Family Learning fun

Honiton Children’s Centre first Family Learning group with their story sacks. For more information on our next Family Learning group please see the timetable on the centre pages.

Welcome to our Summer term newsletter. Inside you will find lots of information on the services and activities available at the centres this term.
Surestart Children’s Centres offer the best start in life for every child aged from 0–5 years. They provide information and services for families with young children, working with local health teams, pre-schools, toddlers and voluntary groups to build on existing good services.

We also provide a range of additional services, such as Stay and Play groups, Sing, Rhyme, Activity Time sessions, Baby Massage courses and Little Explorers groups. So whether you want childcare, health, education, work advice, or just someone to chat to, we are here to help. The Children’s Centre provides a great opportunity to mix with other children and families.

Are you looking for work?

Help from Jobcentre Plus: Personal advisers at Jobcentre Plus can help you consider your options for returning to work. They can also help you:

- get training to help you get the right job
- spend some time getting used to being back in a work environment
- work out what financial help you may get when you start a job
- access guidance on preparing your CV and interview techniques
- find out about local childcare options and extended school care

Local vacancies covering the Honiton, Sidmouth, Seaton, Axminster and Ottery St Mary areas are displayed on our notice-board in the Children’s Centre, and these are updated twice a week.

To find out more about the range of help available from Jobcentre Plus, look online at www.direct.gov.uk under "Jobseekers" or in the "Parents" section, or contact Julie Hanson at Honiton Jobcentre Plus 01404 403226 to arrange an appointment.

Honiton Jobcentre Plus, 128 High Street, Honiton, EX14 1JP

Opening Times:
Monday to Friday: 9.00am - 5.00pm
Welcome to our summer newsletter. We have all enjoyed working with you in the Spring term and look forward to a busy Summer term. As some of you may be aware children’s centres across East Devon are going through a retendering process and I am pleased to announce that The Children’s Society have been successful in securing the contracts to manage both the Honiton & Axe Valley Children’s Centres for the next five years. We look forward to lots of co-working on activities and groups in the coming years.

In the Spring term Honiton Children’s Centre ran their first six week story sack making course and following some very positive feedback from families we have been able to offer this again in the summer term. If you would like to book a place please contact the centre. This term we have altered the Honiton Little Explorers session to become an outdoor based activities session where siblings can attend too. This is based on feedback from families about needing another group where children of different ages can attend.

In considering which groups to run at the centres we look at the local profile information provided by Devon County Council and exercise is a key priority in the country as a whole. We use the profile information to plan our sessions and currently we are looking into other opportunities for more active and healthy eating sessions, so if you have any ideas please do let me know.

Please do take a look at the draft vision for the Children’s Centre on page 4 and let me have your feedback. These are your centres and we would like to make them happy and safe places both for staff and families so your feedback is important to us to put this into practice.

I look forward to a fun-filled, and sunny, term of activities at the centre. Hope to see you all soon!

Vikki Duffy  
Centre Manager
1. Families, children and staff will listen to one another and have respect for each other’s opinions. Everyone has a right to their opinion and this will be respected as long as it is safe practice.

2. Families, children and staff will not criticise one another. Staff may suggest alternative options or offer information but parents have the right to parent their children as they choose to, so long as the child remains safe.

3. Families, children and staff have a right to feel safe in the centres and staff need to ensure the centres are safe environments for families.

4. Families, children and staff need to trust one another. The centre staff will encourage honesty and openness.

5. Families, children and staff value regular praise and recognition of their achievements and this should be a two way process in the centres amongst everyone.

6. The Children’s Centres shall have a culture of respect where communication is a two way process throughout the centres.

7. Humour is valued within the Children’s Centres by families, children and staff, and the centres are a fun place to be.

