

Little Owls Sure Start Children's Centre Information and Timetable

January – March 2012

Working together in supporting local families



www.milton-keynes.gov.uk/surestart

What's it all about?

Introducing our Children's Centre Team

Jane Webb, (Centre Coordinator)

Dominique Valengeon, (Family Support Worker)

Kim Sullivan, (Family Support Worker)

We support families, with children from pre-birth to five years of age, by working together with parents, carers, organisations and partner agencies. This is achieved by bringing together Health Services, Family Support, Childcare and Education, with the ultimate common goal being to improve and enhance outcomes for children.

We have achieved the NHS Smile Award Plus and are working towards receiving Healthy Early Years Status. Both of these recognise the Children's Centre contribution towards promoting healthy eating and healthy lifestyles. This is reflected in our policies and the ethos of our Service.

We have an Advisory Board to help to steer Children's Centre Services, we also have a Parent Forum, made up of local parents, who come together to represent the voice of local families. To find out more, please speak to the Centre Coordinator or one of our Family Support Workers.

Our Activity Room:

We have a versatile activity room, which is adapted to provide a welcoming, stimulating and supportive environment to enable us to meet a wide variety of family needs and also to provide appropriate space for family activity sessions. Our Family Support Workers are on hand to give advice, support and guidance on a variety of family issues.

Our Sensory Room:

We have a very well equipped sensory room. The specialist equipment means that a tailored environment can be created to benefit children with a specific need or disability. The room is also ideal for calming and relaxing babies and providing sensory experiences to enhance their learning and development. The room capacity is quite small, so is best used for one-to-one sessions, or for one or two families at a time and 15 to 20 minute time slots are recommended.

To book a timeslot just call into the Centre or ring 01908 524482 and speak to one of our Family Support Workers.

Partnership Working

Our Sure Start Partnerships Include:

- Local health Visitors – 01908 340984
- Community Midwives – 01908 568446
- Independent Midwives
- Early Years Inclusion Team – 01908 254508
(Portage and Special Educational Needs)
- Job Centre Plus – 0845 6060234
- Adult Continuing Learning (ACE) – 01908 556700
- MK Act – 0844 3754307
- Women's Aid – 0800 2000 247
- Citizens Advice – 0844 4994 122
- Relate – 01908 310010

Other local partnerships include: local Parish Councillors, Youth Workers, local Childcare Providers and Pre-Schools as well as Oxley Park Academy, Gilesbrook and Priory Rise Schools.

First Aid Courses

As part of our partnership working with Seedlings and Sunshine Children's Centres, we are pleased to be able to offer First Aid Courses for parents. Please ring the centre for details.

Milton Keynes Council Families Information Service (FIS) can be contacted for impartial advice and guidance on childcare and activities for families. 0800 035 0335 or email childcare@milton-keynes.gov.uk

Please note:

Our Children's Centre service is primarily for families from Oxley Park, Kingsmead, Tattenhoe and Westcroft and as such we will give first priority to those families living in these areas.

Little Owls Surestart Timetable

Mondays

Sure Start Childminders/Home-Based Childcare Group

9.45am – 11.15am

A small monetary contribution towards the cost of this session is welcomed.

A chance for childminders, nannies, foster carers and grandparents to meet, together with their children. Share ideas, planning, and good practice. *No booking required.*

Childcare and Pre-School Information Drop- in

10.00am – 11.30am

Pop in for information, advice and guidance on childcare or pre-school provision, including information on 2, 3 and 4-year-old nursery education funding entitlement.

Antenatal Parent Education Classes

10.15am – 12.15pm

Run by your local Midwife, in partnership with Sure Start

Preparing expectant mums and their partners for childbirth and parenthood.

Book through the Midwifery Team: 01908 243534.

Sure Start Sing and Sign

2.30pm – 3.00pm

Aimed at families with children aged two years upwards.

A unique course of songs and rhymes, incorporating actions and Signalong signs.

Sessions aim to promote confidence, communication skills and parent/child bonding.

Referrals from Speech and Language Therapists, Health Professionals and Partner Agencies are welcome. *Booking required.*

For more information contact Family Support Worker, Kim: 01908 524482 / 07768 860034 or Email kim.sullivan@milton-keynes.gov.uk

Tuesdays

Family Support Time

Home Visits, One to One Support and Small Group Sessions

9.30am – 11.00am

Other days/ times can be arranged to suit needs.

