

Firwood Children's Centre Newsletter

Warwick Court, Firwood, Old Trafford, Manchester, M16 0GR

Spring Term, Issue 7

April 2011

**Sure Start
Children's Centres**
Trafford

Tel No: 0161 912 5542



What else is
going on at the
centre?

PARENT GROUP

If you are interested in spending some time with other parents why not come to our PARENT GROUP at the centre. A crèche is available for your children while you can get involved in creative activities and talks from specialised speakers.

The PARENT GROUP starts in May. If you are interested contact Helen at the centre.

ST. HILDA'S CHURCH

The refurbishment at the church is now completed.

BREASTFEEDING!!!

- Pregnant?
- Just started breastfeeding?
- Want more information?

Come and join us for a free, friendly session at the church, contact the centre for details.

COME AND PLAY AND MEET NEW FRIENDS!!

A new community group will be run from the church 'Come & Play' every Thursday 1-3pm, First session will be 05th May 2011, £1 per family.

FAMILY MAN EVENT

The dads group at the children's centre is a roaring success. Dads and their children have enjoyed 'stay & plays', a cooking event with a professional chef, fun was had making a cheesecake to take home, and in May there will be a digital photography course running over two Saturdays facilitated by Trafford College. If you are interested in this event contact Angie at the centre for further details (booking is essential)

WE LOOK FORWARD TO SEEING
PRESENT AND NEW DADS THERE!!!



What's On Guides are available from the centre which will provide you with all the sessions that are running and up and coming events

PARENT CRAFT

Friday Mornings
10am - 12pm

Firwood Children's
Centre (no bookings
essential)

Tuesday at Trafford
General Hospital
(Booking Essential)
Call 0161 746 2439

DIRECT TO MIDWIFE:
0800 121 4400



OUTDOOR PLAY AREA

The team here at the children's centre are very excited as the sunshine is finally here and we now have a new amazing outdoor play area to enjoy.



No more ifs and butts!!!!

If you feel it is time for you to pack in the habit and stop smoking, the children's centres can help you!!!

For more information contact Sharon at the children's centres on 912 5542



Old Trafford Children's Centre Newsletter

Information Point: Old Trafford Library, Shrewsbury Street, Old Trafford, M16 0GR
0161 912 5542

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Healthy Recipe

Farm yard snack
'TRACTOR'

Serves 1

Ingredients

1 ¼ cream crackers
2 slices cucumber
2 slices carrot
1 green bean
Reduced fat red pep-
per houmous

Equipment

Chopping board, knife

Method

1. Spread the crackers with houmous and place on to a plate in an L shape to create the body of the tractor and smooth the houmous over the join

2. Use the cucumber and carrot slices to represent the wheels of the tractor and the green bean to create the funnel

Each suggested portion contains

69 Calories
Fat 3.1(g)
Saturates 0.7(g)
Sugars 1(g)

You will need:

Egg box
Orange paint
Yellow card
Glue
Safety pin
Sticky tape

CREATIVE ACTIVITY

Instructions:

- Cut one of the egg compartments from the egg box and paint it orange. Leave to dry.
- Cut out a flower shape from yellow card. Glue the egg compartment to the centre as the trumpet.
- When the daffodil is completely dry, tape a safety pin to the back so that you can wear it.



THE NEW OLD TRAFFORD CHILDREN'S CENTRE INFORMATION POINT

The information point is now open at Old Trafford Library, Shrewsbury Street in Old Trafford.

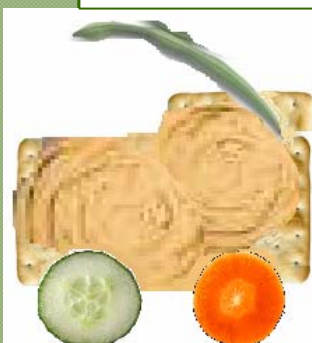
Contact the centre to find out when a member of the team will be present and pick up a 'What's On Guide'

FAREWELL & GOODLUCK

Hayley Kuter, our children's centre dietician is leaving and as of 31st March the current nutrition and dietetic service operating from the Trafford's children's centres will cease.

We promote breastfeeding, healthy weaning, we always provide healthy snacks and physical play opportunities for children. Information about the Healthy Start fruit, vegetable, milk and vitamin scheme can be found in our children's centre.

If you have concerns with your child's diet or eating habits please contact a children's centre worker or your health visitor if you would like to speak to a children's dietician



Do you need help getting back into employment???

If you feel it is time for you to get back into employment, the children's centres have the weekly top 10 vacancies posted on the notice board for you take a copy.

For more information contact Sharon at the children's centres on 912 5542

jobcentreplus