

Contact Details

Chesham (Waterside) Children's Centre

470 Waterside, Chesham, HP5 1QF
01494 792852

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

Prestwood & Missenden Children's Centre

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

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



www.bucksfamilyinfo.org.uk



Chiltern & South Bucks Children's Centres Programme

**Chesham (Waterside)
Amersham
Prestwood & Missenden
Hazlemere & Loudwater**

8th January 2018 – 29th March 2018



services.actionforchildren.org.uk/bucks-childrens-centres/

Play And Learn	Play, learning and development session for parents/carers and their 0-5's.
Grandparents Group	A play and learn session especially for grandparents to come along and play with their grandchildren
Bounce & Rhyme Drop in	Sessions at your local library with nursery rhymes and action songs
Little Talkers	Spend time investigating the world of communication with fun games and activities designed to develop your child's language skills
Hartbeeps & Babybells	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 janice@hartbeeps.com
Holding Hands <i>Please ring the centre to book a space</i>	A 4 week course or Workshop for parents to understand their child's behaviour and find tools to help
Short breaks <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.
Outreach	Visiting families and other services such as toddler groups, nurseries and schools

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.

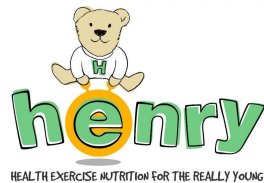
About the Children's Centres

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, adult learning, specific groups and drop in services.

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



<p>Getting to Know your Baby <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>Antenatal Group <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>Breastfeeding Clinic</p>	<p>Drop in Clinic provided by health visitors to help support breastfeeding between you and your baby.</p>
<p>Child Health Clinic <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>Ages and Stages <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>CDT Therapy Group</p>	<p>Multi therapy group for children known to the child development team, Invitation only</p>
<p>Future Steps</p>	<p>A 9 week programme for Lone Parents over 25. Looking at returning to work or training</p>
<p>Henry</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>

	CHESHAM (WATERSIDE)		AMERSHAM		PRESTWOOD & MISSENDEN		HAZLEMERE & LOUDWATER	
	AM	PM	AM	PM	AM	PM	AM	PM
M O N D A Y	<p>Henry 9:30 – 11:30</p> <p>15th Jan - 5th March</p> <p>Please call 01494 792852 for more information and bookings</p>		<p>Play and Learn 9:30 – 10:45 All Families Welcome</p> <p>Midwife Clinic 9.30 – 12.30 Appointments booked with your community Midwife</p> <p>Getting to Know your Baby 11.15 – 12.45 Invite from your Health Visitor</p>	<p>Antenatal 14.00 – 16.00 Contact your community midwife to book your place</p>			<p>Hartbeeps</p> <p>12pm- 12.45 Baby Land 1pm -1:45 Happy House (for Walkers) to book please email janice@hartbeeps.com Or Call 07970719803 £5.00 if booked in advance £5.50 on the day</p>	
T U E S D A Y	<p>Midwife Clinic 9.30 – 12.30 Appointments booked with your community Midwife</p>	<p>Getting to Know your Baby 10.00- 11.30 Invite from your Health Visitor</p>	<p>Short Breaks 9.30 – 12.30 By referral only</p>	<p>National Carers Service</p>  <p>Please call 03330 062 966 for more information</p>	<p>HUB Children Centre</p> <p>Chesham (Waterside) Children's Centre 470 Waterside, Chesham, HP5 1QF 01494 792852</p> <p>waterside.cc@actionforchildren.org.uk</p> <p>New Children's Centre website</p> <p>services.actionforchildren.org.uk/bucks-childrens-centres/</p>	<p>Outreach</p>	<p>Child Health Clinic 2.00 – 3.45 Drop In Clinic</p>	
W E D N E S D A Y	<p>Ages & Stages 9.15 – 12.30 Invite from your Health Visitor</p> <p>CDT Therapy Group 11.00 – 12.00 Invitation Only</p>	<p>Breastfeeding Support 1:00 – 3:00 No Appointments Needed</p>	<p>Midwife Clinic 9:30 – 12:30 Appointments booked with your community Midwife</p> <p>Child Minders Group 10.00 – 11.30 3rd Wednesday of month for Child Minders & Nannies</p>	<p>Child Health Clinic 14.00 – 15:30 1st & 3rd Wednesday of month</p> <p>Ages and Stages 4th Wednesday of month Invitation of health team</p>	<p>Play & Learn 10.00 – 11.15 All families Welcome</p>	<p>Antenatal Classes 13.00 – 16.00 To book your place contact your community Midwife</p> <p>Getting to Know your Baby 14.00 – 15.00 Invite from your Health Visitor</p>		
T H U R S D A Y	<p>Midwife Clinic 9.30 – 12.30 Appointments booked with your community Midwife</p>		<p>Little Talkers Invite only</p> <p>10.00 – 11.00 Thursday 18th January</p> <p>Please call 01494 792852 for more information and bookings</p>	 <p>To book an appointment please call 07983215634</p>	<p>Outreach</p>	<p>Grandparents Group 10.00 – 11.30 Please bring fruit/snacks for snack time</p>	<p>Outreach</p>	
F R I D A Y	<p>Play & Learn 10.00 – 11.15 All families Welcome</p>	<p>Antenatal 2.00 – 4.00 Contact your community midwife to book your place</p>	<p>Midwife Clinic 9:30 – 12:30 Appointments booked with your community Midwife</p>	<p>Outreach</p>	<p>For more information on Children Centre's and other activities please visit https://www.bucksfamilyinfo.org or Call Bucks Family Information Service on: 0845 688 4944</p>	<p>Ages & Stages 9.15 – 12.30 Invite from your Health Visitor</p>	<p>Weaning talks</p> <p>Ran by the Health Visiting team Dates 19th January 2pm 23rd March 2pm</p>	