Everyone needs some extra support every now and again for all sorts of reasons on a variety of subjects and family issues. Sometimes it is more appropriate for us to offer family support on a one-to-one basis or within smaller family group sessions. Whether you need information, advice, guidance, or just a listening ear, our aim is to support you in a way that best suits you and your family's needs. Referrals are welcome from Health Professionals and Partner Agencies. **Please ring and speak to Kim or Dominique, our Family Support Workers, 01908 524482.**

Sure Start

Bumps to Babies Drop-in (start your parenthood journey with us)

11.30am – 12.15pm

A chance for parents to be and parents of newborns (up to 12 weeks old) to come along to see what the Children's Centre can offer. Pop in to meet us and experience a taster session of what support is available here at the Centre. *No booking required.*
Breast feeding support is available, please just drop in.

Baby Clinic

12.30pm – 2.00pm

First and third Tuesday of every month.

For babies up to one year old.

Run by Health Professionals, in partnership with Sure Start. *No booking required.*

Antenatal Parent Education Evening Classes

7.30pm – 9.30pm

Run by your local Midwife, in partnership with Sure Start.

Preparing expectant mums and their partners for childbirth and parenthood.

Book through the Midwifery Team: 01908 243534.

Wednesdays

Toddler Time Music & Movement Session (Aimed at 18 months - 5 year olds)

9.45am – 10.30am

External Service Provider. Funded by Sure Start.

We ask for a small monetary contribution towards this service.

A chance for you to interact with your child in a fun music and movement session. This universal session is aimed at toddlers. It covers all areas of learning and development, concentrating in particular on communication, language and physical development.

Booking required.

Booking line: 07795 354264 Please ring or text on a Tuesday after 9.00am. (Text preferred). You will be notified if a space has been allocated to you.

Sure Start Stay and Play Baby and Parents Session

11.00am – 12.15pm

A small monetary contribution towards the cost of this session is welcomed.

A chance for you to meet other parents and enjoy time with your baby. This universal session is planned to ensure that developmentally appropriate play experiences are available. There are plenty of opportunities for your baby to learn and explore through sensory experiences. Advice and guidance is available from Family Support Workers and visits from Health Professionals and other Partner Agencies can be arranged.

Booking required

Booking line: 07795 354264 Please ring or text on a Tuesday after 9.00am. (Text preferred). You will be notified if a space has been allocated to you.

Thursdays

Family Support Time

Home Visits, One to One Support and Small Group Sessions

9.30am – 11.00am

Other days/times can be arranged to suit needs.

Everyone needs some extra support every now and again for all sorts of reasons on a variety of subjects and family issues. Sometimes it is more appropriate for us to offer support on a one-to-one basis or within smaller family group sessions. Whether you need information, advice, guidance, or just a listening ear, our aim is to support you in a way that best suits you and your family's needs. Referrals are welcome from Health Professionals and Partner Agencies.

Please ring and speak to Kim or Dominique, our Family Support Workers, 01908 524482.

Yoga Inspired 'Tatty Bumpkin.' (For babies and toddlers)

Classes start from 10.00am

Please ring provider for details.

External Service Provider. Part funded by Sure Start.

Cost = £3 per parent and child, payable directly to the Service Provider.

Yoga Inspired Classes for Babies and Toddlers and their parents. All areas of development are covered, with particular attention to parent/child bonding and physical development by stretching and moving together. Language development is also encouraged through songs and music. Although this is a universal service, it is of particular benefit to children who have physical movement difficulties.

For more details ring Reanne: 0845 6804981 or visit

www.miltonkeynes.tattybumpkin.com

Referrals from Health Professionals and Partner Agencies are welcome.

Sure Start Multiple Births

Meet and Play Drop- in

1.30pm – 3.00pm

(Siblings under 5 welcome)

Fortnightly sessions, ring for dates.

An opportunity for parents of twins, **or more**, to network in a relaxed, safe and understanding environment. *No Booking required. Ring Centre for details.*

Fridays

Sure Start Stay and Play Toddler Session. (Early Risers) (Baby siblings welcome)

9.30am – 10.45am

A small monetary contribution towards the running cost of this session is welcomed.

Interactive play session for parents and toddling children. All areas of learning and development are covered. This session offers all round support in your child's development along with sharing ideas and supporting each other. The session ends with stories and rhymes. *Booking required.* **Booking line: 07768 860034**

Please ring or text on a Thursday after 9.00am. (Text preferred).

