



# Children's Centres Newsletter

(updated 21.07.16)

## Register your interest for groups using Eventbrite

**Eventbrite**

You can find out more and register your interest in groups quickly and easily at any time of day (or night!) by entering your details on Eventbrite. When we have more dates and details, we can then quickly get in touch to let you know more information and availability of places. You can always find details of all other groups on our What's On? but here those with Eventbrite links for your convenience...

**Eventbrite** **HENRY – Health, Exercise & Nutrition for the Really Young** – Group supporting a healthy start in life. [www.henry-at-spring-meadow.eventbrite.co.uk](http://www.henry-at-spring-meadow.eventbrite.co.uk)

**Eventbrite** **Family Links Nurturing Programme** - helping parents understand their children's behaviour as communication. Crèche subject to availability <https://family-links-spring-meadow.eventbrite.co.uk>

**Eventbrite** **Music Therapy "Key Changes"** - Music group for children that would benefit from extra support with communication and developing interactions. [www.music-therapy-spring-meadow.eventbrite.co.uk](http://www.music-therapy-spring-meadow.eventbrite.co.uk)

**Eventbrite** **Triple P (aka Positive Parenting Programme)** – 7 Week Parenting programme for parents of those aged 0-5yrs. Crèche facility available subject to availability. [www.triple-p-spring-meadow.eventbrite.co.uk](http://www.triple-p-spring-meadow.eventbrite.co.uk)

**Eventbrite** **Baby PEEP** For children aged 3 to 11 months. Talk about your baby, do fun activities, sing and tell stories. Next group full, register your interest for the next one. [www.baby-peep-at-spring-meadow.eventbrite.co.uk](http://www.baby-peep-at-spring-meadow.eventbrite.co.uk)

## Thank You Norman Gate Masonic Lodge

We'd like to thank Norman Gate Masonic Lodge for their kind donation of £400.00. We are using the money to help replenish and enhance the equipment stock that is shared with families at the Multi PEEP Toy Library on Monday mornings: 9:30 – 11am.



See our What's On for more details of this activity and lots of other fun and interesting things to do with Spring Meadow Children's Centre.

## What you should do if you think a child is being abused?

(Info taken from: <http://www3.hants.gov.uk/child-protection>)

If you have any concerns because you think that a child might be being abused and you want to talk to someone or ask someone to find out what is going on, you should contact the Children's Services Department.

**During office hours (8.30am – 5:00pm) - you should call  
Children's Services: 0300 555 1384**

**At all other times you should contact the  
Out-of-hours Service: 0300 555 1373**

If this line is engaged you will be put through to an answerphone. Leave your name and number and they will call you back as quickly as possible.

**For all emergency situations call 999**

If you think a child or young person under the age of 18 has been or is being abused by a person in a position of trust, contact the County Council's Allegations Officer. (A person in a position of trust: anyone who works with children in the course of their employment or in a voluntary capacity.)

## Dummies and Talking - Some advice from The Early Communication Support Team

Children learn to talk by babbling and playing with sounds. Dummies prevent them from practising these important skills.

- **Children need to practise saying sounds.** You may notice your child making some of these early sounds: w, m, n, p, b, t, d. A dummy stops your child from making these sounds correctly.
- **Children need to practise saying words.** Your child learns new words by copying and repeating what they hear. A dummy can act as a plug that prevents them from trying.
- **Children have growing mouths.** Dummies can affect the share of your child's teeth as they grow. It can also encourage your child to have their mouth open, which can increase dribbling.



### Try to ditch the dummy by the time your child is 12 months old

- **Choose a your time:** Find a good time when there's not too many other pressures
- **Limit the Dummy:** To just at night time. Take it out of your child's mouth when they're talking.
- **Give it away:** Your child may like to give their dummy away to Santa or the dummy fairy.
- **Distract from the dummy:** Your child may ask for the dummy early on. Be Strong and distract them with a book or a toy.
- **Get some Support:** Maybe invite a close friend round for the first couple of nights – as it can be stressful.
- **Go for a clean break:** Remove all the dummies from the house so your child won't find them and undo all your good work.



