

Allerton Children's Centre Newsletter

Autumn 2011

Issue 3



Autumn – Days of mist and mellow fruitfulness

Autumn has finally arrived after poor weather over the summer and a late flourish of sun in September.

Our summer programme of events started in June with a trip to Bingley to celebrate National Bookstart Week. We had an exciting journey by coach and train and had story time at Bingley Library. We also went to Myrtle Park where we

greeted by Lord Hill who is the grandson of the original owner of the park.

Our stage performance was Bugsy Malone and all the children did really well. All activities were low cost which helped to make the day the best ever.



To celebrate National Play Day in August we had lots of play activities at Ladyhill Park. Bradford Play Network helped us to provide inflatables, water play, face painting, donkey rides and even a beach.

Thank you to everyone who supported us.

had a picnic and played games.

This year's theme for Allerton Fun Day was the 1920's. As usual we had a parade that arrived at Ladyhill Park and was



Use it or Lose it!

If you attend sessions and register with the children's centre we are less likely to be affected by the government funding cuts.

If you would like to receive information electronically please send your e-mail address to allan.s@levtop.bradford.sc.uk.

Our Mission Statement

Allerton Children's Centre aims to provide good quality education and lifelong learning that will have a broad and lasting impact on the children, their parents and the wider community.



Together we will provide a brighter future for our children.

FREE Early Education for all 3 & 4 year olds

Is your child missing out?

Do you know?

All 3 & 4 year olds are entitled to free early education 15 hours a week 38 weeks per year.

Why is Early Education good for your child?

- Helps to develop increasing confidence
- Children learn to share and be with other children
- Children take pleasure in learning new skills through play

Contact Bradford Families Information Service on 01274 437503
Urdu/Punjabi Helpline no. 01274 431252

Award for Kelly

Our Cook and Eat facilitator/coordinator, Kelly Murgatroyd has just been awarded a Level 3 in Nutrition Skills. Our Cook and Eat sessions are held from

9.30 to 11.30 on Tuesday mornings. The sessions help parents to understand more about feeding families healthy, low cost and delicious meals and time to practice skills and share tips and ideas. A small group of parents take part by preparing and cooking lunch for the family café. Recent recipes have in-

cluded; mixed bean casserole, vegetable soup, tomato bread, pizza, sweet potato wedges and kebabs.



they also go on food related visits. They recently went to St. James' Fruit and Vegetable Market to

look around and sample some of the produce as well as returning with more to cook.



ICT at ACC

Our new administrator, Allan Smith runs a drop-in ICT session from **9.00 until 11.30am at Allerton Methodist Church**. The session is a basic introduction to ICT and will include learning how to access and browse the internet, send and receive e-mails, attach photographs and documents as well as loads more.

There is a crèche provided.

For further information please contact Allan on **01274 493089**.



Job Centre Plus

Janine, our Job Centre Plus adviser, holds an appointments service at Allerton Methodist Church on **Mondays from 9.30 am until 11.30 am**. Janine can help with any issue regarding work, benefits, preparing for interviews and training.

For further information call into the Centre, the Church or call Janine on **01274 336625**

ESOL

Many of you will already be aware of our very successful ESOL (*English for Speakers of Other Languages*) class.

The aim of the group is to help women develop their Conversational English skills and build confidence whilst in a relaxed and comfortable environment.

Starting on Wednesday 2nd November the class will be run by Shipley College and be based at Café West. 1.00pm until 3.00pm

Play in the Home

Play in the Home is a programme that the Children's Centre offers to parents to help with their child's development.

Parents play a crucial part in their children's development.

The programme involves a Children's Centre worker attending your home once per week.

For more information please speak to the Centre staff or ring 01274 493089



Monday Mums & Dads

The views and opinions of our parents are very important to us. To ensure your views are heard why not come along to our 'Parents Forum'. This is an opportunity for you to make suggestions or comments about how the centre operates and the kind of things you would like to see happening in the centre and the community. The group meet on **Mondays from 9.00am until 11.30am** at Allerton Methodist Church and there is a crèche provided.

The group also provides the opportunity to share our parents' skills and talents. Each week parents provide a variety of workshops. These have included, ways to help your child in school, cake decorating, and mehndi art.

Come along to find out more and learn some new skills!

On Monday 21st November there is a phonics session to help you learn how to teach your child teach the sights and sounds of each letter.

Family Support



Many of you may already know Gail Barraclough our Family Support Worker, and if not you've probably seen her zooming around in her trusty little yellow car! As well as the fun and exciting sessions we offer we understand that there are people who for various reasons need help and support through difficult times and often very sensitive issues in their lives.