This vision was drafted in consultation with the Honiton Young Parents group as part of the Parent Forum in the Spring term. We would welcome feedback from families about whether they agree with the vision and whether they would add anything, or make any changes. Please email us at the centre with your comments: honiton@childrenssociety.org.uk and axevalleycc@childrenssociety.org.uk.
Group descriptions

**Childminders’ Stay and Play**
This session runs every fortnight and is exclusively for Childminders and the children they care for. The session provides a fun filled hour and a half for the children, with crafts, singing, snacks and other fantastic activities. It also provides an opportunity for all the Childminders to meet up and discuss any problems they may be experiencing, to share ideas and to get support from each other and the centre. The session is occasionally visited by the Noel Quinn Area Representative so the childminders can have any of their questions answered. The group is a drop-in service, so don’t wait for an invitation, just come and join in!

**Breastfeeding Café**
**Pop-In Café with breastfeeding support**
This café is run by our breastfeeding peer supporters and children’s centre staff, at our Clapper Lane centre. Come along to meet other breastfeeding mothers, for information, support or just a chat and a cup of tea. We welcome antenatal mums to come along for a chat and information before you begin your breastfeeding journey.

**Step by Step**
An invitation only play session for families with young children (under 5) who would benefit from a supportive environment. There is a themed session each week which will allow you and your child a chance to spend quality time together, have fun and try out new experiences. To book a place please contact your Health Visitor or contact Honiton Children’s Centre.

**Just Babies**
This session is for parents/carers and their babies from birth until they are on the move. Each week we have a different activity for you to enjoy with your baby. The activities are designed to encourage your baby to explore by using and developing his/her senses. Sessions may include activities such as treasure baskets (low-sided baskets filled with natural and household objects for your baby to touch and explore), colourful lights and fabrics, a ball pool or water play. Sessions often begin with hot or cold drinks for you to help yourselves to (contributions for these are very welcome) and end with a short singing session with songs and actions that are designed to encourage language development and communication. Each term will include information on introducing solids and a visit from a speech and language therapist. Once your babies are on the move they will be ready to join our Outdoor Explorers or Stay and Play sessions.

**Baby Massage**
A bookable course for babies from birth to crawling covering the theory behind the massage as well as the massage strokes. It gives you an opportunity to meet other parents socially and time to bond with your babies in a calm and relaxing environment. Unfortunately, places on this course are very limited, but we may be able to direct you to alternative courses should you wish. If you would like more information, or to book a place on a course, please contact your local Children’s Centre.

Please see timetable for dates and times of all groups.
### Honiton Children’s Centre Timetable
#### Summer Term 2012

