

Wednesday		
Time	Course	Venue
9-11am	Drop-in – Info and Toy Library	The Hive, Tangmere
9am-2pm	Oral Health 9th Nov	Chichester
9.30-11am	Little PACSO Starts 14th Sept	Chichester
9.30-11.30am	Health Visitor Drop-in Clinic	Chichester
9.30-11am	*Multicultural Let's Chat Starts 14th Sept	Chichester
9.30-11.30am	Speech and Language Drop-in 17th Aug; 21st Sept, 19th Oct, 16th Nov, 14th Dec	Chichester
9.30-11am	Let's Play and Childminders Starts 14th Sept	North Mundham VH
10-11.30am	Milk! All year round	Chichester
10am-12pm	Health & Wellbeing MOT's 14th Sept; 9th Nov Please book at Reception	Chichester
12.45-4.45pm	Midwives – by appointment only	Chichester
1-2.30pm	Smoking Solutions clinic	Chichester
1-3pm	*Understanding Your Child's Behaviour (for parents with one child under 5) 14th Sept	Chichester
1-3pm	Friends and Family Support Group 7th Sept; 5th Oct; 2nd Nov; 7th Dec	Chichester
1.15-2.45pm	CAP Money (3 weeks) 5th, 12th & 19th Oct	Chichester
1.30-2.30pm	Sensory PEEP Starts 14th Sept	Chichester

Thursday		
Time	Course	Venue
9-11am	Drop-in – Info and Toy Library	The Hive, Tangmere
9.30-10am/ 10.30-11am	*Singing with Signs Starts 15th Sept	Chichester
9.30-10.30am	ASD Support Group 15th Sept; 6th Oct; 3rd Nov & 1st Dec	Chichester
9.30-11.30am	*Sit, Knit & Crochet Starts 15th Sept	Chichester
9.30-12pm	Baby Matters 8th Sept; 13th Oct; 10th Nov & 8th Dec	Chichester
12-3pm	Sleep Support All year round	Chichester
1-2.30pm	Health Visitor Drop-In Clinic	Tangmere Med Centre
1-3pm	Family First Aid (4 weeks) 3rd, 10th, 17th & 24th Nov	Chichester
1.30-3pm	Sensory Room Call Reception to book	Chichester
3.15-8.15pm	PACSO After School Club By invitation only	Chichester

Friday		
Time	Course	Venue
9.30-11.30am	Health Visitor Drop-In Clinic	Chichester
9.30-11am	*Glitter and Glue Starts 16th Sept	Chichester
9.30-11am	Messy Play 7th Oct; 4th Nov & 2nd Dec	Westbourne Soc. Club
10-12pm	*Postnatal Support Starts 16th Sept	Chichester
12-2pm	Young Parent Bumps & New Babies Starts 16th Sept	Chichester
1-2.30pm	Babble and Chat Starts 16th Sept	Chichester
1.30-3pm	Sensory Room Open Call Reception to book	Chichester
3-8.15pm	PACSO After School Club By invitation only	Chichester

Saturday		
Time	Course	Venue
10-11.30am	Klub Polski/Polish Club 24th Sept; 29th Oct; 26th Nov & 17th Dec	Chichester
11-12pm	Minigrants 24th Sept; 29th Oct & 26th Nov	Chichester

Sunday		
Time	Course	Venue
10-12pm	Dads Aloud 18th Sept	Chichester
10-12pm	Mums Aloud 6th Nov	Chichester
10-12pm	Families Aloud Christmas Party 11th Dec	Chichester
10-12pm	Playability 9th Oct	Chichester

Date for your Diary

Families Aloud Christmas Party 11th Dec

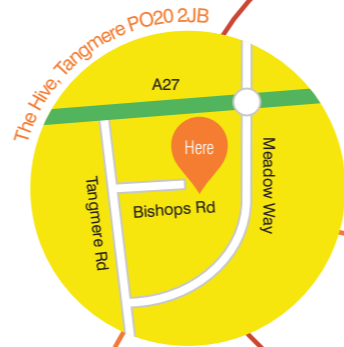
There's More!

Nursery Shop Open Friday 9am - 12pm. Orders can be taken from catalogue and collected from Reception at all other times.
Toy Library Open weekdays 9 - 5pm.

Also available:
Sleep Support
 Call Vicki Barry for advice on (01243) 642950
Housing, Benefits & Employment
 Call Nicki Graham for advice on (01243) 642950

Chichester & Tangmere Sites

Parking at Chichester Disabled parking is available. However, other parking is limited and we recommend you park nearby on St. James' Road or St. James' Square.



Open Weekdays 9 - 2pm School Holidays 10 - 2pm

Community Café

at Chichester Children's Centre



Chichester Nursery School, Children and Family Centre

St James' Road, Chichester, West Sussex PO19 7AB
 Tel: (01243) 642950 Email: office@chichesternursery.org
 www.chichester-nur.w-sussex.sch.uk



WHAT'S ON AUTUMN 2016

WELCOME



Welcome to the Autumn 2016 Issue of *What's On*. We hope you find everything you need to know about all the groups we offer but do get in touch if you have any further questions. We look forward to seeing you soon.