Gail has many years experience in working with families who are in need of help. This could be as simple as needing a few parenting tips or problems with relationships. Gail has a network of contacts and resources and is available through the children's centre. You can be assured that you will always be treated with respect and discussions are completely confidential.

PLEASE call Gail on 01274 493089 if you feel you need help or advice on anything!

Parenting Course

Autumn sees the start of a new parenting course. Why don't you come along on **Thursday mornings** to meet other parents and share your experiences as well as learning some good tips about parenting.

There is a crèche available to look after your children whilst you are talking with other parents. **To book a place please call the Centre on 01274 493089.**

Baby Time

Every **Thursday from 1.00pm until 3.00pm** it's all about babies!

This is an informal drop-in session at Allerton Methodist Church for parent and baby. There will be a variety of fun and stimulating activities on offer including rhymes and singing, soft play, baby yoga and our brand new sensory light room.



there will be members of the team on hand to offer support and information on baby related issues such as weaning, sleep patterns, routines etc.

It's never too early to introduce your baby to different sounds, textures, smells as well as other children and adults. It all helps with their development. Give your baby the best start in life!

We look forward to seeing you there.

Keep Fit

Do you find yourself out of breath chasing the kids round the garden or just want to lose a bit of weight in time for Christmas? If the answer is yes, then why not join Gail in our

'60 minute movers'

exercise and health morning

This session runs every **Wednesday 9.00am until 12.00pm** at Allerton Methodist Church. There is an exercise session catering for all abilities and a crèche provided for under 5s, including active physical play.

Introducing Elfie Bear

Children attending the crèche this autumn will be introduced to a new friend. Elfie bear is the symbol for ELFS (Early Learning for Safety) programme



aimed at reducing accidental injury. Children will learn through various play activities about the different ways that accidents can happen including burns, falls and cuts.

Special Events October to December 2011

**HALLOWEEN PARTY AND
SAFETY SESSION
AT
LADYHILL PARK**



Thursday 27th October 2011

1.00pm until 4.00pm

Come and join our team for Halloween play in the park! Activities will include making masks and pumpkin carving.

Friday 28th October 2011

5.00pm until 7.00pm

Can you survive our night walk? Be prepared to see or hear some scary things.

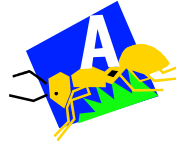


Monday 21st November 2011

9.00am until 11.30am

At

Allerton Methodist Church



Fun with Phonics

Join our Mums and Dads Group to learn how to teach your child the sounds and sights of each letter. Help to give them a good start when they go to nursery school.



Friday 18th November

9.30am - 11.30am

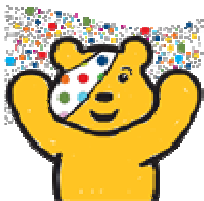
Children in Need Day

Come and make some Dotty Buns and raise money for

Children in Need show your

spots

let's raise lots



REMEMBER!

All activities and events are completely free of charge!

Weekly Events held at
Allerton Methodist Church
(opposite Ladyhill Park)
Bus route 617/618

Monday	Tuesday	Wednesday	Thursday
<p><u>9.00am-11.30am</u> Monday Mums & Dads Come along and join in our parents forum, and exciting and informa- tive one off activities <i>Crèche provided</i></p> <p>Jobcentre Plus Book an appointment Help and advice with jobs, training, benefits etc.</p> <p>Drop-in ICT session for Parents, learn how to access and browse the internet, send and receive e-mails, at- tach photographs and documents and loads more!! <i>Crèche provided</i></p>	<p><u>9.00am-12.00pm</u> Under 5s Jazzy Feet Toddler Dance Session (10.30-11.00) and Stay and Play</p> <p><u>11.30am-1.00pm</u> Cook and Eat and Family Café with Kelly Lunch provided <i>Crèche provided</i></p> <p><u>1.00pm-3.00pm</u> Under 5's Stay & Play</p> <p>ABC Act with Me Drama, Dance and Storytelling</p>	<p><u>9.00am-12.00pm</u> 60 Minute Movers Exercise & Health Morning <i>Crèche provided</i></p> <p>(Provided at Café West from 2nd November) <u>1.00pm-3.00pm</u> ESOL Conversational English class for women <i>Crèche provided</i></p>	<p><u>9.00am-12.00pm</u> Parenting Course <i>Crèche provided</i></p> <p><u>1.00pm-3.00pm</u> Baby Time Especially for Parent and Baby</p> <p>123 Sing with Me Rhymes and Songs</p>

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