

Contact Details

Wycombe (Castlefield)

Rutland Avenue, Castlefield, High Wycombe, HP12 3LL
01494 450 147

castlefieldcc@actionforchildren.org.uk

Hampden Way

The Community Centre, Hampden Way, High Wycombe, HP13 7TJ
01494 512138

hampdenwaycc@actionforchildren.org.uk

Wycombe East

Ash Hill Primary School, Herbert Road, High Wycombe, HP13 7HS
01494 446785

wycombeeastcc@actionforchildren.org.uk

Green Street

Desborough Street, High Wycombe, HP11 2RA
01494 447645.

Wrights Meadow

Wrights Meadow Rd, High Wycombe, HP11 1SQ
01494 527608



www.bucksfamilyinfo.org.uk
www.facebook.com/wycombecc



Wycombe Children's Centres Programme

**Wycombe (Castlefield)
Hampden Way
Wycombe East**

8th January – 30th March



Please note there is a charge for some sessions as specified. If you are unable to afford this charge please speak to a member of staff

		Henry Healthy Eating Course Please contact the centre for more information.	An 8 week parenting programme to help give your child the best possible start in life. Helps with parenting confidence, physical activity for children, ideas of what to eat, family lifestyle habits and enjoying life as a family. Free Creche provided. Please email annette.townsend@actionforchildren.org.uk .
Ditty Dots Baby Group <i>Drop-in – no appointment necessary</i>	Come and explore and play with your baby (0 - 18 months) and create a Learning Journey to capture their early learning and development.	Getting to Know Your Baby	Weekly sessions delivered by the health team in the Castlefield area; Getting to know your baby, common sleep and crying problems, play and development, weaning and oral health, looking after yourself.
Parenting Sessions <i>Please contact the centre for more information</i>	Setting Firm Limits - When “no” is not enough! How to set firm boundaries for babies and toddlers. Cuddle Me – The importance of touch and how it can help your child’s development and provide a variety of experiences for you and your child. Life Skills - An interactive session to get you thinking of your child’s future: how to help promote your child’s independence, social skills, self-esteem, safety skills, self-confidence ... and much, much more!	Introduction to English Skills <i>Please contact the centre for more information</i>	An 11 week course run by Adult Learning for parents with a child under 5 years who would like to gain knowledge and understanding in English and develop their skills. Free Crèche provided.
Baby Massage <i>Please contact the centre for more information</i>	A 4 week course promoting bonding and relaxation for parent and baby, help with sleep routines and with health-related issues such as reflux and colic. Courses cost £20.	La Leche League Chilterns <i>Drop-in – no appointment necessary</i>	La Leche League Chilterns, mother to mother breastfeeding support and information facilitated by a trained LLL leader (breastfeeding counsellor). Free to attend & all ages and stages welcomed.
Hartbeeps <i>Contact</i> <i>janice@hartbeeps.com for more information</i>	Happy House and Babyland music sessions. Happy House is for all children who are walking and their younger siblings. Babyland is for 6 weeks to toddling (no walkers).	Little Talkers <i>Please call centre to book</i>	Run in conjunction with the Children’s Centre and the Speech and Language Therapy team, Little Talkers is a short course with communication and language-rich activities to support development. Children attending must have already been seen by a Speech and Language therapist at any Children’s Centre session.
Bounce and Rhyme <i>Drop-in – no appointment necessary</i>	Sessions at your local library with nursery rhymes and action songs. Run by the Micklefield library.	Stay and Play With Messy Play At Castlefield <i>Drop in !</i>	Play, learning and development session for parents/carers and their 0-5s. Let your child explore their senses and get Messy! A separate baby room is available with sensory toys. 0 -5 years.
Child Health Clinic <i>Drop-in – no appointment necessary</i>	Have your child weighed and talk to the health visitors about any concerns or questions you may have. Please do not attend the clinic if your baby is unwell.		
Developmental Checks <i>Invitation from Health Visiting Team</i>	1 year and 2 year developmental checks carried out by your health team. This will look at your child’s development and health and ensure that any issues are noticed early.	Ricki Hussein Advocate Drop in!	Community Signposting and Advocacy To contact Ricki: 07747 884613