To be added to the Dad's Club phone and receive text alerts with the next date it's running call 01264 336718. Alternatively text the Dad's Club phone on:

**07834 678030**

(If texting please ensure you include your name.)

You can also find Me&My Dad Club on Facebook for more updates on events and information:

<https://www.facebook.com/MeandMyDadClub?fref=ts>

## Children's Centre Staff Update

We've seen a few changes recently to the Children's Centre staff that you might like to know about. Tara Woodhams and Ania Kinross both left the Spring Meadow administration team during the Spring season. We thank them both for all their hard work and wish them well in the future.

We also say a heartfelt goodbye to Tina Monaghan who has been the Children's Services Manager for the Test Valley and New Forest Children's Centres for many years. Her kind nature, humour and extraordinary support will be greatly missed and we hope she will enjoy some well-earned rest and then some well-deserved fun and adventure. Taking up the reigns hereafter will be Claudia Albrecht (former Centre Co-ordinator of Little Oaks Children's Centre in Romsey) We congratulate Claudia on her promotion and wish her well in her new post.

## Antenatal Breastfeeding Information Sessions at Spring Meadow with



Sessions will be run by an experienced and qualified Breastfeeding Counsellor and are for pregnant women and their partner / birth supporter. The session provides you with an opportunity to discuss breastfeeding and the early days with your baby, find out where to get support, and meet other parents to be. Book your place through Eventbrite at <http://www.hampshirebfc-antenatal-breastfeeding.eventbrite.com/> or call the Maternity Centre on 01264 352517

**Sessions are running at Spring Meadow**

**Saturday 30<sup>th</sup> July** - 10:00 – 12:00

**Saturday 20<sup>th</sup> Aug** - 10:00 – 12:00

**Wednesday 7<sup>th</sup> Sept** - 13:00 – 15:00

**Wednesday 28<sup>th</sup> Sept** - 17:45 – 19:45

## Free early years education for your two year old

This national scheme gives your child the opportunity (free of charge) to play, paint, read, cook, climb, sing, dance, dress up, run around, build and most importantly, learn alongside other children. It allows up to 15hrs per week for parents/carers to go to work, have a break, get things done around the home, study, or return to/look for work.



(QR code for snazzy phones)

Free early years education takes place in approved pre-schools, day nurseries and child-minders. The provider gets paid directly so you needn't worry about managing the money, and funding won't stop, even if your family circumstances change. For eligible children funding begins as follows:

Child's 2nd Birthday	Earliest Start
1 <sup>st</sup> Jan – 31 <sup>st</sup> March	1 <sup>st</sup> April
1 <sup>st</sup> April – 31 <sup>st</sup> August	1 <sup>st</sup> September
1 <sup>st</sup> Sept – 31 <sup>st</sup> Dec	1 <sup>st</sup> January

Details of providers delivering the offer of funding can be found on the website, where you can also find full details of how to apply. If you don't have access to the internet let us know and we can help. There are computers available for your use at Spring Meadow, and we will gladly print a copy of the Request form. [www.hants.gov.uk/eye/2-year-old-offer-2.htm](http://www.hants.gov.uk/eye/2-year-old-offer-2.htm)

### Eligibility Criteria

One of the follow must be met

#### 1.Children whose parents are in receipt of one or more of the following benefits:

- Income support
- Income based job-seekers allowance
- Income related Employment and support Allowance,
- Support under Part VI of the Immigration & Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit with an Annual gross income of no more that £16,190 as assessed by Her Majesty's Revenue and Customs,
- Working Tax Credits with an annual household gross income of no more than £16,190, as assessed by Her Majesty's Revenue and Customs

#### 2.Children looked after by the Local Authority

- Child in Care
- Child Leaving care through special guardianship, adoption or residence order

#### 3.Child with Special Educational Needs and/or Disability as defined by:

- Children in receipt of Disability Living Allowance (DLA)
- Child with a Statement of Special Educational Needs (SEN)
- Child with an Education, Health and Care Plan (EHC Plan)



## The Dangers of Button Batteries

Button batteries are the small, round batteries you find in toys and everyday appliances like calculators and remote controls. They can be extremely dangerous for children, and if swallowed, can kill within a matter of hours.

