

Contact Details

Chesham (Waterside) Children's Centre

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Amersham Children's Centre

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Prestwood & Missenden Children's Centre

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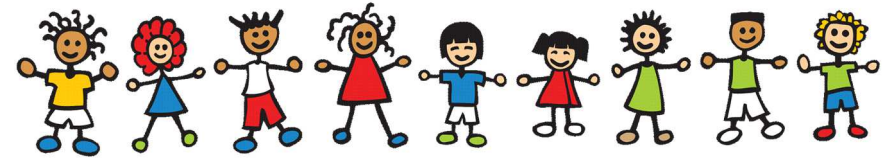
Hazlemere & Loudwater Children's Centre

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www.bucksfamilyinfo.org.uk



Chiltern & South Bucks Children's Centres Programme

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

4th September – 22nd December 2017



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.....



Getting to Know your Baby <i>Invitation from Health Visiting Team</i>	<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>
Antenatal Group <i>Invitation from Health Visiting Team</i>	<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>
Breastfeeding Clinic	<p>Drop in Clinic provided by health visitors to help support breastfeeding between you and your baby.</p>
Child Health Clinic <i>Drop-in – no appointment necessary</i>	<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>
Ages and Stages <i>Invitation from Health Visiting Team</i>	<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>
CDT Therapy Group	<p>Multi therapy group for children known to the child development team, Invitation only</p>
Future Steps	<p>A 9 week programme for Lone Parents over 25. Looking at returning to work or training</p>

