

Bright Start South Newsletter

Summer 2018

Welcome

Working in partnership

Over the past few months Bright Start have been working with a range of partners to deliver services to the local community. One of these partners is St Luke's Community Centre who offer services and activities for people of all ages in their local area. Their main aim is to enable residents to work, play and learn together for mutual benefit and well-being.

Spring in Your Step

On Thursday 26th April we hosted a joint health and well-being event with St Luke's, welcoming over 50 families and toddlers to a morning of fun filled activities, information and advice provided by a whole range of services. Children were given opportunities to try a range of healthy snacks while parents were given information on how to promote healthy eating. Children and their parents met the St Luke's Growing Connections team and planted seeds to take away in decorated pots and herbs and salads in window boxes.

The event finished with a high energy Zumba taster dancing session. We received positive feedback from families, including: "Such an incredible event! Every facilitator has gone above and beyond to encourage awareness about healthy living," and: "Had a wonderful time, should do things like this more often, thanks very much".

The event was so successful that we are planning to hold a similar event next year!

Update from health visting:

In 2017 we conducted a study on the use of Child Health Clinics which told us that while there is good attendance at Islington's children's centres and health centres, the numbers attending clinics held at GP practices are significantly smaller. So as of June 4th 2018 we will discontinue clinics presently held at GP practices, and instead offer more clinics at alternative venues, ensuring all of you have easy access to a universal drop in child health clinic held at a Bright Start Children's Centre or Health Centre. See below for details:

Local child health clinics (from 4 th June 2018)	Day	Time
New River Green Children's Centre	Tues	1-4pm
Moreland Children's Centre	Thurs	9-11am
Bingfield Health Centre	Mon	2-4pm
Bingfield Health Centre	Wed	9-11
Paradise Park Children's Centre	Fri	9.30-11.30am

Please follow the link to child health clinics for other clinics operating across the borough at:

<https://www.islington.gov.uk/children-and-families/childrens-centres-and-under-5s>

Parenting with Support.

Being a parent can be challenging at times. Bright Start can support in many ways and will be running the following Incredible Years group in the autumn term.

Incredible Years (3-6 yrs) Early Childhood.

A 14 week programme designed to support parents develop their skills to use play and praise to bring out the best in their child. Plus gain confidence to deal with difficult behaviour without losing their cool!

Speak to a member of the Bright Start team for more details.



First Aid

Learn how to deal with common accidents and emergencies.

The following sessions are open to parents and carers across the Borough.

New River Green children's centre (N1 2SX)

- Wednesday 23 May
- 9am -12noon or 12.30-3.30pm
- To book ring 020 7527 4813

Bemerton children's centre

- Saturday 23 June
- 9am-12noon and
- 12.30-3.30pm (fathers only)
- To book ring 020 7527 4806

Healthy Start Vitamins

Help your family grow big and strong.

Healthy start vitamins are available FREE for all children under the age of four, breastfeeding mums and mums to be.

Collect yours at your local Childrens Centre.

Baby Massage

A 4 week course for parents with a baby aged 6 weeks to 6 months. Learn how to use simple strokes to calm and relax your baby.

- Packington Children's Centre at Herongate House.
- Mondays 10am -11.30am



To enquire about booking a space T: 020 7527 5688

Wednesday workshop.

Every month we will be hosting a Wednesday workshop on popular topics.

Topic: **Healthy Eating and Healthy Lifestyle**

Date : **23rd May 2018**

Time : **1.30 -2.30pm**

Venue : **Moreland Children's Centre**

Future dates : 20th June and 18th July. Keep a look out for information on future themes.



Song and Movement Stay and Play

Come and join in with singing and dancing every week. We have two drop in sessions every Thursday morning.

- Venue : Tompion Community Centre
- Thursday 9.30-10.15am 0-5's
10.45 -11.30am Under 1's

If you and your child like to move your bodies why not sign up for our new ZUMBA class which will be coming soon.

Speak to a member of the Bright Start team for more details and to book a place.

Musical workshops with the London Symphony Orchestra.

We are holding 3 sessions across Bright Start South for you and your child to engage in song and music with the LSO.

- New River Green Childrens Centre Under 1's
23 May 10 -11am
- Moreland Childrens Centre 0-5's
6 June 10-11am
- Tompion Community Centre 0-5's
Look Out for the date in July.

Speak to a member of the team to book a place.

Explore the outdoors this summer.

The Garden Classroom are running free Little Explorer nature sessions for children and their parents/carers.

Venue: Kings Square Gardens and Newington Green in June and July .

Call Amy to find out more and to book on
T. 07436580438