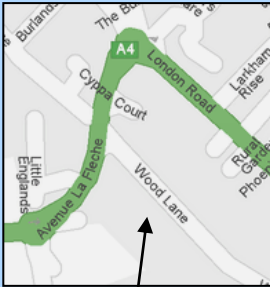




# Plan your weekly activities with King's Rise Children's Centre @ Charter School












**Where to find us:**  
**King's Rise Children's Centre @ Charter School, Wood Lane, Chippenham, SN15 3EA**

Please call King's Rise 01249 445288 or e-mail [helenm@therisetrust.org](mailto:helenm@therisetrust.org) for more details

 = Just Turn Up!

 = Booking Required

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
<p><b>Kids Café</b>   <b>9.00-10.00am</b></p> <p>An excellent way to start the day. Tea, toast, breakfast goodies and chat straight after school drop off. All welcome.</p> <p><b>Jac-a-Story</b>   <b>10.00-11.30am</b></p> <p>A fun interactive story themed session open to all ages. Come along and explore your favourite story books and learn some new activities to make them even more enjoyable.</p>	<p><b>Crafty Tuesday</b>   <b>10.30-11.30am in the Neeld Hall</b></p> <p>Come along and let your little ones join in our craft and play activities. All the fun but no mess at home. Includes Health Visitor Drop-in.</p> <p><b>Gardening Time</b>   <b>10.00-11.00am</b></p> <p>New group with a fun gardening theme. Come along and learn about growing your own vegetables and plants and meet new friends at the same time.</p> 	<p><b>Buttercup Babies</b>   <b>10.00-11.30am in Station Hill Baptist Church (rear door)</b></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><b>Creative Kids</b>   <b>9.30-10.30 and 10.30-11.30am</b></p> <p>Fun session where your little ones can enjoy some messy play without having to worry about tidying up at home! Due to the popularity of this group we run two sessions back to back.</p> 	<p><b>Rhyme Time</b>   <b>9.30-11.00am</b></p> <p>New group with a fun rhyme time theme - lots of singing, rhymes and stories to enjoy with your under fives.</p> 
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
<p><b>Muddy Kids</b>   <b>1.30-2.45pm</b></p> <p>Join us for our exciting new session 'Muddy Kids' and have fun exploring the outdoor space and resources. Don't forget your wellies!</p> 	<p><b>Post-Natal Groups</b>                       Post-natal groups run in Station Hill Baptist Church each Tuesday afternoon. Please call 01249 464008 for more details and to book your place.</p> <p><b>Incredible Years Parenting Class 12.30-2.30pm</b> </p> <p>Would you like some advice about Positive Parenting to help make parenting easier? Call us on 01249 445288 for details of our parenting classes.</p> <p><b>Time to Play</b>   <b>1.00-2.30pm</b></p> <p>Drop-in group with lots of toys and activities suitable for all under fives in a safe stimulating environment.</p>	<p><b>Include</b>   <b>1.30-2.30pm</b></p> <p>A session for parents, carers and children who originate from outside of the UK. Come and meet new friends and share your culture and heritage with others.</p> 	<p><b>Cook4Life</b>   <b>1.30-2.45pm</b></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 445288 to find out more. Free ingredients provided.</p> 	<p><b>Picnic &amp; Play</b>   <b>12-1.30pm</b></p> <p>Lots of ideas for safe, healthy lifestyles. Join us for a picnic (free lunch supplied) and join in with the fun activities to keep the under fives fit and happy. Come along and enjoy meeting other parents.</p> 
<p><b>Saturday am</b>  <b>Saturday Pitstop</b> Runs monthly in a town centre location. Please call 01249 445288 for dates and times.</p>				

Access to King's Rise Children's Centre @ Charter School is through the School main entrance off of Wood Lane. Our base is behind the red picket fence on the left hand side. If driving, please park considerably on the road outside of Charter Primary School.

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

**Please look out for our main Children's Centre flyer for more sessions to enjoy!**

## CALLING ALL NEW PARENTS

### FREE Post Natal Groups

The RISE Children's Centres run FREE post natal groups all year round for every new parent in Chippenham. Groups runs on Tuesday afternoons in Station Hill Baptist Church. Please call Emma on 01249 464008 or e-mail [emmah@therisetrust.org](mailto:emmah@therisetrust.org) to find out about dates, 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 Debbie on 01249 445288, e-mail [debbies@therisetrust.org](mailto:debbies@therisetrust.org) or speak to your Midwife to book your place.



# King's Rise Children's Centre @ Charter

## What's On Programme

3rd January - 30th March 2012

Welcome to King's Rise Children's Centre @ Charter's new 'What's On' Programme. Inside you will find full details of all of the sessions and courses available at King's Rise Children's Centre @ Charter School.

Come and visit us in Wood Lane, Chippenham, SN15 3EA.

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 Spring Rise Children's Centres. We hope to see you soon!

For more information please call King's Rise on 01249 445288 or e-mail [helenm@therisetrust.org](mailto:helenm@therisetrust.org)

# Come along and join the fun!

**Sure Start**  
**Children's Centres**  
Chippenham

Working in partnership with

**Wiltshire Council**  
Where everybody matters

### 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 Gill on 01249 445288 or e-mail [gillb@therisetrust.org](mailto:gillb@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 Helen on 01249 445288 or e-mail [helenm@therisetrust.org](mailto:helenm@therisetrust.org)

If you would like to receive your 'what's on' leaflet by e-mail in future please e-mail [helenm@therisetrust.org](mailto:helenm@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.