

Holiday Activities

February Half Term Holidays for Culm Valley Children's Centre (CVCC) & Uffculme United Reformed Church (URC)
Monday 12th February - Friday 16th February

Monday 12 th CVCC	Tuesday 13 th	Wednesday 14 th CVCC & URC	Thursday 15 th CVCC	Friday 16 th CVCC
<p><u>10.00am - 11.30am</u> Hatchlings New born up to walking</p> <p><u>1.30pm - 2.30pm</u> Drop in Play</p>	<p><u>10.00am - 12.00pm</u> Strollers meet at Station Road Car Park EX15 1AG</p> <p><u>CVCC 1.30pm - 3.00pm</u> Multi Bump & Baby Group</p> <p><u>1.30pm - 2.30pm</u> Story Play Time - Hayridge Centre Cullompton Library EX15 1DJ</p>	<p><u>URC 9.30am - 11.00am</u> Sing and Play</p> <p><u>CVCC 1.30pm - 3.00pm</u> Drop in Play</p>	<p><u>10.00am - 11.30am</u> Drop in Play</p> <p><u>1.30pm - 3.00pm</u> Pop up Play at The Healthy Living Centre Riverside Hemyock EX15 3SH</p>	<p><u>10.00am - 11.30am</u> Drop in Play</p> <p><u>2.00pm - 3.00pm</u> Sensory Play</p>

Volunteer at your local Children's Centre

We have a range of volunteering opportunities here at Culm Valley Children's Centre.

Play and Crèche Assistants, Administration, Family Support, Parent Helper and Family Partner.

Full training, support and supervision will be given.

Come and meet new people, gain confidence and learn new skills and support others.

For more information about any of the above please contact Anna Adcock
Volunteer Co-ordinator on

01884 35473 or email anna.adcock@actionforchildren.org.uk

Contact us...

Culm Valley Children's Centre,
The John Tallack Building
Meadow Lane Cullompton,
Devon, EX15 1LL

Tel: 01884 35473

Centre Mobile Pool Telephone
Number
07876 034 895

Contact us...

Culm Valley Outreach Centre,
Uffculme United Reformed
Church,
Commercial Road,
Uffculme, EX15 3EB
Centre Mobile Pool Telephone
Number

07876 034 895

Car parking is available in
Highland Terrace.

Contact your Health Team...

Culm Valley Integrated Centre
for Health, Willand Road
EX15 1FE

Midwifery 01884 836005
Health Visitors 01884 836004
Community Health Workers
01884 836004

School Nurses 01884 836001
Speech and Language
Therapists 01884 836010

Website: <http://www.middevonchildrenscentres.org.uk/>

Email: culm.valley@actionforchildren.org.uk

Facebook: Mid Devon Children's Centre

All the courses below are bookable only by contacting the Children's Centre on 01884 35473. Spaces are limited.

Antenatal Classes

@ Culm Valley Children's Centre
The John Tallack Building

This course, for all expectant parents, aims to promote early attunement between parent and infant by sharing information on the needs of the new born infant.

The labour session will take place at Tiverton Hospital. For more information and cost please contact the Centre.

Baby Massage

Delivered by Certified Infant Massage
Instructors

@ Culm Valley Children's Centre
The John Tallack Building

5-week course, massage oil provided
Babies to be a minimum of 6 weeks old.
£10 to be paid at first session.

Here's looking at you Little One!

@ Culm Valley Children's
Centre The John Tallack
Building.

For children aged 1 to 3
years.

This 6-week course helps you to understand, through play, your child's behaviour emotional and physical development.

£10 to be paid at first session.

Parenting Support

The Incredible Years

This programme is a 14-week course which will explore the rewards and challenges of being a parent or carer, with children aged between 3 and 8 years. £1 per week. Free crèche available.

The course will cover topics such as;

- Play
- Praise and rewards
- Setting effective limits
- Ways to manage behaviour

Understanding your child's behaviour – The Solihull Approach

This 10-week group for parents/carers considers children of all ages from their communication to developmental needs, parenting styles, sleep and having fun together.

It's a chance to stop and think what this all means to both child and parent. £1 per week.

Please contact the Centre for the next available date and venue.

Weaning Workshops

@ Culm Valley
Children's Centre.
The John Tallack
Building

Please contact the
Children's Centre for
more information and
to book your space.
£1 per workshop.

Here's looking at you Baby!

@ Culm Valley Children's
Centre The John Tallack
Building.

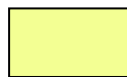

For babies up to the age of 6
months.

This 9-week course looks at babies' interactions and how they communicate with you through their smiles, wriggles and sounds.

£10 to be paid at first session.

