

Callington Children's Centre
Saltash Road, Callington. PL17 7EF
Tel: 01579 389647
Email: callingtonchildrenscentre@cornwall.gov.uk

Delaware Children's Centre
Drakewalls, Gunnislake. PL18 9EN

Martin Shepherd, Lone Parent Advisor, Jobcentre Plus
Tel: 01579 335022

Health Visitors, Callington Community Health Clinic
Tel: 01579 384589

Callington Library - Tel: 0300 1234111
Entrance via school gate in Coronation Road

Police – Tel: 0845 277 7444

Family Information Service

The Family Information Service is the only source of all registered childcare in Cornwall as well as holding a wealth of information for parents, carers, children and young people up to the age of 19.

It can provide details on all children's centres, leisure activities, extended services, family support, benefits and debt services, health services and much more.

Call the FIS free on 0800 5878191 or visit
www.cornwallfisdirectory.org.uk

If you would like this information in another format please contact:

Cornwall Council, County Hall, Truro TR1 3AY

Telephone: 0300 1234 100

Email: enquiries@cornwall.gov.uk

www.cornwall.gov.uk

Callington & Delaware Children's Centres



A Sure Start Children's Centre



What's On Guide

December 2011 & January 2012

The Children's Centre will be closed from
26.12.11 - 03.01.12

New Manager
At
Callington &
Delaware Children's
Centre.
Nicola Murphy
starts
Thursday
1st December 2011

New Format of your
What's on Guide

Our What's On Guide
will now cover the
activities/events for
both Callington &
Delaware Integrated
Children's Centres.

Callington based
events printed in
blue.

Delaware based
events printed in
orange.

Events outside of the
centres will be printed in
black.

Monday

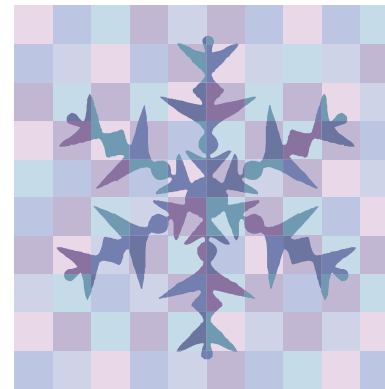
Little Gardeners
Learn to grow your own food or just
have some outdoor fun with your
child. Located at the rear of
Delaware CP School. Please use
the School entrance for access.
9.30am – 11.30am
All year round

Health Clinic
A chance to meet other parents
while waiting to have your
child/children weighed.
2.00pm – 4.00pm
All year round



Saturday

Dads' Group
Saturday morning for
dads/male carers and their
children, providing an
opportunity for a fun and
interactive play session.
10.00am – 12.00noon
All year round (except August)
3rd December
7th January (First Aid
Session)



Vision Statement
"Putting children & families
at the centre of everything
we do by supporting &
responding to the growing
needs of families & striving
to raise aspirations".

Useful Information:



Are you a survivor of domestic
violence/abuse?

The Susie Project offers:
Outreach Support
Local weekly support
groups in Children's
Centres

The Recovery Toolkit
For further information about
us and to find out details of
the Group nearest to you,
please contact the Susie
Project
on 01209 202695

Outlook Southwest

Feeling anxious?
Unable to sleep?
Change in appetite?
Feeling alone?
Outlook Southwest can help.
Visit their website for more
information
www.outlooksw.co.uk

Real Baby Milk



Accessing breastfeeding
advice and support can be the
key to a successful
breastfeeding journey.
Tel: 05601536629
admin@realbabymilk.org
www.realbabymilk.org



Supporting families who experience domestic abuse.
Free independent service.
www.choicescornwall.co.uk
Tel: 01872 226984

Winter Wonderland Party
Friday 2nd December
Callington Town Hall
10am – 12 noon
Musical Farmhouse and Santa Claus are attending. Please come along and join in the fun! Bring a plate of food & also a named present for no more than £5.00.
Please contact the Children's Centre to book your place.

Friday.

Upfront Breastfeeding Group
Drop in support for mums and mums to be, who are breastfeeding and their children.
10.30am – 12.30pm
All year round.