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Childminders Stay and Play</td>
<td>10am–11.30am</td>
<td>Honiton Bottom Road</td>
<td>16, 30 April, 14, 28 May, 11, 25 June, 9 July</td>
</tr>
<tr>
<td></td>
<td>Sing, Rhyme, Activity Time</td>
<td>10am–10.45am (Walking+)</td>
<td>Clapper Lane</td>
<td>16 April–16 July</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11am–11.45am (New born – walking)</td>
<td>Clapper Lane</td>
<td>16 April–16 July</td>
</tr>
<tr>
<td></td>
<td>Baby Massage</td>
<td>10.30am–12pm</td>
<td>Honiton Bottom Road</td>
<td>23 April–21 May &amp; 11 June–9 July</td>
</tr>
<tr>
<td>Tue</td>
<td>Step by Step</td>
<td>10am–11.30am (invitation only)</td>
<td>Clapper Lane</td>
<td>24 April–3 July</td>
</tr>
<tr>
<td></td>
<td>Here’s Looking at You Baby</td>
<td>10.30am–12pm</td>
<td>Honiton Bottom Road</td>
<td>24 April–22 May &amp; 12 June–20 July</td>
</tr>
<tr>
<td></td>
<td>Baby Buddies</td>
<td>10.30am–12pm</td>
<td>Honiton Bottom Road</td>
<td>24 April–22 May &amp; 12 June–10 July</td>
</tr>
<tr>
<td>Wed</td>
<td>Stay and Play</td>
<td>10am–11.30am</td>
<td>Honiton Bottom Road</td>
<td>18 April–18 July</td>
</tr>
<tr>
<td></td>
<td>Breastfeeding Café</td>
<td>10am–11.30am</td>
<td>Clapper Lane</td>
<td>18 April–18 July</td>
</tr>
<tr>
<td></td>
<td>Child Health Clinic</td>
<td>1.00pm–2.30pm</td>
<td>Honiton Bottom Road</td>
<td></td>
</tr>
<tr>
<td>Thu</td>
<td>Heathpark Stay and Play</td>
<td>10am–11am (Community Flat)</td>
<td>Honiton District outreach location</td>
<td>19 April–19 July</td>
</tr>
<tr>
<td></td>
<td>Just Babies</td>
<td>9.30am–10.30am</td>
<td>Honiton Bottom Road</td>
<td>19 April–19 July</td>
</tr>
<tr>
<td></td>
<td>Outdoor Explorers</td>
<td>11am–12pm</td>
<td>Honiton Bottom Road</td>
<td>19 April–19 July</td>
</tr>
<tr>
<td></td>
<td>Antenatal Classes</td>
<td>1pm–2.30pm</td>
<td>Honiton Bottom Road</td>
<td>Please book five week course with your Midwife</td>
</tr>
<tr>
<td></td>
<td>Family Learning</td>
<td>1pm–3pm (booking essential)</td>
<td>Clapper Lane</td>
<td>17 May–28 June – please call centre for info</td>
</tr>
<tr>
<td>Fri</td>
<td>Young Parents Group</td>
<td>10am–11.30am</td>
<td>Clapper Lane</td>
<td>20 April–20 July</td>
</tr>
</tbody>
</table>

**Parent Forum** will be held at Step by Step group on Tuesday 1 May and the Heathpark Stay & Play group on Thursday 21 June.
## Axe Valley Centre Timetable
### Summer Term 2012

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon</strong></td>
<td>Chardstock Stay and Play</td>
<td>2pm–3.30pm</td>
<td>St Andrew’s C of E Primary School, Chardstock</td>
</tr>
<tr>
<td><strong>Tue</strong></td>
<td>Colyton Clinic</td>
<td>9.30am–10.30am</td>
<td>Colyton Caterpillars, Colyton Community Centre</td>
</tr>
<tr>
<td></td>
<td>Seaton Stay and Play</td>
<td>10am–11.30am</td>
<td>Axe Valley Children’s Centre</td>
</tr>
<tr>
<td></td>
<td>Step by Step</td>
<td>10am–11.30am</td>
<td>Honiton Children’s Centre</td>
</tr>
<tr>
<td></td>
<td>Axminster Scout Hut Play and Explore (opp railway station)</td>
<td>1.30pm–2.30pm</td>
<td>Axe Valley Children’s Centre</td>
</tr>
<tr>
<td></td>
<td>Bumps to Baby Buddies</td>
<td>1.30pm–3pm</td>
<td>Axe Valley Children’s Centre</td>
</tr>
<tr>
<td><strong>Wed</strong></td>
<td>Seaton Clinic</td>
<td>9.30am-11.30am</td>
<td>Seaton Hospital</td>
</tr>
<tr>
<td></td>
<td>Here’s Looking at You Baby</td>
<td>10.30am–12pm</td>
<td>Axe Valley Children’s Centre</td>
</tr>
<tr>
<td></td>
<td>Solihull Parenting Course</td>
<td>6.30pm–8.30pm</td>
<td>Axe Valley Children’s Centre</td>
</tr>
<tr>
<td><strong>Thu</strong></td>
<td>Axminster: Millwey Stay and Play</td>
<td>10am–11.30am</td>
<td>Millwey Community Centre, Axminster</td>
</tr>
<tr>
<td></td>
<td>Antenatal Classes</td>
<td>1pm–2.30pm</td>
<td>Axe Valley Children’s Centre</td>
</tr>
<tr>
<td></td>
<td>Developmental Baby Massage</td>
<td>1pm–2pm</td>
<td>Axe Valley Children’s Centre</td>
</tr>
<tr>
<td></td>
<td>Axminster Clinic</td>
<td>2pm–4pm</td>
<td>Axminster Hospital</td>
</tr>
<tr>
<td><strong>Fri</strong></td>
<td>Fun Friday at the Children’s Centre</td>
<td>10am–11am</td>
<td>Axe Valley Children’s Centre</td>
</tr>
<tr>
<td><strong>Sat</strong></td>
<td>Dad’s Group</td>
<td>10am–12pm</td>
<td>Axe Valley Children’s Centre</td>
</tr>
</tbody>
</table>

