

What's On at **Shirley Children's Centre**
Courses and Activities

Please contact the Centre to book your place on our courses or book appointments.

AUTUMN EDITION
Nov—Dec 2018

Please book courses and crèches early



Brand New Session! Baby Sensory

This new session focuses on bonding with you baby & is specifically designed from birth to promote babies development. This session is also filled with an incredible selection of sounds, smells, sight, textures, music and singing.

For more information, please contact the centre on 0208 777 2119 or check out our facebook page 'Shirley Children's Centre'

No need to book, just drop in.

Start Thursday 29th Nov 9.30am—10.30am



Shooting Stars Circus Skills & Christmas Party

Clowns, acrobats, and jugglers – a visit to the circus is so much fun and this time the circus is coming to Shirley Children's Centre on Thursday 20th December **1.00pm—3.00pm**

We will also be having some Christmas time fun with party food and pass the parcel. Please note parents will be required to supply the Christmas party food. (List available in the Stay n Play room)

A donation of £2.50 is appreciated.

If you would like to attend, please call the centre to book your place. Please note spaces are limited.



Mucky Bubs

Every Tuesday 10.30am—11.45am

Does your child love getting their hands dirty while exploring the world around them?...

We've got it covered! Messy play helps children develop in their own ways including being able to express their feelings and experimenting with a variety of textures.



Please bring with you a spare change of clothes for your children.

We also have baby baths should you wish to bath your baby.

MAD Academy

This session is a fun & funky music & movement class that takes place fortnightly on Tuesdays from **9.15am—10.00am.**

Classes are for babies up to 5 years old.

No need to book, just drop in.

6th & 20th Nov

4th & 18th Dec

Baby Massage

Would you like to join our Infant Massage classes? If you have a baby aged between 2months—12months you can. (Pre crawlers)

- Enjoy 1:1 time with your baby
- Relieve stress
- Bond with your baby

Course starts Wed 21st Nov—19th Dec

To book your place— Please call the centre on 0208 777 2119 **BEFORE** you attend the course.

Course costs £10 each.

Now I'm 2

NEW SESSION! Come along to 'Now I'm 2' every **Monday from 9.30am—11.15am** (Term Time Only)

This session is a structured Stay n Play which will offer support & guidance to help your child get ready for nursery. We offer advice on the following:

- Toilet training
- Introducing new foods
 - Behaviour
- Sleep routines & much more

All the activities are focused and are suitable for families to enjoy.

No need to book, just drop in.



Little Tenderfeet—Transition

Is your child starting Pre-school or nursery?

This can be a difficult time for both parents and children full of new opportunities and many challenges.

This new 4 week course will focus on promoting independence, looking at routines and offering tips and advice.

Course starts Thursday 22nd Nov—13th Dec 1.30pm—2.30pm

PLEASE BOOK ONTO THIS COURSE— SPACES LIMITED





Come along to our Stay and Play sessions for all children aged 6 months—5 years

Tuesday 1.00pm - 2.30pm

Thursday 9.30am - 11.15am

We offer a wide range of fun activities indoors and outdoors where you can meet other parents and play with your children. There is a variety of fruit at 'snack time' and water is on offer throughout the session.

Please bring one piece of fruit in per week to share.

Stay and Play sessions run throughout the year and older children are welcome in school holidays.

If you would like more information, please speak to reception or call 0208 777 2119.

No booking required.

Chatterbox Groups

Are you worried about your child's talking? Do you have questions about your child's speech & language development? Shirley Children's Centre has a drop in group to promote, support and encourage your child's speech, language and communication development with a Croydon Speech Therapist, who can provide advice and support.

Chatterbox Sessions 9.30am—11.00am

every Wednesdays:



Croydon Best Start

Best Start is a service from pregnancy until your child turns 5. It is made up of a number of different organisations all working together to support you to give your child the Best Start in life. By working together Best Start aims to give you a smooth service and ensure that you get all the information you need at the right time.



Find out information on the following:

- Best Start children's centres
- Best Start health
- Best Start in the community
- Parenting support
- 2 year old funding

You can also visit their Facebook Page 'Croydon Best Start' for latest news and events.

Phunky Foods Information Display

Dawn from Phunky Foods will be promoting healthy eating and lunch box choices on

Thursday 22nd November from 9.00am—12.00pm.

Get advice and guidance on 'picky eaters' and much more



WELL BABY CLINIC

We have a fortnightly Well Baby Clinic on Thursday 9.30am—11.30am where you can weigh your baby and get advice from the Health Visitors.

Clinic days:

8th & 22nd Nov

6th & 20th Dec

Croydon Health Services 
NHS Trust

Musical Bumps

A fun music and movement class for children of all ages. Introduce your child to the joys of singing, dancing and music with Maree

every fortnight

Tuesday 9.30am - 10.15am

13th & 27th Nov

11th Dec



Mencap Chill n Chat every Friday 10.00am—2.30pm

Term Time Only

For children with special needs aged under 5.

Our Chill and Chat groups are run by experienced and specialist staff and offer you a chance to make new friends and share experiences, relax and chat with other parents and carers while your child has fun.

There will be a wide range of activities available and a chance to seek advice and support. Refreshments provided.

Why not come along,
it will be lovely to
see you!



1:1 Employment & Self Employment Advice

Book your FREE 1:1 Employment and Business Advice slot;

- Access to local employability support
- CV checking service and access to local vacancies
- Advice on developing your business idea

All appointments are a minimum of 30 minutes long.

For more information, or to book an appointment, please call the centre on 0208 777 2119.

Shirley Children's Centre Food Parcels

Foodbanks provide a minimum of three-days non-perishable tinned and dried foods that have been donated by the local community.

If you would like more information on how to receive a food parcel, please contact the centre on 0208 777 2119.



Shirley Children's Centre is on Facebook 'Like' our page to find out upcoming events and courses.



Search for Shirley Children's Centre in your search for friends tab.