Button batteries are dangerous if children swallow them because the electrical charge they carry can react with moisture inside the body and produce caustic soda. This burns a hole through the throat and major blood vessels.

The scary thing is that your child may seem fine at first. They may not show any signs of choking or poisoning. In some cases, they may develop cold or flu-like symptoms. Button batteries are also dangerous if children put them into their noses and ears.

Visit the link below to learn more about protecting children from the dangers of button batteries. <http://capt.org.uk/s.../keeping-children-safe-button-batteries>

## Housekeeping

Just a few things we appreciate your understanding and co-operation with.



**Please ensure your children are supervised at ALL times** when they are in the Children's Centre and our Outreach Venues. Unfortunately staff cannot be responsible for children, particularly when they are running Stay & Play Groups.

**Please ensure all food and drink is consumed in the café and not in the hall or Reception area.** This is for health and safety reasons. If any kind of accidental damage or spillage occurs within the Children's Centres **please** speak to a member of staff.

facebook



Don't forget to **'Like'** our Spring Meadow Children's Centre Facebook page to be kept up to date with the groups and activities offered at Acorns and Spring Meadow Children's Centre.

Staff at Acorns and Spring Meadow have access to lots of information for families. If you can't find the information you need please give us a call on 01264 336718 and we can help you or point you in the right direction.

### Useful Contacts

**Spring Meadow**  
A Sure Start Children's Centre

Smannell Road, Andover, SP11 6JP

Tel: 01264 336718

Email: [Springmeadow@actionforchildren.org.uk](mailto:Springmeadow@actionforchildren.org.uk)

Website: <http://services.actionforchildren.org.uk/test-valley-childrens-centre/>

**Acorns**  
A Sure Start Children's Centre

Vigo Road, Andover, SP10 1JZ

Tel: 01264 356190

Email: [Acornssc@actionforchildren.org.uk](mailto:Acornssc@actionforchildren.org.uk)

Website: <http://services.actionforchildren.org.uk/test-valley-childrens-centre/> **Currently closed for refurbishment, please call Spring Meadow**

Job Centre Plus	01264 826400	<a href="http://www.jobcentreplus.gov.uk">www.jobcentreplus.gov.uk</a>
Breastfeeding (National Helpline)	0300 100 0212	<a href="http://www.nationalbreastfeedinghelpline.org.uk/">www.nationalbreastfeedinghelpline.org.uk/</a>
Childcare & Family Information Team	0845 603 5620	<a href="http://www3.hants.gov.uk/childcare">www3.hants.gov.uk/childcare</a>
Action for Children	0300 123 2112	<a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a>
National Careers Service	<a href="https://nationalcareersservice.direct.gov.uk/Pages/Home.aspx">https://nationalcareersservice.direct.gov.uk/Pages/Home.aspx</a>	
Health, Exercise Nutrition for the Really Young		<a href="http://www.henry.org.uk/homepage/">http://www.henry.org.uk/homepage/</a>
Hampshire Local Offer SEND		<a href="http://www.hantslocaloffer.info/en/Main_Page1">http://www.hantslocaloffer.info/en/Main_Page1</a>

**If you have any concerns about the safety of a child please contact Children's Services on 0300 555 1384 (out of hours – 0300 555 1373)**



### Keep In Touch...

As you probably know the Newsletter is now being sent via email link for those that have access. If you have picked up a paper copy in the centre or are reading this from our website please send us an email, headed NEWSLETTER, including your name and address to:

**[springmeadow@actionforchildren.org.uk](mailto:springmeadow@actionforchildren.org.uk)**

For families that don't have access to email we can send you a paper copy on request.

If at any time you change your phone, email, or home address details, please let us know straight away so we can update our records. This is very important so we can keep you up to date with what's on at the Centres and on the rare occasion a group has to be cancelled we would want to be able to contact you to let you know.

It's also helpful to us if you could please let us know if you have had an addition to your family. By providing us with details of each child we can contact you about groups that might come up suited to their age.