

Half term

28th October to 1st November

The centre will run a reduced timetable during the holidays

**Tuesday 29th October**

**Nature walk**

1pm - 2.30pm

Join us on a local, buggy friendly walk starting at the children's centre  
We will be looking at the changing autumn scenery and see what we can spot along the way.

**Wednesday 30th October**

**12 - 2pm**

**Child Health Clinic**

Come along to have baby weighed and talk to a health visitor or just stay and play.

**Thursday 31st October**

**Family craft session**

10am - 12pm

Arts and crafts for all ages be prepared for spiders and pumpkins to make an appearance.

Christmas

The family Christmas party will take place on

**Tuesday 17th December**

**11am - 1pm**

Don't forget to book your places so that 'You know who' has time to put the elves to work.  
The booking list will be available after October half term.

Dymchurch Children's Centre will close on

**Friday 20th December** and re-open on **Thursday 2nd January 2014.**

**Child Health Clinic** will start from **Wednesday 8th January**

**Parent drop in groups** will resume on **Monday 13th January**

Our Volunteers

**Thank you**

As always a big thank you to all our volunteers who share their valuable spare time to help us at the centre. We really do appreciate your input.

We are a small team so our volunteers are a vital part of the team, from supporting groups to making amazing artwork or laminating pictures, every job no matter how big or small is a great help to us.

If you feel you could spare some time and would like to become a volunteer please talk to Amanda at the centre.

The next volunteers meeting to be advised.

Please see our current timetable enclosed.

Shaping the future of Children's Centres in Kent - LATEST UPDATE

Kent County Council is committed to providing high quality, integrated services to our children and families. Public funding for Children's Centres is reducing and KCC need to make sure that the available money can be focused more on actual services for children and their families and less on running buildings and other overhead costs.

Leaflets at the Children's Centre provide basic information about those proposals.

Alternatively...

Full details are available at:

[www.kent.gov.uk/childrenscentres](http://www.kent.gov.uk/childrenscentres)



Parent Voice

Parent Voice will now be called "Parent Action Group".

This move was a decision resulting from parents' discussion at parent sub group of DAB and the aim is to standardise across the district. All centres will run this group, with parents and children in the room supported by an early years practitioner. It will be informal and relaxed, based on a parent & toddler group with a focussed theme. All parents and carers are encouraged to attend.

Free childcare for your 2 year old

Funded nursery places are available for 2 ½ year olds.

You may be entitled to 15 hours of nursery education.

There is an eligibility criteria.

You must be in receipt of the following:  
Income support, Income Based Jobseekers Allowance or Employment Support Allowance (income related)

**Families cannot be in receipt of Working Tax Credit**

Please ask centre staff for details.

Post natal group

The local **health visiting team** and children's centre team are hosting regular post natal programmes.

These 6 week programmes are aimed at families with babies **age 0 - 4 months** and will cover the topics of feeding, sleeping, crying, play, development, maternal health, minor ailments and safety.

Each session lasts around an hour and a half and will give you the chance to understand more about your baby and meet other families with similar age children.

**The programmes run throughout the year please call the centre for the next set of dates.**

CHILD HEALTH CLINIC

The child health clinic, delivered by our local health visitors is now held **EVERY WEEK on Wednesdays from 1pm - 3pm.**

Contact Us

Dymchurch Children's Centre, Country's Field, Dymchurch, Romney Marsh  
TN29 0NQ Tel: 01303 873837 [www.dymchurchchildrencentre.co.uk](http://www.dymchurchchildrencentre.co.uk)

## CENTRE NEWS & COMING SOON....

### Baby Massage

For babies who are not yet mobile. A lovely relaxing session for parent and baby. Enjoy bonding with your baby while you learn to massage. Massage will soothe and calm and may help with colic and teething pain.

**Wednesdays from 1.30 - 2.30pm**

**15th / 22nd / 29th January  
+ 5th & 12th February '14  
Please book in advance**



### FREE FUN AND INFORMAL COURSES

#### CHATTER MATTERS

Do you want to:

Help your young child learn to talk; Understand how children learn to talk, read and write; Get new ideas for play, story, song and reading ideas; Build your confidence and make new friends?

Then this course is for you.

**Dates: Thursdays 16/ 23/30 January + 6/13 February 2014**

**Times: 9:30 am to 12:00**

#### MONEY MATTERS

Would you like to:

Manage your money better, avoid debt and save more; Talk about pocket money and fun ways to help your children learn about money; Share money saving ideas; Build your confidence and make new friends? This course is for you.

Massage and signing courses run all year round,  
please call the centre for the next set of dates

#### Breast feeding support

Dymchurch Children's Centre currently has a peer supporter who can offer support during those early stages of breastfeeding.

We offer regular training sessions for any mums who would like to become peer supporters, please speak to a member of staff for details.

For access to the peer supporters please drop into the centre or contact Amanda on:

**01303 873837 or  
07827870527  
amanda.head@kent.gov.uk**

#### Support to Quit

Dymchurch Children's Centre has 2 members of staff trained to help you stop smoking. Research shows that you are up to 4 times more likely to successfully stop smoking with the right support and encouragement. The smoking cessation programme lasts for 7 weeks and involves a short 1:1 session each week.

Enrolment to the programme gives you access to up to 12 weeks free nicotine replacement therapy such as patches, gum or sprays.

For more information contact Amanda :  
**01303 873837 or  
07827870527  
amanda.head@kent.gov.uk**

### Timetable for January to March 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Time to Play</b> 10 -11.30am</p> <p>A weekly drop-in group for families with children under 5, with play and craft opportunities</p>	<p><b>Parent Training</b></p> <p>Various parent courses available please contact the centre for more details</p>	<p><b>Messy Messy</b> 10 -11.30am</p> <p>A weekly drop in group for all ages. Come and enjoy craft and those messy activities that you dare not have at home!</p> <p><b>Bumps and Babies</b> 1 - 3pm</p> <p>Weekly drop in group for families who are pregnant or have a child of up to 18 months</p> <p><b>Child Health clinic</b> 1 - 3pm</p> <p>Weekly drop in session where you can have baby weighed and/or talk to a member of the health visiting team</p> <p><b>Baby Massage</b> 1.30 - 2.30pm Please book</p> <p><b>Midwife</b> 9.00am - 12.30 pm By appointment only</p>	<p><b>Parent Training</b></p> <p><b>Chatter Matters</b> 9.30am to 12 pm</p> <p><b>Dates: 16/23/30 January + 6/13 February</b></p> <p><b>Money Matters</b> 9.30am - 12 pm</p> <p><b>Dates: 27 February + 6/13/20/27 March + 3 April</b></p> <p><b>Food is Fun</b> 11.30-12.30</p> <p>Weaning and feeding related group led by Community Nurse Helen 1st Thursday of the month all year around</p>	<p><b>Wriggle and Giggle</b> 10 - 11am</p> <p>A fun music and movement session for children under 5</p>