



Spring Newsletter

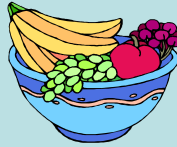


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Healthy Living Project:

Sharon has busily prepared and started a new healthy living project which runs throughout the week. The groups enable children, young people and their families to learn about the importance of healthy living and how this can be incorporated into daily living. The groups will often be practical with the children and young people all having a go at making yummy snacks and putting in action some exercises to keep that heart healthy! Watch the notice boards for more information on this group.



National Charity Awards 2011: Children & Youth Category:

The children's Service's team were one of 32 shortlisted charities chosen from over 200 submissions to be entered into the children and Youth section of the National Charity Awards. Our service was recognised for the outstanding differences our work makes in the lives of many many children and families. There were over 1000 people at the event and although the children's service's team did not win the award, the very fact that we are able to say we were finalists in such a recognised competition is something we are very proud of!



Welcome!

There have been two new arrivals to the Children Service's Team!! The beginning of June saw Laura and Ben join the team. Ben is with us every Monday and Tuesday whilst Laura is with us Monday to Friday.

CONGRATULATIONS!

A big well done to all of our students- Samara, Harjit and Rashana all passed their social work placements with us recently. They have all be super students and although we are sad to see them go, we wish them every success in their social work careers! They have been a great support to our team!



Parent & Toddler groups:

Our Surestart parent and toddler groups are now in full swing. They are a great way of getting to know other mums as well as encouraging you to play and have fun with your infant. The sessions are every Monday, Tuesday and Friday starting at 10am and finishing at 11.30am. Please see a children's worker for more information about these groups.

Parenting Clinic:

Calling all Mums! Laura, Sharon and Helen will soon be running a parenting group. This will be a forum to discuss any issues you may need help or support with in relation to your children. It is a great way of sharing advice with each other and will hopefully be beneficial to all who come! Watch the notice board for more information surrounding this group!



Food for thought: If a child lives with security it learns to have faith.



Places of interest!

If you are at a loose end and are wondering what you could do in and around your local area, then READ ON!



Book Borrowing from the

Library Service: 10:00am-11:00am every Tuesday at Slough Sure Start Children's Centre at James Elliman Primary School.

Telephone: 01753 896688

Adult Learning-Monday to Friday, Mornings and Afternoons.

Crèches places may be available subject to criteria. - venue: Penn Wood Primary School, Penn Road

Telephone: 01753 574420

How kids feel about themselves..

.. can depend on many different factors, such as their environment, body image, experiences, and the standards they set. You can play an important role in helping your child feel better about them self. When you hear them make a negative comment, call attention to it and point out things that they should feel good about. Recognizing and changing negative thoughts about them, making a positive contribution, exercising, and adjusting expectations that they have set are just a few ways that may boost your child's self-esteem. Parents can provide honest praise whenever it's called for. If you're concerned about your child's self-esteem, talk to one of the team and think about our Parenting Clinic! Soon to start .. July 2011!

Family Links Nurturing Programme:

A 10 week course designed to help you get the best out of family life. Call 01753 574387 for more information.

Snakes and Ladders: A massive indoor play centre for all young children to enjoy at 448 Perth Avenue, Slough, Berkshire SL1 4TS

Telephone: 01753 694090

Slough Young People's Centre (SYPC)

is based Slough High Street. SYPC focus exclusively on the needs and aspirations of young people and offer programmes that are devised by and for people aged 13-25 years. SYPC offer a Drop In Service; an informal space with access to Xbox, pool, table tennis and DJ decks with an opportunity to take advantage of the Information and Advice Service which is open from 10am each day. It's also an opportunity to catch up on our daily programme of events and workshops: [See Ben or Delia for further information!](#)

Children's Services are keen to get your ideas and feedback..

If you would like to hear more about our work, or have some ideas for the children or would like to share some feedback please speak to one of the team!

