

# Contact Details

## Chesham (Waterside) Children's Centre

470 Waterside, Chesham, HP5 1QF  
01494 792852

[watersidecc@actionforchildren.org.uk](mailto:watersidecc@actionforchildren.org.uk)

## Amersham Children's Centre

Little Chalfont E-Act Academy, Bell Lane, Amersham. HP6 6PF  
01494 764258

[amershamcc@actionforchildren.org.uk](mailto:amershamcc@actionforchildren.org.uk)

## Prestwood & Missenden Children's Centre

134b Wycombe Road, Prestwood. HP16 0HJ.  
01494 866181

[prestwoodcc@actionforchildren.org.uk](mailto:prestwoodcc@actionforchildren.org.uk)

## Hazlemere & Loudwater Children's Centre

43 Highfield Way, Hazlemere, High Wycombe,  
HP15 7UW.  
01494 813762

[hazlemereand.loudwatercc@actionforchildren.org.uk](mailto:hazlemereand.loudwatercc@actionforchildren.org.uk)



[www.bucksfamilyinfo.org.uk](http://www.bucksfamilyinfo.org.uk)



# Chiltern & South Bucks Children's Centres Programme

Chesham (Waterside)  
Amersham  
Prestwood & Missenden  
Hazlemere & Loudwater

January 2017 to April 2017



<p><b>Play And Learn</b></p>	<p>Play, learning and development session for parents/carers and their 0-5's.</p>
<p><b>Mini Mayhem</b> Drop in</p>	<p>A group for parents under 25 years</p>
<p><b>Grandparents Group</b></p>	<p>A play and learn session especially for grandparents to come along and play with their grandchildren</p>
<p><b>Baby Massage</b> <i>Contact the children's centre for more information</i></p>	<p>A 4 week course promoting bonding and relaxation for parent and, baby, help with sleep routines and with health related issues such as reflux and colic</p>
<p><b>Bounce &amp; Rhyme</b> Drop in</p>	<p>Sessions at your local library with nursery rhymes and action songs</p>
<p><b>Little Talkers</b></p>	<p>Spend time investigating the world of communication with fun games and activities designed to develop your child's language skills</p>
<p><b>Hartbeeps &amp; Babybells</b></p>	<p>At Hartbeeps we put your child at the heart of our magical, musical adventures. We offer original and super fun, developmental classes for 0-5 years.</p> <p>£5.50 on the day or £5.00 if booked in advance</p> <p><a href="mailto:caroline@hartbeeps.com">caroline@hartbeeps.com</a></p>
<p><b>Holding Hands</b> <i>Please ring the centre to book a space</i></p>	<p>A 4 week course or Workshop for parents to understand their child's behaviour and find tools to help</p>
<p><b>Short breaks</b> <i>By invitation only</i></p>	<p>Short breaks give disabled children the opportunity to have fun, gain independence, learn and develop, while offering respite to families.</p>
<p><b>Outreach</b></p>	<p>Visiting families and other services such as toddler groups, nurseries and schools</p>

## About the Children's Centres

The Chiltern & South Bucks Centres are run by Action for Children, on behalf of Buckinghamshire County Council. Our core purpose is to support:

- Child development and school readiness
- Parenting aspirations and parenting skill

We do this in a range of ways, including play and development sessions, parenting courses, adult learning, specific groups and drop in services. We work closely with agencies and services within our local community, including.....







## What support we offer

We know that being a parent means you are constantly learning new things and being faced with new challenges. Sometimes you may need help with these; it may be that you are stuck, that you're trying different things and seeing what works or that you need help with ideas and some support and encouragement to keep persevering.

The Children's Centre can offer advice on a range of topics including:

- Activities for you and your child to give you some ideas of how your child learns and develops and how you can support this at home
- Helping you to find and access local health services
- Opportunities for you and your child to widen your social networks
- Activities designed to boost self-esteem and promote emotional well-being
- Parenting courses and workshops
- Accessing specialist services where a family member has a disability, additional need or illness
- Provide support with breastfeeding to weaning and beyond
- Helping you access information about having a healthy balanced diet
- Supporting you to find specialist services that can help if you are a victim of domestic abuse
- Signposting to drugs and alcohol misuse services
- Seeing if you are eligible for 2-year-old funding and working out what type of setting is right for you and your child
- Accessing financial support, debt management or giving advice and tips on how to make your money go further
- Employment and careers advice; such as improving your CV, interview skills and qualifications.

<p><b>PACEY</b> <i>Drop-in – no appointment necessary</i></p>	<p>Session for child minders, nannies and their children with support from PACEY on topics such as policies, Ofsted and learning journeys</p>
<p><b>Getting to Know your Baby</b> <i>Invitation from Health Visiting Team</i></p>	<p>4 weekly sessions covering topics such as sleep, feeding, weaning, minor ailments, safety and development.</p> <p>The group is a great opportunity to share experiences, ask questions and make new friends.</p>
<p><b>Speech and Language</b> <i>Call 01865 901 442 to book a slot</i></p>	<p>Screening clinics with the Speech and Language Therapist</p>
<p><b>Antenatal Group</b> <i>Invitation from Health Visiting Team</i></p>	<p>Pregnancy, preparation for labour and childbirth, how things change once baby arrives, babies development and practical information and advice on sleep and feeding, routines and minor ailments.</p>
<p><b>Breastfeeding Clinic</b></p>	<p>Drop in Clinic provided by health visitors to help support breastfeeding between you and your baby.</p>
<p><b>Child Health Clinic</b> <i>Drop-in – no appointment necessary</i></p>	<p>Have your child weighed and talk to the health visitors about any concerns or questions you may have. Please do not attend the clinic if your baby is unwell.</p>
<p><b>Ages and Stages</b> <i>Invitation from Health Visiting Team</i></p>	<p>Developmental checks carried out by your health team. This will look at your child's development and health and ensure that your child is in good health.</p>
<p><b>CDT Therapy Group</b></p>	<p>Multi therapy group for children known to the child development team, Invitation only</p>