### Summer Half Term 2012: 4–8 June
Look out for our half term timetable available online.
- [www.childrenssociety.org.uk/honiton_childrens_centre](http://www.childrenssociety.org.uk/honiton_childrens_centre)
Sing, Rhyme, Activity Time
There are two groups the 10–10.45am group is for children who are walking and is a lively, interactive session. From ‘Transport’ to ‘Animals’ we use puppets, props and instruments to explore different subjects, as well as enjoying well known songs.

The 11–11.45am group is for new born babies up to walking and is a slightly quieter and more relaxed session. As well as following a set of core songs each week, we use various instruments and puppets for further stimulation and to encourage speech and language skills.

Stay and Play
This group provides all sorts of different play activities for you and your child to share. Staff are on hand throughout the session to give support and advice. In addition to the varied play activities we also have occasional visits from our partner agencies who drop into our sessions to give information about their services. Activities may be messy. Please don’t wear your best clothes.

Heathpark Stay and Play
Do you live on the Heathpark/Heathfield estates? Then come along to our Stay and Play session on a Thursday morning in the Community Flat. Toys, creative activities, singing, some occasional cooking and a cup of coffee from 10–11am every Thursday morning during term time.

Young Parents Group
This is an open group for young parents and expectant parents up to the age of 24 and their children under 5. Everyone is welcome to come and have some fun in a warm, friendly environment with lots of tea and toast.

Solihull Approach Parenting Programme
Are you interested in looking at ways to parent your children more effectively and sensitively?

If so, the ten week Solihull Parenting programme could help you to develop your parenting skills through activities and reflection within a supportive group. The Solihull Approach Parenting Group is designed to help parents develop a way of relating to their child that promotes child development and effective behaviour management. The facilitators help parents to think about what is being communicated through the child’s behaviour and to reflect on their relationship with the child. Throughout the course parents will have the opportunity to explore issues such as communication, temper tantrums, sleeping, feelings, play and behavioural difficulties.

Places can be booked directly through the centres on Honiton 01404 540 820 or Axe Valley 01297 20542. If you want to discuss the programme please ask for Julie Moore at Honiton or Sue Steele at Axe Valley.

Child Health Clinic
There are various Child Health Clinics in the Honiton and Axe Valley areas. Please see our timetables for your nearest clinic. Health Visitors, Community Health Workers and Children’s Centre staff are available at each session to offer guidance and support.

Fun Friday
An opportunity to be creative together, including some messy play and a wide range of activities.
Here’s Looking at You, Baby
This short course is offered to parents and their babies from birth – to approximately nine months. The course aims to enable parents to gain a greater understanding of how their babies communicate during the first months of life and how this understanding can help your baby’s development both physically and emotionally. Each week we will look at aspects of the way your babies communicate. Please see the timetable for dates of courses.

Outdoor Explorers
Outside fun for all ages under 5. Whatever the weather we may go for a nature walk or go to a playground, listen to birds, learn about fun plants or ones that sting! Dress for the weather eg wellies and raincoats or hats and sun cream. This walk will be suitable for pushchairs.

Antenatal Classes
This is part of the Midwife led course, providing additional group work with the Children’s Centre workers focusing on preparing for the birth and parenting. Please book onto this popular course through your Midwife.

