

# Contact Details

## Chesham (Waterside) Children's Centre

470 Waterside, Chesham, HP5 1QF  
01494 792852

[waterside.cc@actionforchildren.org.uk](mailto:waterside.cc@actionforchildren.org.uk)

## Amersham Children's Centre

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

[amersham.cc@actionforchildren.org.uk](mailto:amersham.cc@actionforchildren.org.uk)

## Prestwood & Missenden Children's Centre

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

[prestwood.missendenc@actionforchildren.org.uk](mailto:prestwood.missendenc@actionforchildren.org.uk)

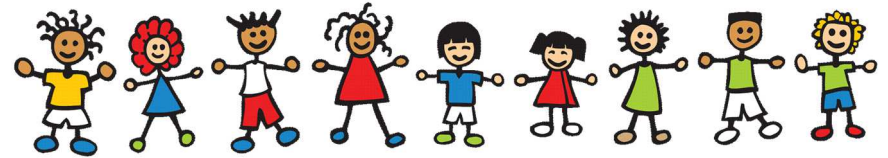
## Hazlemere & Loudwater Children's Centre

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 7<sup>th</sup> to April 30<sup>th</sup>, 2019



[services.actionforchildren.org.uk/bucks-childrens-centres/](http://services.actionforchildren.org.uk/bucks-childrens-centres/)

<b>Play and Learn</b>	Play, learning and development session for parents/carers and their 0-5's.
<b>Grandparents Group</b>	A play and learn session especially for grandparents to come along and play with their grandchildren
<b>Little Talkers</b>	Spend time investigating the world of communication with fun games and activities designed to develop your child's language skills
<b>Baby Beeps &amp; Babybells</b>	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.  £5.50 on the day or £5.00 if booked in advance <a href="mailto:janice@hartbeeps.com">janice@hartbeeps.com</a>
<b>Short breaks</b> <i>By invitation only</i>	Short breaks give disabled children the opportunity to have fun, gain independence, learn and develop, while offering respite to families.
<b>STEPPING STONES TRIPLE P- POSITIVE PARENTING PROGRAMME</b>	The course is designed to be relaxed and informal. You will gain a range of skills and strategies which will support you in your parenting. To gain the most from this course it is important that you can commit to attending all the sessions.  This course is most beneficial to parents of children with disabilities aged between 2 & 16 years of age

## 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.

## 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, specific groups and drop in services.

We work closely with agencies and services within our local community, including....



<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>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 Drop In</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>
<p><b>Freedom Programme 11 Week Course Free Crèche</b></p>	<p>Do you know what it's like to have a partner who?</p> <ul style="list-style-type: none"> <li>• <b>Scares you</b></li> <li>• <b>Controls you</b></li> <li>• <b>Insults you</b></li> </ul> <p>This programme can help you make sense of your experience. For more information call 01494 792852</p>
<p><b>HENRY</b></p>	<p>A charity run 8-week course to help promote healthy eating, help and advice on Fussy Eaters and meal times. Free crèche provided.</p>

