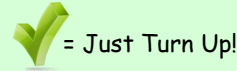


Plan your weekly activities with Spring Rise Children's Centre

Please call Spring Rise on 01249 464008 or e-mail mandyw@therisetrust.org for more details



= Just Turn Up! = Booking Required

Where to find us:


Spring Rise
Children's Centre



Frogwell,
Chippenham,
SN14 0DH

Access to Spring Rise Children's Centre is at the rear of Frogwell Primary School. If driving, please park considerately on the road outside of Frogwell Primary School.

Faresaver Bus X31 goes from the Town Bridge to Hungerdown Lane before going to Bath and picks up in Hungerdown Lane on the return journey to the Town Bridge. (Monday to Saturday service).

Please ask us about :
CAB appointments
Training/Back to Work
Debt advice
& NCT Antenatal Courses

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
<p>Kids Café 8.45-9.30am </p> <p>An excellent way to start the day! Tea, toast, breakfast goodies and chat straight after school drop off. All welcome.</p> <p>Creative Kids 9.30-11.00am </p> <p>Where your little ones can enjoy some messy play without having to worry about tidying up at home!</p> <p>Mum & Baby Gym 11.00am-12.00pm </p> <p>New group focusing on exercising and bonding with your baby. Come along, meet new friends and get fit too! Why not bring along a packed lunch and eat together afterwards.</p> 	<p>Family Literacy 9.30-10.30am  (followed by refreshments)</p> <p>Are you a Westlea resident? Would you like join us with your child(ren) to learn more about family literacy in a fun interactive group? Then this new course is for you! Running 27th Sept - 8th Nov (no session in half term)</p> <p>Stay & Play 10.00-11.30am  in Ladyfield Evangelical Church</p> <p>A chance to meet new friends and have a coffee while your little ones explore the safe and stimulating environment.</p> <p>Midwife Clinic </p> <p>Please contact your midwife if you would like to book an appointment to see her in the Children's Centre.</p> <p>4U </p> <p>Coffee morning for Young Parents running alongside the Midwife Clinics. Please call 01249 464008 for more details.</p> <p>Childminder Group 9.30-11.30am </p> <p>A fortnightly drop-in group for childminders. Running on the first and third Tuesday of each month. Come and meet other childminders, use our facilities and play areas and access advice and support from our Advisory Teacher.</p>	<p>Kids Café 8.45-9.30am </p> <p>An excellent way to start the day! Tea, toast, breakfast goodies and chat straight after school drop off. All welcome.</p> <p>Fun with Food 9.30-11.30am </p> <p>A new Family Learning course focusing on healthy eating and encouraging children to enjoy food. Booking essential - please call 01249 464008.</p> <p>Music Tots 10.00-11.00am </p> <p>A fun interactive music group for anyone with a child aged between 18 months and 5 years of age. Includes refreshments.</p> <p>Music Dots 11.00am-12.00pm </p> <p>A fun interactive music group for anyone with a child aged under 18 months. Includes refreshments.</p> <p>Buttercup Babies 10.00-11.30am in Station Hill Baptist Church (rear door) </p> <p>Weekly group for breastfeeding Mums. Come along and meet other Mums, share ideas, advice and make new friends. This group is supported regularly by our local Health Visiting Team.</p>	<p>Dots & Tots 9.30-11.00am </p> <p>An opportunity for parents and carers of under 18 month olds to come and chat, have a cup of tea, snack and enjoy song time, story time and fun activities in a safe and stimulating environment.</p>  <p>Health Visitor Drop-in Clinic 11.00am-12.30pm </p> <p>Would you like to have your baby weighed in the Children's Centre? Drop-in and see the Health Visitor - no appointment necessary.</p> <p>Talk, Listen & Learn 9.30-11.30am </p> <p>A course for parents of pre-school children about how your child learns. Please call 01249 464008 for more details.</p>	<p>Sensory Tots 9.15-10.15am </p> <p>Come along and enjoy some sensory play for your babies aged 12-36 months.</p> <p>Sensory Dots 10.45-11.45am </p> <p>Come along and enjoy some sensory play for your babies aged 0-12 months.</p> <p>Incredible Years Parenting Class 9.30-11.30am </p> <p>Would you like some advice about Positive Parenting to help make parenting more fun? Call us on 01249 464008 for details of our parenting classes.</p> 
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
<p>Sing & Sign Beginners (Ideal for babies) 1.15-1.45pm  followed by refreshments</p> <p>Come along and learn some basic signing to music and then try them at home!</p> <p>Sing & Sign Follow On (Ideal for toddlers +) 1.45-2.45pm </p> <p>Come along and learn some more detailed signing to music after attending the beginners group. Includes refreshments.</p>	<p>Make & Taste 1.30-2.45pm </p> <p>Fed up with the same menu choices? Come along to our free session where we make and taste new healthy recipes each week.</p> <p>Stitch & Chat 1.00pm-2.30pm in Ladyfield Evangelical Church </p> <p>Fun new creative knitting/crochet group open to all parents and carers - come along and learn a new skill!</p> 	<p>Cook4Life 12.30-2.00pm </p> <p>A new adult cooking course for those who would like new ideas about cooking healthy meals from fresh. Spaces are limited so please call 01249 464008 to find out more.</p> <p>Tea Break 3.00-4.30pm </p> <p>Join us after school for a fun, friendly teatime session. Meet new friends, make your own healthy tea and share teatime with each other. Lots of fun activities too!</p>	<p>Stay and Play 1.00-2.30pm </p> <p>A chance to meet new friends and have a coffee while your little ones explore the safe and stimulating environment.</p> <p>Chat & Play 1.00-2.30pm </p> <p>Our new lone parent group welcomes lone Dads, Mums and Carers. A relaxed, welcoming session for you to meet new friends while your little ones play together.</p>	<p>Fit Kids 1.30-2.30pm </p> <p>Each child needs 30 minutes of activity a day, come and help your child get their 30 minutes in this fun, friendly and safe environment.</p> 
Saturday am 				
<p>Saturday Pitstop 9.45-11.15am in the Neeld Hall Our fun-filled Saturday Pitstop will be held in the Neeld Hall in the town centre on the following Saturdays, 9.45-11.15am: 10th Sept (in the Town Hall as the Neeld Hall is unavailable due to maintenance), 15th Oct, 12th Nov & 17th Dec</p>				