First Aid for Parents <i>To book please email or call the centre</i>	2 hour First Aid course to give you basic skills, knowledge and confidence with First Aid for your child/ren. Please email to be added to the waiting list. £12 per person. We do not cater for any children.	Stay and Play Drop-in – no appointment necessary	Play, learning and development session for parents/carers and their 0-5s.
Food Club – One Can Hope <i>Drop in !</i>	A weekly fresh food club/shop to support families to be able to have fresh fruit and veg on a budget. £2.50 weekly fee for 2 bags of food.	Weaning Talks Call 01494 512138 for more info	Informal discussion with a member of the health team on transition of feeding baby milk to solid foods.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Stay and Play (HAMPDEN WAY) 9.30am to 11.00am Just turn up! **£1 suggested donation** Just turn up!</p> <p>Introduction to English Skills (CASTLEFIELD) 9.30am to 11.30am 10 week course 15th January – 26th March (no session in half term) With Adult Learning – free crèche provided Call to book 01494 450147</p> <p>CAMHS (CASTLEFIELD) 9.00am to 4.00pm (Invitation only)</p>	<p>Baby Massage (Castlefield) 6 weeks to 6 months (£5 a session) – call 01494 512138 to book a place. (Date TBC)</p> <p>HENRY parenting course - healthy exercise and nutrition for the really young. (Hampden Way) 9.30am to 11.30am Starting Tuesday 16th January To book email annette.townsend@actionforchildren.org.uk</p> <p>Food Club One Can Hope – Fresh Hope Project (WYCOMBE EAST - Free Methodist Church Abbey Barn Road Wycombe Marsh) 12.00noon to 2.30pm £2.50 weekly fee for 2 bags of food</p> <p>First Aid Courses £12 for 2 hours training – you will also receive a certificate! Saturday 10th February (Castlefield) Saturday 24th February (Hampden Way) 9.30am to 11.30am To book call 01494 450147</p>	<p>Hartbeeps (CASTLEFIELD) 9.45am for Happy House 11.00am for Babyland To book email janice@hartbeeps.com Call – 07971 608642</p> <p>Little Talkers (CASTLEFIELD) 18months to 3 years 9.30am to 10.30am (6 week course) Starting 31st January Call 01494 450147 for a place</p> <p>CAMHS (CASTLEFIELD) 9.00am to 4.00pm (Invitation only)</p> <p>Childminding Group (HAMPDEN WAY) 10am-12pm 14th February <i>Just turn up!</i></p> <p>Community Signposting and Advocacy (CASTLEFIELD) 2.00pm to 4.00pm To contact Ricki: 07747 884613</p>	<p>Stay and Play (WRIGHTS MEADOW-WYCOMBE EAST) 10.00am to 11.30am Just turn up! **£1 suggested donation** Just turn up!</p> <p>Child Health Clinic (HAMPDEN WAY) 9.15am to 11.00am (last admission)</p> <p>Parents As First Teachers Workshops (CASTLEFIELD) 10.00am to 11.30am Setting Firm Limits – 11th January Cuddle Me – 8th February Life Skills – 8th March call 01494 450147 to book</p> <p>CAMHS (WYCOMBE EAST) 9.00am to 5.00pm</p>	<p>Ditty Dots Baby group up to 18 months (CASTLEFIELD) 9.30am to 11.00am 1st and 3rd Friday of the month Just turn up!</p> <p>Child Health Clinic (CASTLEFIELD) 9.30am to 11.00am (last admission 10.50am) 1st and 3rd Friday of the month Just turn up!</p> <p>Food Club One Can Hope – Fresh Hope Project (CASTLEFIELD) 12.30pm to 1.30pm £2.50 weekly fee for 2 bags of food –</p> <p>La Leche League Chilterns (WYCOMBE EAST) 10.00am to 12.00noon 1st Friday of the month- breastfeeding group</p> <p>Story Sack Sessions (HAMPDEN WAY) With Adult learning 10.00am to 12noon Dates TBC 6 weeks Course Call 01494 512138 to book a place.</p>
Afternoon	<p>Ditty Dots Baby group up to 18months (GREEN STREET) 1.00pm to 2.30pm Just turn up!</p> <p>Child Health Clinic (GREEN STREET) 1.00pm to 2.30pm Just turn up!</p> <p>Developmental Checks (HAMPDEN WAY) 1.00pm to 3.15pm Invitation by your health visitor</p>	<p>Getting to Know Your Baby (CASTLEFIELD) 1.00pm to 2.30pm Invitation by your health visitor</p>	<p>Stay and Play with Messy Play (CASTLEFIELD) 1.00pm to 2.30pm **£1 suggested donation** Just turn up!</p> <p>Spech and Language therapist- 31st Jan, 28th Feb and 21st March</p> <p>Getting to Know Your Baby (HAMPDEN WAY) 2.00pm to 3.30pm (Dates confirmed when booked with your Health Visitor)</p> <p>Development Checks (CASTLEFIELD) 1.00pm to 4:00pm Invitation by your health visitor</p>	<p>Development Checks (HAMPDEN WAY) 1.00pm to 3.15pm Invitation by your health visitor</p> <p>Post Natal Wellbeing Group (CASTLEFIELD) 12.30pm to 2.30pm 18th January to 29th March (Invitation only)</p>	<p>Little Talkers (HAMPDEN WAY) 18months to 3 years 1.30pm to 2.30pm (6 week course) Starting 2nd February Call 01494 512138 to book a place.</p> <p>Weaning Talks (HAMPDEN WAY) 2.00pm to 4.00pm Dates TBC Call 01494 512138 for more info</p>