Culm Valley Children's Centre Weekly Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Hayridge Centre Cullompton Library EX15 1DJ 01392 388400
<p><u>9.15am - 10.30am</u> or <u>11.00am - 12.15pm</u> St Andrews Toddler Group Cullompton Community Centre Pye Corner EX15 1JX</p>	<p><u>9.30am - 2.30pm</u> Play @ The Family Centre Community House 57 Fore Street Cullompton EX15 1JT</p>	<p><u>9.30am - 11.00am</u> Sing and Play Uffculme United Reformed Church Uffculme EX15 3EB A range of play opportunities for 0-5 year olds Baby Weigh Scales available for self-weigh</p>	<p><u>9.30am - 11.00am</u> Sing and Play Culm Valley Children's Centre EX15 1LL A range of play opportunities for 0-5 year olds</p>	<p><u>9.30am - 11.30am</u> Bradninch Baby & Toddler Group Bradninch Guildhall EX15 4NN</p>	<p><u>10.00am - 12.00pm</u> Lego Club every Saturday Hayridge Centre Cullompton Library EX15 1DJ</p>	
<p><u>10.00am - 11.30am</u> Hatchlings New born up to walking A drop-in session for all parents includes rhythm gym, songs, sensory play and more. Culm Valley Children's Centre EX15 1LL</p>	<p><u>10.00am - 12.00pm</u> Strollers walking group meet at Station Road Car Park EX15 1AG £2 cost</p>	<p><u>10.00am - 12.00pm</u> Here's Looking at You Little One Culm Valley Children's Centre EX15 1LL 6-week programme for parents with children aged 1 to 3 years. (Booking Only)</p>	<p><u>9.30am - 11.00am</u> Little Lambs Toddler Group Hebron Hall Cullompton EX15 1DG</p>	<p><u>10.00am - 12.00pm</u> Here's Looking at You Baby Culm Valley Children's Centre EX15 1LL 9-week programme for parents with babies up to 6 months. (Booking Only)</p>	<p><u>10.30am - 11.00am</u> Bounce & Rhyme every Saturday Hayridge Centre Cullompton Library EX15 1DJ</p>	<p>Alternate Mondays 9.00am - 12.00pm Mid Devon Drop in Surgery</p>
<p><u>2.00pm - 3.00pm</u> Baby Massage Culm Valley Children's Centre EX15 1LL (Booking Only)</p>	<p><u>1.30pm - 2.30pm</u> Story Play time - Join the Children's Centre staff for stories & sensory play Hayridge Centre Cullompton Library EX15 1DJ</p>	<p><u>2.30pm - 3.00pm</u> Bounce & Rhyme Hayridge Centre Cullompton Library EX15 1DJ</p>	<p><u>9.30am - 2.30pm</u> Play @ The Family Centre Community House 57 Fore Street Cullompton EX15 1JT</p>	<p><u>2.00pm - 3.00pm</u> Sensory Play Culm Valley Children's Centre EX15 1LL A range of sensory play opportunities for 0-5 year olds</p>		<p>Tuesday weekly 11.30am - 1.30pm Work Club CV writing, interview techniques and more</p>
	<p><u>1.30pm - 3.00pm</u> Multi Bump & Baby Group Drop in play session for expectant mums or carers of multiple births for 0-5 year olds Culm Valley Children's Centre EX15 1LL</p>					<p>Thursday alternate weeks 1.00pm - 3.30pm Citizens Advice Bureau 03444 111 444 for advice or to book an appointment call 01884 234927</p>

 Sessions delivered by the Children's Centre
 Other groups and activities in Cullompton

All families and friends are welcome to play.
Sessions are £1 contribution per family.
The Baby Self-Weigh facility at the Centre is also available Monday to Friday for your use.



Culm Valley A Sure Start Children's Centre

HOW
ACTION FOR
CHILDREN
WORKS

Newsletter

Winter
Jan/March 2018

Working with you and your children under 5, providing support and information to give your child the very best start in life!

Winter Timetable

The new programme commences on Monday 8th January 2018. All sessions will resume from this date.



Good News!

The Culm Valley Children's Centre has been chosen for the next round of the Co-op Local Community Fund. The funding round will run for 11 months until the 27 October 2018. Every time members shop at the Co-op, 1% of what they spend on selected own-brand products and services goes to the Co-op Local Community Fund. Please support us by becoming a member of the Co-op for just £1. Monies raised will help us fund additional play resources for our activities.

We are extremely grateful for the support from Tesco Cullompton who have provided dried goods for our messy and sensory play sessions.

Thank you for your continued support by giving £1 donation in each of our play sessions. With less Local Authority funding, for buildings, your donation supports us to have a

Breast Feeding Support

If you require support for Breast Feeding or have a question, please feel free to call into the Centre, or telephone 01884 35473.

We have trained members of staff who will be happy to help!

facebook

'Mid Devon Children's Centre'

Like our Mid Devon cluster of Children's Centres Facebook page to receive:

Up to date information about the Children's Centres

Details about new events

Notifications of last minute group cancellations if necessary

The John Tallack Youth and Community Trust

"Please support our young people of Cullompton".

The trust is looking for new people to join the Committee. If you are interested, or would like more information, please contact Richard at the Children's Centre on 01884 35473.

The Committee meets in the evening 3 – 4 times per year.