Please state session time preferred. You will be notified if a space has been allocated to you.

Sure Start Stay and Play Toddler Session. (Late Arrivals) (Baby siblings welcome)

11.15am – 12.30pm

A small monetary contribution towards the running cost of this session is welcomed.

Interactive play session for parents and toddling children. This session offers all round support in your child's development along with sharing ideas and supporting each other. The session ends with stories and rhymes. *Booking required.* **Booking line: 07768 860034**

Please ring or text on a Thursday after 9.00am. (Text preferred) Please state session time preferred. You will be notified if a space has been allocated to you.

Please note it may not always be possible to accommodate your preferred session time.

Ragdolly Annas Music Group

10.30am – 11.30am

External Service Provider. Part funded by Sure Start.

There is a £2 charge per parent and child for this service, payable directly to the service provider.

Music and Play session for babies and children aged 0-5 years and their parents. The session concentrates on physical and language development of babies and toddlers, whilst also supporting social and emotional development.

Ring Anna on 07901 854894 / 07989 713745, visit www.ragdollyannas.com or enquire at Little Owls Sure Start Centre for details.

Referrals from health professionals and partner agencies are welcome.

Fridays continued

Sure Start and Portage Group

1.00pm – 2.30pm

This session is for children who have additional needs and their parents. A chance to play with specialist toys and equipment, and take ideas home. Our fabulous sensory room is also available. Please ring the Centre for details.

Mini Strikers Multi Sports

1.30pm – 2.15pm

External Provider, funded by Sure Start.

We ask for a small monetary contribution towards this service.

This universal session is aimed at toddlers and covers all areas of learning and development, concentrating in particular on social, emotional and physical development. Helping you to support your child in achieving the recommended 180 minutes physical activity per day.

Booking Required. Booking Line 07768 860034

Please ring or text on a Thursday after 9.00am (Text preferred). You will be notified if a space has been allocated to you.



Saturdays

Monthly Sure Start Stay and Play Saturday Session

10.00am – 11.30am

Held at either **Seedlings or Sunshine Children's Centre.**

A small monetary contribution towards the running cost of this session is welcomed.

Second Saturday of every month. The venue alternates between Seedlings and Sunshine Children's Centres and local families to Little Owls Children's Centre are welcome to attend. These sessions are aimed at dads and working parents and their children 0-5 years of age. **For more details please contact Seedlings on 01908 503736 or Sunshine on 01908 508566**

Ragdolly Annas Saturday Music Group

9.45am – 10.45am

Venue: Oxley Park Community Centre.

Bi-weekly

Ideal for working parents who are unable to attend weekday sessions.

External Service Provider

There is a charge for this service, payable directly to the service provider. Music and Play sessions for babies and children aged 0-5 years and their parents. The sessions concentrate on physical and language development of babies and children, whilst also supporting social and emotional development. **For information and charges ring Anna: 07901 854894 / 07989 713745, visit www.ragdollyannas.com**

Mini Strikers Saturday Morning Football and Multi Sports for 2/3 and 4/5 year olds

Sessions are from 9.00am (check with provider for exact times)

Venue: Oxley Park Community Centre.

Ideal for working parents, who are unable to attend weekday sessions

External Service Provider.

There is a charge for this service, payable directly to the service provider.

Class times and age group sessions may vary, please contact the provider to book a space and for charge information.

Contact Mr. Andy: 07766 142754. www.ministrikers.co.uk



Oxley Park Community Centre

Little Owls Sure Start Children's Centre is situated within Oxley Park Community Centre. The Community Centre halls are available for private party hire at the weekend. Throughout the week there is a varied menu of activities for all ages. Kingsmead Pre-school and Oxley Park Academy, Ziggys After School Club are our Main Hirers.

Please ask the Centre Manager, or booking Clerk for details (01908 524482), or visit the Community Centre website www.oxleyparkcommunitycentre.co.uk.





Little Owls Sure Start Children's Centre

Oxley Park Community Centre

Redgrave Drive

Oxley Park

Milton Keynes

MK4 4TA

Tel: 01908 524482

Littleowls.childrenscentre@milton-keynes.gov.uk

www.milton-keynes.gov.uk/surestart

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Available in audio, large print,
braille and other languages

01908 524482