About the Children's Centres

The Wycombe Centres are run by Action for Children, on behalf of Buckinghamshire County Council. Our core purpose is to support:

- Child development and school readiness
- Parenting aspirations and parenting skill
- Child and family health and life chances

We do this in a range of ways, including play and development sessions, parenting courses, adult learning, specific groups and drop in services.

We work closely with other people that work with people in the community, including.....



Plus others including schools, nurseries, community groups, place of worship, Adult Learning and libraries.

What support we offer

We know that being a parent means you are constantly learning new things and being faced with new challenges. Sometimes you may need help with these; it may be that you are stuck, that you're trying different things and seeing what works or that you need help with ideas and some support and encouragement to keep persevering.

The Children's Centre can offer advice on a range of topics including:

- Helping you to find and access local health services, such as doctors and dentists
- Providing a healthy balanced diet, from breastfeeding to weaning and beyond
- Accessing specialist services where a family member has a disability, additional need or illness
- Supporting you to find specialist services that can help if you are a victim of domestic abuse
- Signposting to drugs and alcohol misuse services
- Activities designed to boost self-esteem and promote emotional well-being
- Strategies to ensure you are giving your child appropriate levels of attention and empathy
- Opportunities for you and your child to widen your social networks
- Accessing funding for childcare and working out what type of setting is right for you and your child
- Activities for you and your child to give you some ideas of how your child learns and develops and how you can support this at home
- Putting in appropriate boundaries for your children
- Parenting courses and workshops designed to help you improve behaviour and yours and your child's relationship
- Tips and support with establishing good family routines, ensuring that children have regular meal times and bedtimes and have family time
- Accessing financial support, either for short term crises, long term debt issues or advice and tips on making your money go further
- Helping you to ensure that your home is adequate (for example, not overcrowded, damp and lacking in white goods) for you to bring your family up in
- Employment and careers advice; such as brushing up your CV, interview skills and improving your qualifications