

Courses

If you would be interested in attending any courses please contact us on: 01784 227977 or email us at: admin@bucklandchildrenscentre.com
All courses must be booked & paid for in advance

Parent Puzzle

The course offers positive, practical ways of guiding children so they learn to handle both their feelings and their behaviour.

10 week course

£2 per week or £20 per course

Beginning Jan 12th 9:30 – 11:30am

With a break for half term

Learn to Shine

- What is self-esteem
- What affects us and why
- Positive self help strategies
- Positive relaxation

A nurturing course to build confidence and self esteem. Run according to demand. Please speak to centre staff or your Health Visitor.

Return to Work

For people planning to return to work but need some guidance

£5 per person refundable on full completion of the course

4 week programme beginning 30th Jan
10:00 – 11:00am

HENRY

Health, Exercise and Nutrition for the Really Young for parents/carers with 0 – 7 years

An 8 week course to help with nutrition issues as well as working towards a healthy & balanced lifestyle for you and your family.

Baby Massage

An opportunity to encourage bonding and learn relaxation techniques.

This is run regularly please contact us for dates of the next course.

4 week courses run on Tuesdays 12-1pm

£15 per course payable in advance

Concessions available

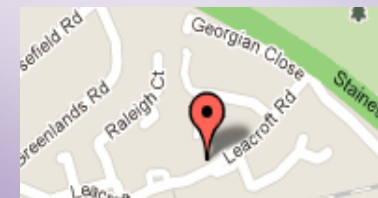
Tiny Talk

Tiny Talk classes offer British Sign Language adapted signs to songs and rhymes for parents and children from birth to 2 years.

£15 per 5/6 week course payable in advance

New course starting Wednesday 11th January 2012

Sessions at **Leacroft YouthCentre**,
Staines, TW18 4BP
Near Staines Station



Crazy Hazy!

Thursdays term time only

1.30pm-2.30pm

No booking required!

Music and songs for children of any age

£3.50 per family

Activtots

Term Time only

Fridays 9.30am – 10.30am £1 per family

Lively fun and games for parents and children!

The Baby Cafe at Clarendon Children's Centre, Ashford

Every Thursday from 12.30 – 2pm
Support and advice for breast feeding mothers from Healthcare professionals in a social environment

Buckland Children's Centre
Berryscroft Road
Laleham
Staines, TW18 1NB
01784 227977



Timetable: Spring Term 2012
admin@bucklandchildrenscentre.com
www.bucklandchildrenscentre.com

Monday

Centre closed until 12pm

Open from 12pm for enquiries and support.

Wednesday

Family Play and Learn

9:30 – 11:30am

An opportunity to use the facilities and enjoy a stress free playtime with your family!

During the summer holidays this session will be held on the school field whenever possible. Please book as normal in case it rains and we need to limit numbers inside!

Thursday

Open from 12pm for enquiries and support.

Tuesday

Registered Childminders Play and Learn

9:30 – 11:30am

A session run **by** childminders **for** childminders including free play, snacks & songs / story

Bumps to One's

11:30-1:00pm

For expectant parents and babies from 0 – walking.

Come and meet other parents from the local area and join in songs and stories. Occasional workshops are offered.

OPENING HOURS:

Monday / Thursday 12:00pm – 3:00pm

Tuesday / Wednesday / Friday

9:00am – 3:00pm

DONATIONS

£1 donation requested per family

£2 per family on Saturday Mornings

Friday

Spelthorne International Friendship Group

9.15 – 11.15am weekly

A group for those in need of friendship & wanting to improve their English.. All nationalities are welcome but a commitment is needed for regular attendance. Children are welcome to accompany you and enjoy our centre too!

Wednesdays 1 – 2.30pm

Play & Stay at **The Secret Playhouse**

Woodthorpe Road, Ashford

Marie our outreach worker will be here every Wednesday from 1pm 11th January to meet new friends and old.

Book with us and pay only £1 per child on Wednesday pm's!

Saturday

On the third Saturday of every month.

Saturday Morning Club for all

10:30 – 12:30pm

A session aimed at anyone with young children who wants to keep them happy and busy at the weekend in a warm and friendly environment. We will be offering toasted sandwiches on arrival.

Please ring or email to book your place in advance. We are very busy and we do have a limit on numbers – please don't risk being turned away!

Centre closures: 12th – 16th December
24th Dec – 9th Jan 2012