Don't forget

Crèche/extra nursery session only £1 per child per hour while you are attending our groups and courses. All groups except drop-ins need to be booked in advance. Health visitors and midwives have a permanent base at Chichester Children's Centre now, so do ask about all the services on offer.

Weekly Autumn 2016

Venues: ● Chichester ● Tangmere ● Other

For more details of where your course/group is being held, contact a member of staff.

*Courses marked with an asterisk are term time only.

Monday		
Time	Course	Venue
9-11am	*GCSE English Starts 12th Sept	Chichester
9.30-11am	*Let's Cook Together Starts 31st Oct	Chichester
9.30-11am	Grandparent & Toddler Group Starts 12th Sept	Chichester
9.30-11.30am	Health Visitor Drop-In Clinic	Chi Baptist Church, Sherborne Rd
11.30-12.30pm	Baby Massage (4 weeks) Starts 26th Sept; Starts 31st Sept	The Hive, Tangmere
12-1pm	*Weaning Support Group Starts 12th Sept	Chichester
12.15-4pm	Midwives By appointment only	Chichester
1-2.45pm	*Get Crafty Starts 12th Sept £1.50 weekly charge	Chichester
1.30-2.30pm	Baby Massage (4 weeks) Starts 26th Sept; Starts 31st Sept	Chichester
1.30-2.45pm	Let's Play Starts 12th Sept	Chichester

Tuesday		
Time	Course	Venue
9-12pm	Theraplay By Invitation only	Child Development Centre, Chichester
9.30-11.30am	Speech and Language Drop-in 2nd Aug; 6th Aug; 4th Oct; 1 Nov & 6th Dec	Chichester
9.30-11am	Let's Play Starts 13th Sept	Tangmere VC
10-10.30am	*Musicability – Physical session Starts 13th Sept	Chichester
10.45-11.15am	*Musicability – Sensory session Starts 13th Sept	Chichester
12.30-3pm	Sleep Support	Chichester
1-2pm	Buggy Walks Weekly 13th Sept	Chichester
1-3pm	Child Accident Prevention Starts 31st Oct	Chichester
1.30-3pm	Sensory Room Call Reception to book	Chichester
3-8.15pm	PACSO after school club By invitation only	Chichester
4-5.15pm	*Let's Get Physical Starts 13th Sept	Chichester

The place for families with children under five. Make it yours.



Courses & Group Information

Here we hope you'll find all you need to know about the various courses and groups we're running this term. But, if you have any further questions, please do get in touch. Remember! ALL courses/groups need to be booked in advance (unless a 'Drop-in') and many are very popular, so book early to avoid disappointment!

Key to Courses & Groups

- Drop-in group. Just turn up!
- A fee applies unless you receive benefits. Payments can normally be spread over the period of the course. Do get in touch if payment is an issue.
- Course/group runs through the holidays!
- Phone to book or to confirm that course is running.

ASD Family Support Group

Support for families with children on the autistic spectrum. **Led by Michelle**

Babble and Chat

Being a parent isn't always easy and doesn't come with a handbook. Come along and talk about those early ages and stages as well as those that come later. All welcome. Hot cup of tea will be waiting for you!
Led by Tracy and Tina

Baby Massage

A 4 week baby massage course is a relaxing way for baby and parent/carer to enjoy some one-to-one time together through positive touch (suitable for 6 weeks to 9 months). Places will need booking in advance. Cost of £10.
Led by Alyson

Baby Matters

Find out all about breastfeeding and the early days before your baby is born so that you feel confident to give them the best start in life. **Led by Sarah**

New! Buggy Walk

Walk with your little one in the buggy or in a sling, as Keeley shows you how to make the most of getting in shape, whilst enjoying the fresh air and the beautiful local surroundings. No need to book. Meet in the Foyer.
Led by Keeley

CAP Money Management

Budgeting and saving money is never easy! This friendly, 3-week course can give you some ideas and strategies to help and provide you with ongoing advice and support. **Led by CAP team**

New! Child Accident Prevention

One of the scariest statistics from our local hospital is how many children under 5 visit A&E each year. Keeley's free common sense 4 week course gives us all a reminder of the things that can cause harm or pose a threat in the home. Grandparents and other family members welcome. Please book your place at Reception. **Led by Keeley**

Children's Contenance Team

For advice and support with your child's toileting skills or continence please contact **01273 242145**

Dads and Mums Aloud

Join us for some Sunday morning fun and share a delicious brunch. Siblings welcome. **Led by the Nursery and Children's Centre Team**

Disability Living Advice

Support and advice for families with children with additional needs. **Call 07850240874. Led by Rob**

Drug & Alcohol Team: Friends & Family Support Group

Supporting anyone who has family members affected by drugs or alcohol. **For more details, call 03000288888. Led by Kelly Stevens**

ESOL – English for Speakers of Other Languages

Classes may be free or discounted if you are on benefits – Find out about learning English. Meet friendly teachers and make new friends. **For more details, call 03456010161. Led by Aspire**

