

Broomwood & Timperley and Hale Barns Children's Centres' Newsletter

Summer 2011

11th Edition

Individual help for you and your family

Don't struggle unnecessarily! The children's centre team are qualified to help with many of your concerns regarding your 0-5yr old children. This can be done here, at your house or even on the phone!



Family support packages include support and advice on:

Pregnancy, speech and language development, your child's sleep routines, behaviour management, budgeting, feeding, employment/training, and advice on childcare. Do get in touch!

Baby Friendly is Best for Trafford

NHS Trafford and the children's Centres have been awarded a Certificate of Commitment in its first step towards gaining international recognition from UNICEF (United Nation's Children's Fund)



"Breastfeeding protects babies against a wide range of serious illnesses including gastroenteritis and respiratory infections in infancy as well as allergies and diabetes in childhood. We also know that breastfeeding reduces the mother's risk of breast cancer (and other cancers), and osteoporosis—and mums also find that, once breastfeeding is established, with the right help and support, it is easier, cheaper, and a wonderful way to bond with your baby," says Jackie Hall—Infant feeding Coordinator.

Surveys show that most mothers want to breastfeed but don't often get the support they need. Mothers in Trafford have the satisfaction of knowing that Healthcare Staff, Children's Centre staff, and Volunteer Peer Supporters are aiming to provide the highest standard of care.

Come to the Children's Centre Thursdays 1.30-3.00pm for our own Breastfeeding Support Group.

Healthy Eating on a Budget Course (Free)

Wednesday 8th July to
Wednesday 27th July
9.30-11.30 (4 weeks)

This short, hands on course gives you the



chance to prepare and cook tasty and healthy meals for all the family.

Run by Trafford College, at Broomwood Primary School, crèche provided here at the Centre.
(To be repeated in the future)

If you smoke and you would like to talk to someone about it, call in Friday 1.30-3pm at the Children's Centre or call in anytime to Broomwood Pharmacy.

There is more help available than you think!

Quit once? You can do it again.



Sure Start
Children's Centres
Trafford

Please email us at:
broomwoodandtimperleycc@trafford.gov.uk
or halebarnscc@trafford.gov.uk
or call 0161 912 5828



Do you want to join in a fun, free activity over the holidays to keep your children amused? The Children's centre will be holding

Mini Sports Events at:

**Broomwood Park,
Timperley**

Mondays 1.30-3.00pm

August 1st, 8th, 15th & 22nd

**The Mount
Hale Barns**

Fridays 10.00-11.30am

29th July &
August 5th, 12th, 19th & 26th

All families welcome! Just turn up!

Egg and Spoon races

Stilts

Running races

Toddler events

Parachute games



Just for Men!

Come and see what fun our dads/male carers are having.

Wednesday afternoons 1.30-3.00pm

Dads come and join us with your 0-5yr olds! You choose the activities!

So many Courses at Trafford College!! (enrol by August)

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|------------------|--------------------|---------------------------------------|--------------|----------------|
| Photography | Card Making | Summer wedding flowers | Drawing | Floristry |
| Painting | Retro Crafts | Make new and mend (clothing) | Web design | Beauty Therapy |
| Hairdressing | Massage | Stitch "n" Bitch (knitting intro) | Reflexology | ECDL |
| Garden design | Aromatherapy | Sports massage | Intro to IT | French |
| Spanish | Maths GCSE | Professional Chef | English GCSE | ESOL |
| Music producer | Vocal artist | Vehicle maintenance & repair | Sciences | Football Coach |
| First aid | Forensic Science | Teaching Assistant | | |
| Personal trainer | Fitness instructor | Children and Young people's workforce | | |
| Cabin Crew | Cake decorating | Food Safety | | |

Some of the above courses may be fee refundable if you are claiming job seekers allowance or have less than 5 GCSEs. Call into the centre for details or call Trafford College 0161 886 7070



Big fun at the Family Fun day in June!

We all had such a great time and tried a lot of new things as well as the old favourites. If you missed it, look out for our next one!

