



Lamer Fields
 Children's Centre
 Wheathampstead and Kimpton Area
 A Sure Start Children's Centre
Autumn Term 2011

LATEST NEWS!

We still have a few places for available for our parenting course which starts 19th Sept. Please see below:

A Parenting Puzzle!— Want to get the best out of life?

A 10 week Nurturing Programme for Parents: Want more fun in your family life? Stressed out—want to make a change? Then why not book on to our Autumn course —Give us a ring for details or to book.

FREE OF CHARGE!!!! BOOKING NOW!!!!

Mondays 7pm-9pm—19th Sept—21st Nov
 At Lamer Fields CC



'Jolly Roger'

Toy Library and
 Stay and Play



Thursday 9am-10.30am

Lamer Fields Children's Centre

Friday 9am-11am

At 'Jolly Drops'

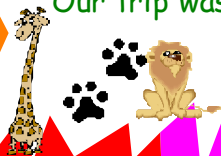
Kimpton Memorial Hall
 (Green Room)



Toys can be ordered by phone, and then delivered to the Friday session.

Summer Trip—Woburn Safari Park

Our trip was once again successful with 2 coaches full of our families. We all had a great time!



**Jolly Bumps
 & Babies**



HV = led by our
 Health Visitor

| | | | |
|----------|---|------------------|--------------------------|
| 1/9/11 | Massage taster/refresher | 3/11/11 | Child development-HV |
| 8/9/11 | No group | 10/11/11 | Massage taster/refresher |
| 15/9/11 | Weaning—starting solids—HV | 17/11/11 | Basic First Aid—HV |
| 22/9/11 | Weaning - next stage—HV | 24/11/11 | Positive Parenting |
| 29/9/11 | Essential/useful equipment. Share ideas | 1/12/11 | Common Ailments—HV |
| 6/10/11 | Home Safety - HV | 8/12/11 | Christmas Craft stalls |
| 13/10/11 | Massage taster/refresher | 15/12/11 | Toddler food and beyond |
| 20/10/11 | Sleeping and crying—HV | 22/12/11 | Massage taster/refresher |
| 27/10/11 | Craft session | HAPPY CHRISTMAS! | |

We are always interested to hear of any ideas you may have for our Jolly Mixtures programme. We try to vary days and times so all families have an opportunity to attend some of the groups. Please feel free to give us a ring or speak to a member staff about any suggestions you might have.

Lamer Fields Children's Centre,
 Nurseries Road, Wheathampstead AL4 8TP
 To contact us - Tel: 01582 834758
www.hertschildrenscentres.org.uk/lamerfields
 email: admin@lamerfields.co.uk








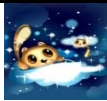

**Regular weekly timetable for families with under 5's—
older siblings are very welcome during the holidays.
Green groups are facilitated or co-facilitated by Lamer Fields CC**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|--|--|--|---|
| AM | | <p>'Grandparents' Stay and Play 10am-12pm Lamer Fields CC</p> <p>'Monkeys' Toddler Group 9.30am-11.30am Memorial Hall, Kimpton All welcome</p> <p>Internet Cafe 10am-12pm Marford Hall All welcome</p> | <p>'Carers' Stay and Play 9.30am-11.30am 2nd Weds of month Hillydye C.</p> <p>NCT Morning 10am-11.30am 1st Weds of month Lamer Fields CC All Welcome</p> | <p>'Jolly Roger' Toy Library 9am-11pm Lamer Fields CC All welcome</p> <p>'Jolly Bumps & Babies' (postnatal 'Stay and Play') 10-30am-12pm All families with under 1's welcome</p> | <p>'Jolly Drops' Drop-in & Toy library 9am-11am Green Room, Memorial Hall, Kimpton All welcome</p> <p>'Parent & Toddlers' Memorial Hall W/H 9.45am-11.30am</p> |
| PM | <p>Antenatal Classes 7.30pm-9.30pm Lamer Fields CC Book via midwife</p> | <p>'Jolly Tots' Stay and Play 1pm-3pm Hillydye C All welcome</p> | <p>'Jolly Days' (invited 'stay and play') 1.30pm-3pm 'Baby Clinic' 1pm-3pm W/H Village Surgery</p> | <p>'Jolly Beans' (invited Stay and Play) 1pm-3pm Hillydye C.</p> | |

ALSO: From the 15th September, for 3 weeks, we are trialling a **'Sign and Rhyme'** drop in session for babies and toddlers, 9.45-10.30 on Thursday mornings, before **'Jolly Bumps and Babies'** at the Hillydye Centre. 50p per session. So why not join us and learn a fun way of helping your child to communicate?



Jolly Mixtures' diary

| Please book in advance for each session - £ 1.00 per family per session | | | | | | |
|---|-----------------------------------|----------------------------|----------|--|---|-------------------------|
| | Group | Date | | Time | Activity | Venue |
|  | 'Jolly Dads' | Sat 17 th Sept | am | 10.00-12.00 | Lots of fun activities for Dads and your under 5's | Lamer Fields CC |
|  | 'Jolly Fit'- Buggy walk | Weds 21 st Sept | am | 9.30-11.00 | A buggy walk and return to the community centre for refreshments | Meet at Hilldyke Centre |
|  | 'Jolly Dreams' Sensory Session | Mon 26 th Sept | am | 9.30-10.30 Pre-crawlers 11.00-12.00 Crawlers/toddlers | Very popular sensory sessions for parents and under 5's, | Lamer Fields CC |
|  | 'Jolly Messy' | Mon 10 th Oct | am | 11.00-12.30 | A fantastic opportunity to have great fun and get messy - old clothes recommended (for children and parents!). | Hilldyke Centre |
|  | 'Jolly Dads' | Sat 15 th Oct | am | 10-12.00 | Lots of fun activities for Dads and your under 5's | Lamer Fields CC |
|  | 'Jolly Tales' | Mon 14 th Nov | am pm | 9-9.30 & 2.30-3.00 | Stories, Song and Rhyme time for under 5's | Lamer Fields CC |
|  | 'Jolly Dads' | Sat 19 th Nov | am | 10.00-12.00 | Lots of fun activities for Dads and your under 5's | Lamer Fields CC |
|  | 'Jolly Dreams' | Weds 30 th Nov | pm | 12.30-1.30 Pre-crawlers 2.00-3.00 Crawlers/toddlers | Very popular sensory sessions for parents and under 5's, | Hilldyke Centre |
|  | Family 'Jolly Messy' | Sat 10 th Dec | am | 10.30-12.00 | A fantastic opportunity for the family to have great fun and get messy - old clothes recommended (for children and parents!). | Hilldyke Centre |

To book sessions , for information or support please ring 01582 834758