For full details of what's on in Amber Valley Children's Centres visit

www.derbyshire.gov.uk/childrenscentres

USEFUL TELEPHONE NUMBERS							
Amber Valley Borough Council	01773 570222	NHS 111	111				
Amber Valley CVS	01773 512076	NSPCC Child Protection	0808 800 5000				
Escape	01773 765899	Police	999/101				
Family Lives (was Parentline)	0808 800 2222	Relate	01332 349177				
Futures Homescape	01773 573100	Smokefree	0800 0224322				
Call Derbyshire (for information	08456 058 058	Samaritans	08457 909090				
on Council Services, including		Sexual Abuse & Incest Line	01246 556114				
Childcare Providers)		Shelter (homelessness)	0808 8004444				
Childline	0800 1111	Social Services Ripley	01629 533190				
Citizens Advice Bureau	0300 4568390	Speech and Language	01773 713149				
(Heanor Clinic)		Tax Credits	0345 300 3900				
Derbyshire Toy Library Network	0845 310 2738	Trading Standards	03454 040506				
Domestic Violence Helpline	0808 200 0247	Victim Support	0845 303 0900				
JCP Benefit Enquiries	0845 6060 234	SV2 for victims of	01773 746115				
JCP New Claims to Benefit	0800 055 6688	sexual violence					
		Umbrella Information Office	01332 785658				

CHILDREN'S CENTRE CO-ORDINATOR

Eleanor Hedley

Belper Children's
Centre
Alder Road
Belper
DE56 1LP

Crich Children's

Centre

The Vicarage Mews, Off

Coasthill, Crich

DE4 5DS

Facebook

Check out the **Facebook page** for the latest details on other events, activities and support available through

We make every effort to ensure that the information in this guide is correct All information was correct at the time of going to print

Derbyshire Children's Centre at

Belper & Crich



FREE SUMMER ACTIVITIES 2015

27th July- 4th September



Holiday fun for under 11's

A fun session run by volunteers for a wide range of ages. A range of different equipment and fun activities to include outdoor play, arts and crafts, story time and singing. A fun way to meet other parents and their children.

Stay, Weigh and Play

A group for new and expectant parents/carers and babies under 2 years. Stay, Weigh and Play will run alternate weeks of the month to provide an opportunity to have your baby weighed, breast feeding support, speech and language tips and a time to meet with your Health Visitor, Community Nursery Nurse and Children Centre Workers.

Grow Your Own

A volunteer and parent led group enabling children to learn about growing food and plants with their parents, A chance to experience natural, outdoor fun and exciting play opportunities in all weathers. The children will also experience cooking food that is grown in the garden with their parents.

New Parents Group

Come and join in this special group designed for new parents and their baby. It's a great opportunity to meet with professionals who can provide advice and tips on, breastfeeding, first aid, dental health, play and safety.

Mum's, Dad's, Grandparents and other carers all welcome.

The Freedom Programme

A 12 week course to support women who have or are experiencing domestic abuse run by ESCAPE. Information for men experiencing domestic abuse is also available from the centres. Please contact us in complete confidence for more information.

Taking Part in Your Centre...

Volunteering

Calling all parents in Crich and Belper! Would you like the chance to learn new skills, gain training and help others in the Children's Centre and Community? You can give as much or as little time as you like. Support children/family activities, decide what you want to do. Look out for the special events to find out more or ask a member of the team for more information.

Parents Forum

It's **Your Voice** that counts! We have regular forum meetings that help shape the Children's Centres for the benefit of children, families and your community. **Everyone Welcome!**

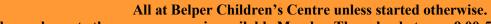
Advisory Board

This group meets once a term and its purpose is to oversee and offer challenge, support and advice to the Children's Centre management and team on how services should be developed in line with the needs of local families.

Speak to the Co-ordinator if you would like to consider joining the advisory board of the centres.

What's on over the Summer Holiday's?

Monday	Tuesday	Wednesday	Thursday	Friday
27 Holiday Fun for Under 11's 10.00-11.30am	28 Freedom Programme 10.00-11.30am Breastfeeding Group 1.30-3.00pm	29 No activities on	30 New Parents Group 10.00-11.30am	31 Grow Your Own Activities for Under 11 10.00-11.30am
3 Holiday Fun On the Park 10.00-11.30am Stay, Weigh and Play 1.00-3.00 The Glebe Centre, Crich	4 Freedom Programme 10.00-11.30am Breastfeeding Group 1.30-3.00pm	5 No activities on	6 New Parents Group 10.00-11.30am	7 Grow Your Own Activities for Under 11 10.00-11.30am
10 Holiday Fun for Under 11's 10.00-11.30am	11 Freedom Programme 10.00-11.30am Breastfeeding Group 1.30-3.00pm	12 No activities on	13 No activities on	14 Grow Your Own Activities for Under 11 10.00-11.30am
17 Holiday Fun for Under 11's 10.00-11.30am Stay, Weigh and Play 1.00-3.00 The Glebe Centre, Crich	18 Freedom Programme 10.00-11.30am Breastfeeding Group 1.30-3.00pm	19 No activities on	20 New Parents Group 10.00-11.30am	21 Grow Your Own Activities for Under 11 10.00-11.30am
24 Holiday Fun for Under 11's 10.00-11.30am	25 Freedom Programme 10.00-11.30am Breastfeeding Group 1.30-3.00pm Holiday Fun for Under 11's 1.30-3.00pm The Glebe Centre, Crich	26 No activities on	27 New Parents Group 10.00-11.30am	28 Grow Your Own Activities for Under 11 10.00-11.30am
BANK HOLIDAY– Centre is closed.	1 Freedom Programme 10.00-11.30am Breastfeeding Group 1.30-3.00pm	2 No activities on	3 New Parents Group 10.00-11.30am	4 Grow Your Own Activities for Under 11 10.00-11.30am



Please also note the sensory room is available Monday-Thursday between 9.00-5.00PM all through the Summer Holiday's- Call 01773 822651 to book.

