



# Winter Newsletter

Jan 2012/issue 7



## Welcome

A big welcome to our new who have joined us for their social work placements. They are settling in well and we wish them every success in their time with us! We are sure they will be a great support to our team!

## Social Work Team of the Year Awards 2011:

We are delighted to announce that we have been shortlisted in the prestigious Social Worker Awards. This is the first year that we have been entered into these awards and we will find out whether or not we have won at a ceremony at the House of Lords on the 16th of December. The very fact that we are able to say we were finalists in such a recognised competition is something

## Parent & Toddler groups:

Our Sure Start parent and toddler groups are continuing throughout the winter. The groups 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 Tuesday and Friday starting at 10am and finishing at 11.30am. Please see a children's worker for more information about these groups

## Nurturing Group:

Calling all Mums! Laura and Helen will be running a Nurturing 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!



## Healthy Living Project:

Nicky & Alice are continuing work on the healthy living project group. They are doing 'cook and eat.' See them for more details. The healthy living 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 be practical with the parents, children and young people all having a go at making yummy meals! Please give us your ideas about meals that you would like to cook and check the notice board for the bi weekly sessions.

## Christmas Party

On the 21<sup>st</sup> December the children services team threw a fun packed Christmas Party! Lots of children and young people were invited to come and see Santa and let him know what they hoped for Christmas. Everyone had lots of Christmas treats to eat and fun games with lots of prizes!



**Quote for the Season:** When someone loves you, the way they say your name is different. You just know your name is safe in their mouth" - Billy aged 4



## 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



## 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.



## Shed those Xmas pounds with Keep Fit:

Great way to get more energy and keep warm - Every Thursday at 2.00 we go to Keep Fit - do let your Key Worker know if you would like to attend and we can arrange child care.

## 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!

*We hope you enjoyed reading!  
Kelly, Laura, Ben,, Kyron, Helen,  
Sharon and Nicky ☺*

## WARM UP with a Healthy Pie

Chicken and Leak Pie

### Ingredients

1 Leek, 400 g skinless chicken thighs cut into chunks, Veg oil for frying  
325g can of Sweet Corn drained, ½ litre of chicken stock, 1 desert spoon of flour, Salt & Pepper to taste, 750g of potatoes peeled and cut into even chunks

1. Cut & clean leek, gently fry in a sauce pan until cooked.
2. Add the chicken chunks and gently fry until browned on all sides.
3. Add the flour and stir the leeks and chicken until they are covered, add the chicken stock gradually until the sauce thickens - it should be light and not too thick at this stage.
4. Add the drained sweet corn and cook very gently stirring occasionally until the chicken is cooked add a little more stock if the mixture becomes too dry.
5. Whilst the chicken is cooking boil the potatoes until a knife slices in with ease.
6. Mash the potatoes with a little butter and milk, add salt and pepper to taste.
7. Put the chicken mixture into individual pots or one larger one and place the mashed potato on top and fork over.
8. Put in the oven at 200°until top is browned.