CALLING ALL NEW PARENTS

FREE Post Natal Groups

The RISE Children's Centres will be running FREE post natal groups all year round starting from September. Please call Mandy on 01249 445288 or e-mail mandyw@therisetrust.org to find out about dates, locations and topics covered and to book your place.



FREE NCT Ante-Natal Classes

The RISE Children's Centres run FREE NCT Ante-Natal Classes all year round - if you are pregnant and would like to attend please call Mandy on 01249 445288, e-mail mandyw@therisetrust.org or speak to your Midwife to book your place.

Would you like to volunteer to help at the Children's Centre?

We are looking for new volunteers to join our happy team. Volunteers support us in many different ways.

Please call Mandy on 01249 445288 or e-mail mandyw@therisetrust.org for more details

Would you like to have a say in how we run the Children's Centre?

We are looking for parents and carers to join our Advisory Board and Parent's Forum. Could you spare a couple of hours per month to attend to help shape the future of the services we offer to families? We need your ideas and feedback to ensure our services meet the needs of local families like you. If you would like to know more please call Mandy on 01249 445288 or e-mail mandyw@therisetrust.org

If you would like to receive your 'what's on' leaflet by e-mail in future please e-mail mandyw@therisetrust.org and join our e-mail list

Outreach Support

We all know that being a parent or carer is the hardest job in the world and sometimes we could all benefit from support from others. The RISE Children's Centres have trained Outreach Workers and Family Visiting Service Volunteers available to offer additional support, both in the centre and in your home. If you would like to know more about this service please chat to a member of staff.

The Rise Children's Centres

We have trained staff and qualified skilled advisors in all of our Children's Centres who can offer support and advice on a range of topics including financial and debt advice, back to work and training support, health and well-being, childcare, housing, parenting, adult education and many more. Please ask for more information.



Spring Rise Children's Centre

What's On Programme

5th September-16th December 2011

Welcome to Spring Children's Centre's new 'What's On' Programme. Inside you will find full details of all of the sessions and courses available at Spring Rise Children's Centre. Come and visit us in Frogwell, Chippenham, SN14 0DH.

We welcome Dads, Mums, Grandparents - any carer of a child under 5. All of our sessions and courses are FREE! If childcare is required for any of our courses we supply registered childminders free of charge.

Why not come along and see what we can offer you. Please also see our separate flyers for details of what's on in the RISE and King's Rise Children's Centres. We hope to see you soon!

For more information please call 01249 464008 or e-mail mandyw@therisetrust.org

Come along and join the fun!

Sure Start
Children's Centres
Chippenham

Working in partnership with

Wiltshire Council
Where everybody matters