Play and Explore
Offering parents/carers a chance to experience different ideas for positive play including some messy play and a wide range of activities designed to encourage exploring.

Bumps to Baby Buddies
Baby buddies is an informal sociable group for expectant parents and babies until they are crawling. A Children’s Centre worker will often be on hand to offer advice and support.

Dad’s Group
An opportunity to meet with other Dad’s and have fun with your child/children doing different activities.

Please see timetable for dates and times of all groups.

Visit the Honiton and Axe Valley web pages on The Children’s Society website to view our termly newsletter and timetables:
www.childrenssociety.org.uk/honiton_childrens_centre
www.childrenssociety.org.uk/axe-valley-childrens-centre
Summer is a great time to enjoy being outdoors so why not explore what is on your doorstep. Below are a list of play areas/outdoor spaces in both the Honiton and Axe Valley reach area. Play parks are a great place to spend time playing with your children or for you and your child to meet other families and best of all it’s FREE.

### Explore the great outdoors

#### Honiton play areas
- Glenn Farm
- Old Elm Road
- St Mark’s
- Whitebridges
- Davey Playing Field
- Jerrards Close
- Honiton Bottom Road
- Allhallows
- Butts Close
- Allhallows Skate Park
- Upland Chase
- Willow Walk
- Heron Road
- Dove Close
- Woodmans Park
- Pale Gate Close
- Honiton Bottom Nature Reserve and Play Area

#### Axe Valley play areas
- Seaton
  - Elizabeth Road
  - Seafield Gardens
  - Meadway
  - Skateboard Park/Underfleet
  - Seaton Marshes
- Chardstock
  - Chardstock Play Area
- Axminster
  - Foxhill
  - North Street
  - Bonners Drive
  - North Street Allotment
  - Millwey Rise
  - Loretto Road
- Beer
  - Seahill Gardens
  - Ashill Play Park
  - Underleys Park
- Uplyme
  - King George’s Field, Uplyme
- Axmouth
  - Axmouth Play Park

So whether you are meeting friends for a picnic, playing in the park or taking a walk in the woods, we hope you all enjoy the great outdoors!
Staff and their job titles are subject to change due to the restructuring process we are currently going through.

### Have your details changed?

- Have you
  - moved house?
  - had another child?
  - changed your telephone number or email address recently?

So that we can keep our records at the Centre up to date please can you ask at reception for a Personal Information Update Form if any of your details have changed.
A better childhood. For every child.

Your Children’s Centres

**Honiton Children’s Centre**
Next to Littletown Primary School,
Honiton Bottom Road, Honiton EX14 2EP
T: 01404 540820   E: Honiton@childrenssociety.org.uk

**Honiton Children’s Centre**
Next to Honiton Primary School,
Clapper Lane, Honiton EX14 1QF
T: 01404 549982   E: Honiton@childrenssociety.org.uk

**Axe Valley Children’s Centre**
Trevelyan Building,
Fore Street, Seaton EX12 2AN
T: 01297 20542   E: AxeValleyCC@childrenssociety.org.uk
www.childrenssociety.org.uk

Reception opening times

**Honiton Bottom Road Centre:**
Monday 9.30am to 2.30pm
Tuesday–Thursday 9am to 3pm

**Axe Valley Centre:**
Monday–Friday 9am to 5pm

School Term Dates

**Summer 2012**

Term starts  16 April  
Half term  4–8 June  
Term ends  23 July  

Please note these dates are taken from the Devon County Council website. Individual schools have additional training days and occasional days which are determined by individual Governing Bodies. Please contact your local school or visit the Devon County Council website at www.devon.gov.uk for further information.

Look out for our Summer half term timetable at the centres or online at
www.childrenssociety.org.uk/honiton_childrens_centre  
www.childrenssociety.org.uk/axe-valley-childrens-centre

The Children’s Society wants to create a society where children and young people are valued, respected and happy. Children are at the heart of all we do. That’s why we want to build a better childhood – for every child.