	CHESHAM (WATERSIDE)		AMERSHAM		PRESTWOOD & MISSENDEN		HAZLEMERE & LOUDWATER	
	AM	PM	AM	PM	AM	PM	AM	PM
<b>M O N D A Y</b>			<b>Play and Learn</b> 9:30 - 11:00 All Families Welcome 0 – 5 Years  <b>Midwife Clinic</b> 9.30 – 12.30 Appointments booked with your community Midwife  <b>Getting to Know            your Baby</b> 11.15 – 12.45 Invite from your Health Visitor	<b>Antenatal</b> 2.00 – 4.00 Contact your community midwife to book your place	<b>PACEY</b> 10.00 – 11.30 A session for Child Minders & Nannies  Every 2 weeks	<b>Hartbeeps</b>  12pm- 12.45 Baby Land 1pm -1:45 Happy House (for Walkers) to book please email <a href="mailto:janice@hartbeeps.com">janice@hartbeeps.com</a> Or Call 07970719803 £5.00 if booked in advance £5.50 on the day		
<b>T U E S D A Y</b>	<b>Midwife Clinic</b> 9.30 – 12.30 Appointments booked with your community Midwife  <b>Bounce &amp; Rhyme @            Chesham Library</b> 10.00 – 10.30 (1 <sup>st</sup> Tuesday of month)	<b>Little Talkers</b> 10.00 – 11.00 25 <sup>th</sup> April - 23 <sup>rd</sup> May 2017 Contact Children Centre for more information and bookings	<b>Short Breaks</b> 9.30 – 12.30 By referral only	<b>Hartbeeps</b> 2.00 – 2.45 To Book e-mail <a href="mailto:caroline@hartbeeps.com">caroline@hartbeeps.com</a> £5.00 if booked in advance £5.50 on the day Or Call 07970719803	<b>HUB Children Centre</b>  <b>Chesham (Waterside)            Children's Centre</b> 470 Waterside, Chesham, HP5 1QF 01494 792852  <a href="mailto:watersidecc@actionforchildren.org.uk">watersidecc@actionforchildren.org.uk</a>		<b>Ages &amp; Stages</b> 9.15 – 12.30 Invite from your Health Visitor	<b>Child Health Clinic</b> 2.00 – 3.45 Drop in Clinic
<b>W E D N E S D A Y</b>	<b>Ages &amp; Stages</b> 9.15 – 12.30 Invite from your Health Visitor  <b>CDT Therapy Group</b> 11.00 – 12.00 Invitation Only	<b>Breastfeeding            Support</b> 1.00 – 3.00 No Appointments Needed	<b>Midwife Clinic</b> 9:30 – 12:30 Appointments booked with your community Midwife  <b>PACEY</b> 10.30 – 11.30 3 <sup>rd</sup> Wednesday of month for Child Minders & Nannies	<b>Child Health Clinic</b> 2.00 – 3.00 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of month  <b>Ages and Stages</b> 4 <sup>th</sup> Wednesday of month Invitation of health team	<b>Play &amp; Learn</b> 10.00 – 11.30 All families Welcome  0 – 5 Years		<b>Antenatal Classes</b> 1.00 – 3.00 To book your place contact your community Midwife  <b>Getting to Know your            Baby</b> 2.00 – 3.00 Invite from your Health Visitor	
<b>T H U R S D A Y</b>	<b>Midwife Clinic</b> 9.30 – 12.30 Appointments booked with your community Midwife				<b>Outreach to local Early Years            settings</b>		<b>Grandparents Group</b> 10.00 – 11.30 Please bring fruit for snack time	<b>Short Breaks</b> 1.00 - 4.00 By Referral only
<b>F R I D A Y</b>	<b>Play &amp; Learn</b> 10.00 – 11.30 All families Welcome  0 – 5 Years	<b>Antenatal</b> 2.00 – 4.00 Contact your community midwife to book your place	<b>Mini Mayhem</b> 10.30 – 12.00 For parents under 25 years  <b>Midwife Clinic</b> 9:30 – 12:30 Appointments booked with your community Midwife	  To book an appointment please call 07983215634	For more information on Children Centre's and other activities please visit <a href="https://www.bucksfamilyinfo.org">https://www.bucksfamilyinfo.org</a> or Call Bucks Family Information Service on:  0845 688 4944	<b>Ages &amp; Stages</b> 9.15 – 12.30 Invite from your Health Visitor	  National carers Service  Please call 03330 062 966 for more information	