**January 7<sup>th</sup> to 30<sup>th</sup> April 2019**

M O N D A Y	<p align="center"><b>Play and Learn</b> <a href="#">Amersham Children's Centre</a> 9:30 – 10:45 All families welcome</p>	<p align="center"><b>Little Talkers</b> <a href="#">Waterside Children's Centre</a> Invite only 10.00 – 11.00 From 21<sup>st</sup> January</p>	<p align="center"><b>HENRY</b> 8-week course to help promote healthy eating help and advice on Fussy Eaters Free crèche provided <a href="#">Hazlemere Children's Centre</a> 15<sup>th</sup> Jan - 19<sup>th</sup> March 10:00 – 12:00 Please call 01494 792852 for more information and bookings</p>	<p align="center"><b>Getting to Know your Baby</b> <a href="#">Amersham Children's Centre</a> 11.15 – 12.45 Invite from your Health Visitor <b>Antenatal</b> <a href="#">Amersham Children's Centre</a> 13:00- 15:00 Contact your community midwife to book your place</p>	<p align="center"><b>Hartbeeps</b> <a href="#">Hazlemere Children's Centre</a> 12 PM- 12.45 PM Baby Beeps 13:00 PM -13:45 PM Baby Bells 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</p>		
T U E S D A Y	<p align="center"><b>Getting to Know your Baby</b> <a href="#">Waterside Children's Centre</a> 10.00- 11.30 Invite from your Health Visitor</p>		<p align="center"><b>Short Breaks</b> <a href="#">Amersham Children's Centre</a> 9.30 – 12.30 By referral only</p>	<p align="center"><b>HUB Children Centre</b> <a href="#">Chesham (Waterside) Children's Centre</a> 470 Waterside, Chesham, HP5 1QF 01494 792852  <a href="mailto:waterside.cc@actionforchildren.org.uk">waterside.cc@actionforchildren.org.uk</a>  <b>Children's Centre website</b> <a href="https://services.actionforchildren.org.uk/bucks-childrens-centres/">https://services.actionforchildren.org.uk/bucks-childrens-centres/</a></p>	<p align="center"><b>Child Health Drop In</b>  <u>Previously known as Child Health Clinic</u>  <a href="#">Hazlemere Children's Centre</a> 14:00 – 15:45 Drop in Clinic</p>		
W E D N E S D A Y	<p align="center"><b>Ages &amp; Stages</b> <a href="#">Waterside Children's Centre</a> 9.15 – 12.30 Invite from your Health Visitor only</p>	<p align="center"><b>CDT Therapy Group</b> <a href="#">Waterside Children's Centre</a> 11.00 – 12.00 Invitation Only</p>	<p align="center"><b>Child Minders Group</b> <a href="#">Amersham Children's Centre</a> 10.00 – 11.30 Child Minders &amp; Nannies 16<sup>th</sup> January 20<sup>th</sup> March</p>	<p align="center"><b>Play &amp; Learn</b> <a href="#">Hazlemere Children's Centre</a> 10:00 – 11:15  All families welcome,</p>	<p align="center"><b>Breastfeeding Support</b> <a href="#">Waterside Children's Centre</a> 1:00 – 3:00 No Appointments Needed</p>	<p align="center"><b>Child Health Drop In</b> <u>Previously known as Child Health Clinic</u>  <a href="#">Amersham Children's Centre</a> 14.00 – 15:30 1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesday of month</p>	<p align="center"><b>Getting to Know your Baby</b> <a href="#">Hazlemere Children's Centre</a> 14.00 – 15.00 Invite from your Health Visitor</p>
T H U R S D A Y	<p align="center"><b>Grandparents Group</b> <a href="#">Hazlemere Children's Centre</a> 10.00 – 11.30 Please bring fruit/snacks for snack time</p>	<p align="center"><b>STEPPING STONES TRIPLE P- POSITIVE PARENTING PROGRAMME at</b> <a href="#">Amersham Children's Centre</a> From 7<sup>th</sup> February to 9<sup>th</sup> April 12.30 to 3.00pm To book your place or if you have any questions please contact – <a href="mailto:parentinggroups@buckscc.gov.uk">parentinggroups@buckscc.gov.uk</a> Telephone – 01296 382412</p>			<p align="center">For more information on Children's Centres and other activities please visit <a href="https://www.bucksfamilyinfo.org">https://www.bucksfamilyinfo.org</a> or Call Bucks Family Information Service on: 01296 383 065 0845 688 4944</p>		
F R I D A Y	<p align="center"><b>Play &amp; Learn</b> <a href="#">Waterside Children's Centre</a> 10.00 – 11.15 All families welcome</p>	<p align="center"><b>Ages &amp; Stages</b> <a href="#">Hazlemere Children's Centre</a> 9.15 – 12.30 Invite from your Health Visitor only</p>		<p align="center"><b>Friday Weaning Talks</b> 2:00 – 3:30 <a href="#">Hazlemere Children's Centre</a> Jan 25<sup>th</sup> Feb 22<sup>nd</sup> March 22<sup>nd</sup> April 19<sup>th</sup> May 31<sup>st</sup> June 28<sup>th</sup></p>			