


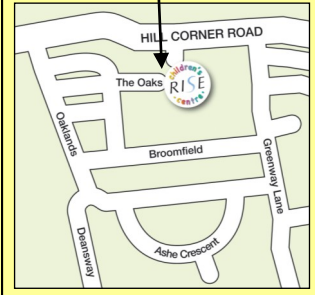
Plan your weekly activities with the RISE Children's Centre

Please call RISE 01249 463040 or e-mail debbiel@therisetrust.org for more details  = Just Turn Up!  = Booking Required

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
<p>Family Breakfast 8.45-9.30am </p> <p>An excellent way to start the day. Bacon rolls and chat. All welcome.</p> <p>Dads Group 10.00-11.30am </p> <p>Group for all male parents and carers. Meet other Dads in a relaxed environment while your children make friends too.</p> <p>Gardening Time 9.30-11.00am </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>Needle Hall Crafty Tuesday 10.30-11.30am </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></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>Work Skills Course 9.30-11.30am </p> <p>A new Family Learning Course where you can learn skills to help you return to work. Please call to book your place. After half term this group will become a social enterprise club.</p>	<p>Toddler Tweenies 10.00-11.30am </p> <p>A play session with a theme of healthy, active lifestyles open to all ages. Lots of fun toys and creative activities for your little ones and you!</p> <p>Sensory Dots 10.00-11.00am </p> <p>Come along and enjoy some sensory play for your babies aged 0-12 months.</p> <p>Sensory Tots 11.00am-12.00pm </p> <p>Come along and enjoy some sensory play for your babies aged 12-36 months.</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>Family Breakfast 8.45-9.30am </p> <p>An excellent way to start the day. Tea, toast, breakfast goodies and chat. All welcome.</p> <p>Healthy Body, Happy Me 9.30-11.00am </p> <p>Loads of ideas for healthy food and activities to keep the under fives fit and happy. Come along and enjoy meeting other parents.</p> <p></p>	<p>Health Visitor Drop-in Clinic 9.00-10.15am </p> <p>Would you like to have your baby weighed in the Children's Centre? Is there anything you'd like to chat to the Health Visitor about? Drop-in and see the Health Visitor in the Centre - no appointment necessary.</p> <p>Lone Parents 9.15-10.15am </p> <p>Our new lone parent group welcomes lone Dads, Mums and Carers.</p> <p></p> <p>A relaxed, welcoming session for you to meet new friends while your little ones play together.</p>
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
<p></p> <p>Creative Kids 1.30-2.45pm </p> <p>Where your little ones can enjoy some messy play without having to worry about tidying up at home.</p> <p></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>Drop-in and Chat 12.30-2.30pm </p> <p>Adult only group where you can relax, make new friends and chat over coffee and cake.</p> <p>Post-Natal Groups </p> <p>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>Incredible Years Parenting Class 12.30-2.30pm </p> <p>Would you like some advice about Positive Parenting to help make parenting easier? Call us on 01249 463040 for details of our parenting classes.</p>	<p>Stay and Play 1.30-2.45pm </p> <p>A chance to meet new friends and have a coffee while your little ones explore the safe and stimulating environment.</p> <p></p> <p>Bumps and Babies 1.30-2.45pm </p> <p>A new group for pregnant Mums and Dads to be and new parents. Come along and meet new friends, chat over coffee and cake. Share tips and advice with others.</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 free healthy tea and share teatime with each other. Lots of fun activities too!</p>	<p>Music Tots 1.00-1.40pm </p> <p>A fun interactive music group for anyone with a child aged between 18 months and 5 years of age.</p> <p>Music Dots 1.50-2.30pm </p> <p>A fun interactive music group for anyone with a child aged under 18 months.</p> <p>Refreshments will be available in the family room at the end of Music Tots and before Music Dots so please come for coffee and cake.</p> <p></p>	<p>Time to Play 1.30-2.45pm </p> <p>A fun play session with lots of ideas to keep your little ones busy. Lots of fun toys and creative activities for your little ones and you.</p> <p>CHILL 1.30-2.45pm </p> <p>CHILL is a new group specifically for parents who are dealing with additional pressures in their life. Come and relax, chat and share experiences. Please call Debbie to discuss the group and to book your place.</p> <p>Sunrise Family Time 1-2.30pm </p> <p>A new group for Sunrise Pre-School families. Chat with your child's keyworker, meet new friends and learn new ways to interact and play with your child.</p>

Saturday am  **Muddy Kids 9.45-11.15am** Join us for our exciting Saturday session 'Muddy Kids' and have fun exploring the outdoor space and resources. Sessions are open to anyone with a child under 5 (siblings aged under 8 also welcome) and will be held on: 14th January, 25th February, 24th March

Where to find us:



**The Oaks,
Chippenham,
SN15 1DU**

Access to The RISE Children's Centre is next to the main entrance to St Paul's Primary School. If driving, please park considerably on the road outside of St Paul's Primary School

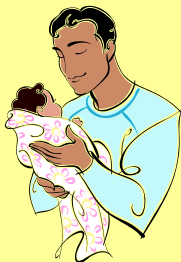
Faresaver Bus 44 goes from Town Bridge, Bath Road to Barrow Green and then to Oaklands, returning back to Town Bridge. (Monday to Saturday)

A Baby Massage course will be running in January/February and a Talk, Listen and Learn course for Pre-School Parents will be running in February/March. Please call 01249 463040 for more information.

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 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 or speak to your Midwife to book your place.



The RISE Children's Centre

What's On Programme

3rd January - 30th March 2012

Welcome to the RISE Children's Centre's new 'What's On' Programme.

Inside you will find full details of all of the sessions and courses available at The RISE Children's Centre. Come and visit us in The Oaks, Chippenham, SN15 1DU.

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 King's Rise and Spring Rise.

We hope to see you soon!

For more information please call RISE on 01249 463040 or e-mail debbiel@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 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 Debbie on 01249 463040 or e-mail debbiel@therisetrust.org

If you would like to receive your 'what's on' leaflet by e-mail in future please e-mail debbiel@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.