL



## Wednesday

**Community Midwife Clinic**  
8.45am – 1.00pm Book via Midwife  
Windhill & Little Squirrels CM23 2NL

**Musical Play & Learn**  
9.30am – 10.00am: 1 – 3 yrs  
10.15am – 10.45am: 0 – 12 mths  
Term time only  
Just come along  
Gilston Village Hall CM20 2RB

**Child Health Clinic**  
9.30am – 11.00am Just come along  
Charis Centre CM23 2JZ

**Activity Adventures  
in Pre-Schools**  
Term time only – By arrangement

**Infant Massage**  
For babies 6 weeks to crawling  
1.15 pm – 2.45pm  
06/06/18 – 04/07/18  
Book via the Children's Centre  
(booking window opens 9.00am 15/05/18)  
5 week course – £15.00 course fee  
Buttercups CM23 5BJ

**Alpha Bake Cookery**  
1.30pm – 2.30pm (2 – 4 years)  
18/04/18 – 23/05/18  
06/06/18 – 11/07/18  
Book via Children's Centre  
£15.00 course fee  
St Michael's Mead Community Centre  
CM23 4FZ

**Bookstart**  
1.30pm – 2.45pm (0 – 4 years)  
18/04/18, 02/05/18, 06/06/18,  
04/07/18, 01/08/18, 05/09/18  
Just come along  
Bishop's Stortford Library CM23 2EJ

**Breast Feeding Support**  
2.00pm – 4.00pm  
Just come along  
Windhill & Little Squirrels CM23 2NL



## Thursday

**Activity Adventures in Schools**  
Term time only – By arrangement

**Taste for Life – First Foods First**  
(7 – 12 months) 9.30am – 11.00am  
24/04/18, 22/05/18, 28/06/18,  
26/07/18, 30/08/18, 27/09/18  
Book via Children's Centre  
Windhill & Little Squirrels CM23 2NL

**Families Feeling Safe**  
(9 week course) 9.30am – 11.30 am  
03/05/18 – 05/07/18 Term time only  
Book via Children's Centre  
Buttercups CM23 5BJ

**Bumps and Baby Play & Learn**  
10.00am – 11.00am  
(Bump – 12 months)  
Just come along  
Sawbridgeworth Library CM21 9BD

**Infant Massage**  
(5 week course)  
For babies 6 weeks to crawling  
10.00am – 11.30am  
26/04/18 – 24/05/18  
Book via the Children's Centre  
(booking window opens  
9.00am 27/03/18)  
£15.00 course fee  
Windhill & Little Squirrels CM23 2NL

**Child Health Clinic**  
1.30pm – 2.30pm  
1st & 3rd week each month  
Just come along  
Much Hadham Health Centre  
SG10 6DE

**Antenatal Breastfeeding  
Workshop**  
2.00pm – 4.00pm  
12/04/18, 10/05/18, 07/06/18,  
12/07/18, 09/08/18, 06/09/18  
Book via Children's Centre  
Buttercups CM23 5BJ

**How to be Confident Saying 'No'**  
7.00 pm – 9.00 pm 26/04/18  
Book via Children's Centre  
£5.00 per adult  
Spellbrook Primary School CM23 4BA

## Friday

**Child Health Clinic**  
9.00am-11.00am  
Just come along  
2b The Square CM21 9AE

**Everyday First Aid for Parents**  
9.30am – 11.30am  
20/04/18  
Book via Children's Centre  
Windhill & Little Squirrels  
CM23 2NL

**As Easy as ABC**  
9.30am – 11.00am  
11/05/18  
Book via Children's Centre,  
Windhill & Little Squirrels  
CM23 2NL

**Enough of the Huff**  
9.30am – 11.30 am  
18/05/18  
Book via Children's Centre  
£5.00 per adult  
Windhill & Little Squirrels  
CM23 2NL

**What Makes My Child Tick?**  
9.30am – 11.30 am  
22/06/18  
Book via Children's Centre  
£5 per adult  
Fawbert & Barnard Infant School  
CM21 9AX

**Parenting an Anxious Child**  
9.30am – 11.30 am  
06/07/18  
Book via Children's Centre  
£5 per adult  
Manor Fields Primary School  
CM23 4LE

**Play & Learn**  
10.00am-11.30am  
(0-4 years)  
Term time only  
Just come along  
Havers Community Centre  
CM23 3GR

## Saturday

**Ante-Natal Parenting Group  
with Community Midwife**  
9.30am – 1.30pm  
1st Saturday each month  
Book via Midwife  
Windhill & Little Squirrels CM23 2NL

**Ante-Natal My Baby's Brain**  
10.00am – 1.00pm 28/04/18  
Book via Children's Centre  
Windhill & Little Squirrels CM23 2NL

**Super Saturday**  
10.00am – 11.30am (0 – 6 years)  
Just come along  
12/05/18 & 14/07/18  
Thorley Christian Centre CM23 4EL  
09/06/18 & 08/09/18  
Gilston Village Hall CM20 2RB

**Me 'n' Dad**  
(in partnership with Community Church)  
10.00am – 11.30am (0 – 8 years)  
(last Saturday monthly)  
£2.00 per family Just come along  
Charis Centre CM23 2JZ

Windhill & Little Squirrels  
Children's Centre

Buttercups Children's Centre

Duckling Green  
Children's Centre based at  
Sawbridgeworth  
Library

Community Venues



2018

# Summer Programme

www.stortvalleychildrenscentres.org.uk