Family First Aid

A 4 week course in basic family first aid. The course covers choking, basic CPR and much, much more. All those who participate must be able to attend all 4 sessions. Cost £10 for the whole course. **Led by Sue**

Functional Skills: Maths/English

English made easy, all abilities welcome to learn English at your own pace and at the level that is right for you. **For more details call 0345 601 0161. Led by Aspire**

GCSE English

FREE English lessons leading onto a GCSE qualification. **Please call Aspire for more information. Led by Aspire**

Get Crafty

Need some time for you, come along and get crafty. From sewing to jewellery making come and explore your creative side. Weekly charge of £1.50 for materials. **Led by Kathryn**

Glitter and Glue

Arts and crafts activities for you and your children to share. Don't wear your best clothes- it could get messy! **Led by Natasha and Donna**

Grandparent & Toddler Group

Bring your grandchildren to a friendly, fun-filled session, meet other grandparents and share a healthy snack. **Led by Tina**

Health Visitor Drop-in

Come and get your baby weighed and chat to our health visitor about any concerns or worries you may have.

Informal Family Care

Support group for extended family members who have primary care or special guardianship responsibilities. **Led by Pam**

Klub Polski

polskie gry i zabawy dla całej rodziny. **Led by Kate and Vicki**

New! Let's Cook Together

Join Natasha and Donna as they cook and bake your favourite recipes (on a budget), alongside you and your child. Come with your little ones to this free group, as they give you lots of ideas of things to produce with your toddler right there, by your side. Book a place at Reception. **Led by Donna and Natasha.**

Let's Get Physical

Keeping fit has never been so much fun! Enjoy fitness activities with your children. Try out circuits, tag-rugby, gymnastics and much, much more. Share a healthy tea before going home. **Led by the Children's Centre Team**

Let's Play

The best way for children to learn is by playing. Come and play with your children at these relaxed, friendly groups and find out about activities and games to play at home. **Led by Kate and Tina**

Little PACSO

Parent and toddler group for children with additional needs. **Led by the PACSO Team**

New! Messy Play at Westbourne

Come to our new group – first Friday of every month – lots of fun activities that involve getting messy – don't wear your best clothes!
Led by Kate and Tina

MILK!

A relaxed, friendly group for all breastfeeding mums and mums to be. Breastfeeding advice given. **Led by MILK team and peer supporters**



MiniGIANTS Football Club

Our very own football group for under 5's. Come and warm up playing games and playing football on the big field. **Led by Ben**

Multicultural Let's Chat

Our very own chat group for parents and carers with English as a second language and for anyone interested in learning more about the different cultures in our community. **Led by Emma and Belen**

Musicability

Musicability has now split into two sessions, one for those of you who would like a more gentle sensory musical experience (more appropriate for smaller children) and a physical session with more lively songs, with lots of moving and shaking. Instruments will be used in both sessions. For more information please contact reception. **Led by Keeley**

Numeracy – Functional skills

A chance to improve your maths skills in a fun and friendly group. Leads to Level 1 and 2 qualifications (pre GCSE). **Led by Aspire**

PACSO

Groups and activities for children with a disability or additional need. **Please contact Emma at PACSO for more information 01243 533353**

Playability

For all children with a disability or an additional need and their families – Join us for some Sunday morning fun and share a delicious brunch. Siblings welcome. **Led by the Nursery and Children's Centre Team**

Postnatal Support

Drop in for help and support for anyone who is experiencing low moods, feelings of isolation and the pressure of coping with the anxieties of being a new parent. **Led by Tracy**

Sensory PEEP

Sensory PEEP is all about early learning for babies (6 weeks to one year old), each week we create a different activity for babies to explore and enjoy. Each group runs for 10 weeks. Join in with the peep magic, we look forward to meeting you! **Led by Kate & Tina**

Singing with Signs

A fun and lively way to learn Makaton signs and lots of new songs. You and your children will love it. **Led by Keeley**

Sit, Knit and Crochet

A relaxed, friendly group for beginners or experts! Come and be inspired while you sit and knit in our café. **Led by Kim**

Sensory Garden

Available to book.
Please call reception
A lovely place for you and
your children to play

Sleep Support

One-to-one 30 minute session offering support and advice to help your child sleep better. Call and speak to Vicki to book an appointment.
Led by Vicki

Smoking Solutions Drop-in Clinic and Stop Smoking Support

You can do it. We can help! Drop-in or book an appointment with Reception. **For more details, call 03001001823. Led by Damian**

Speech and Language Drop-in

A chance for you to discuss any concerns you have about your child's speech and language development. **Led by members of the Speech and Language Therapy team**

Theraplay

Please contact Reception for more details.

Understanding your Child's Behaviour

10-week course. This helpful, friendly group offers ideas to help you gain confidence as a parent by helping you understand how your child is feeling and what they are trying to tell you. **Led by the Children's Centre Team**

Weaning Support Drop-in

Join this relaxed, friendly group offering support and ideas for weaning your baby. **Led by Steph and Nicki**

Young Parent Bumps and New Babies

A 12-week programme for young parents and parents-to-be offering support with housing, benefits, grants, going back to education, childcare and anything else that comes with being a parent! **Led by Nicki and Steph**

