

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

Autumn 2011

12th Edition



Outdoor Play

Just because the nights are drawing in does not mean the family has to stay in as well!

The Scandinavians say there is no bad weather, just the wrong clothes—so do yourself a favour and get out an about as usual.

Bodies weren't made to sit. Kids need to walk, jump, run and move to be healthy for at least 60 minutes a day.

"If exercise were a pill, it would be one of the most cost effective drugs ever invented" says Doctor Nick Cavill, a health promotion consultant. Exercise:

1. Increases energy
2. Improves quality and length of sleep
3. Increases your feeling of wellbeing and self-esteem.
4. Helps digestion and metabolism
5. Helps you lose weight



Summer Activities

Mini Sports days took place in Broomwood Park and The Mount Park in Hale Barns. These were well attended and both children and parents enjoyed the varied activities in the fresh air and even carried on regardless in the rain!



The Children's Centre also joined forces with G Force in providing mini fun days on Broomwood and The Grange Parks that were also well attended. We plan to repeat these popular events in the future.



YOU CAN CONTACT BROOMWOOD AND
TIMPERLEY CHILDREN'S CENTRE, MAINWOOD
ROAD, TIMPERLEY, WA15 7JU ON
0161 912 5828 OR BY EMAIL AT
broomwoodandtimperleycc@trafford.gov.uk

YOU CAN CONTACT HALE BARNES INFORMATION
POINT AT ELMRIDGE SCHOOL, HALE BARNES,
CHESHIRE, WA15 0JF ON 0161 980 4941
OR BY EMAIL AT
halebarnscc@trafford.gov.uk

GROUPS NOW ON:

WEEKLY

- ☺ **Just for Men**
- ☺ **Baby Club**
- ☺ **Broomwood Breast Friends**
- ☺ **Play and Stay sessions**
- ☺ **Back to work advice**
- ☺ **Help to stop smoking**

OCCASIONAL

- ☺ **Child Minder drop-ins**
- ☺ **Speech and Language walk-in**
- ☺ **Advisory Board**
- ☺ **Parent Forums**

If you are interested in any of the above or need help or advice with any family matter, please contact us.

Would you like to join the Parent Forum?

No one knows the local community better than those who live in it. Parents/carers are given the chance to become involved in the planning and development of children's centre services in the area? It is a relaxed and informal meeting to discuss what is needed in the area and what is good or not so good about our existing services. We also talk about what parents feel would improve the lives of their own children and others. The next one is November 9th at 9.30-11.00am. Please call the centre to book your place!



SPECIALIST PLAY SESSIONS for families with children aged 0-8 years with any additional needs, and their siblings.

Saturday 15th October 2011 10.30am-12 noon

Saturday 19th November 2011 10.30am-12 noon

Saturday 10th December 2011 1.00pm-2.30pm

At Sale West children's Centre, Coppice Library, Sale . Please call Suzi Dodd on 0161 912 2461 to book a place as spaces are limited

Calling all new Mum's—a special invitation to you for help and assistance to breast-feed. Drop in to the children's Centre any time between 1.30 and 3.00pm on Thursday afternoon to talk to experienced Health Visitors and Peer Supporters.

STAFF NEWS!

☺ GOODBYE TO...



Lindsey Chinnery, Children's Centre Worker—moving over to Davyhulme Children's Centre



Sarah Gregory, Children's Centre Worker—moving over to Stretford Children's Centre



Danielle Ratcliffe, Children's Centre Teacher—is leaving Trafford altogether to go back to teaching.

We want to thank them for all their hard work. We have enjoyed working with them and wish them all the best in their new endeavours but we will miss them!

☺ HELLO TO...



**Heather Kirk Terry McKernan
Employment and Training Officers**

You can contact Heather or Terry on 0161 912 5828 for help, support and advice on:

- ☺ finding a job
- ☺ Training
- ☺ childcare
- ☺ Working Tax credit
- ☺ Benefits
- ☺ Volunteering Opportunities
- ☺ Confidence Building
- ☺ Debt
- ☺ Housing