Twins Group 16th December
6th & 20th January
A group for parents of multiple births. Come along and join other parents and share experiences.
10.30am – 12noon
All year round

Bilingual Friendship Group
2nd & 16th December
6th & 20th January
A group for parent/carers with English as a second language.
1.30pm – 3.00pm

Booklets Storytime
Run by & held at Callington Library
Stories, songs and activities for the under 5's.
10.30am – 11am

Oasis 9th Dec & 13th January
Parent/carers of children with additional needs meet monthly to provide each other with support.
1.30pm – 3.00pm
Term-Time only

Small Steps, Big Achievements 27th January
A group for children with additional needs aged 0-3 years and their parents/carers
1.30pm – 3.00pm
Term-Time only (No session Dec)

Tuesday

Antenatal Clinic
Drop In session for pregnant mums with a midwife.
9.00am – 11.00am
All year round

Stay & Play
Play session for those wishing to meet with other parents & children. Please wear old clothes as there may be some messy play!
9.30am – 11.00am.

Health Clinic 13th December
10th & 24th January
Drop in Health Clinic to have your child/children weighed.
10.00am – 11.00am.

Childminders' Group
Provides the opportunity to meet other childminders and the children in their care.
9.00am – 12.00noon
All year round.

Baby Bounce and Rhyme
Run by & held at Callington Library
Songs and rhymes to aid speech development.
10.30am – 11.00am

Great Expectations
6th & 13th December
17th & 24th January
Antenatal classes
1.00pm – 4.00pm

Little Gardeners
Explore the outdoor environment at the centre with your little gardeners
1.30pm – 3.00pm
All year round

Recipe

Carrot Burgers



Ingredients

Serves 6
200g diced carrots
55g crushed corn flakes
2 eggs, beaten
1 stick celery, finely chopped
1 tablespoon minced onion
Vegetable oil
6 baps or hamburger buns

Preparation

Place carrots in saucepan with small amount of water & bring to boil. Reduce heat, cover & cook for 5 mins or until tender. Drain. In a small bowl mix together carrots, cornflakes, celery & onion. Form into 6 patties. Heat oil in frying pan over medium heat; cook patties for 3 mins or until browned. Serve on baps if desired.

Alternatives

1. Use bran flakes & add garlic
2. Add cumin & grate carrot
3. Add fresh coriander & parsley
4. Add salad to bap & some humus

Wednesday

Young Parents' Group
For parents/carers and parents to be - 25 years or under.
Ideas and crafts to take home.
10.00 am – 11.30am
All year round.

Baby Massage
6 week course,
Last session 7th December
10am – 11am
£5 per session

Come and learn the gentle art of baby massage with Lily Russell, Qualified Therapist and Infant Massage Instructor.
Booking required.

PEEP 0 – 4 years
12 weekly sessions giving you an opportunity to play and learn together with your child supporting their development and growth in confidence.
1.30pm – 3.00pm
Term-Time only (Fully Booked)

Once Upon a Rhyme
21st December
1.30pm – 2.30pm
Introducing babies & children from birth to 5 years to songs, rhymes, music & instruments using simple Makaton signs.
Booking required as places limited.

Wednesday

Stonham Housing
Callington Town Hall
10am – 12noon Drop In
Free and confidential housing related support service for vulnerable people over the age of 16.



Thursday

Ladybirds
An independent toddler group.
Small fee charged per child.
To find out more come along to a session.
9.15am- 11.30am
Term-Time only

Once Upon a Rhyme
22nd December
10.00am – 11.00am
Introducing babies & children from birth to 5 years to songs, rhymes, music & instruments using simple Makaton signs.
Booking required as places limited

Musical Farmhouse
Come & enjoy fun music sessions. Booking required & small charge applies. Please contact Linda on 08443183402.
10-10.45am & 11-11.45am
All year round

Makaton Signing for Babies
(Birth to Pre-crawlers)
6 week course
Starting 5th January 2012
1.30 pm – 3 pm
Booking required – limited spaces

Play Together Packs

These packs contain activities & information for parents/carers to play alongside their children at home.
They are based on learning & reinforcement of early skills concepts.
You can borrow these packs free of charge.
Please ask a member of staff for details.

Public Access Computers
Free internet access available at both centres.

Please let us know if you would like to receive information on all our events via email

All our sessions are FREE unless otherwise stated.

Mobile Phones
We request that parents/carers do not use their mobile phones in any sessions. If it is necessary to use your phone, please do so in the reception area.
Thank you