

Coffee, Cake & Make!

Are you expecting a new baby?
If so, why not come along and meet other parents-to-be.
Enjoy a coffee, cake and make special mementos to celebrate the arrival of your baby

Crafts will include; welcome to the world book, mobile, sensory toys, memory box and lots more

First Saturday of every month
10.00 - 11.00am Next date 6th January 2018

At Southern Links Children's Centre, Whittock Road, Stockwood, BS14 8DQ

Booking is required
For more information please call 0117 3533503

Hi

This is Rachel Allsop, the Information Advice and Guidance worker for Children's centres in South Bristol, including Southern Links.

My role is to support parents and carers of children under five, including mums to be, on a range of issues, including childcare, employment, maternity and paternity rights as well as advice on family related benefits.

If you think I may be able to help you and would like a confidential one to one appointment at the children's centre please speak to a member of staff or fill in our online form at;

askcyps@bristol.gov.uk <https://www.bristol.gov.uk/schools-learning-early-years/help-for-parents-returning-to-work>

Is this your child?!

All children go through challenging behaviour at some point. It's part of growing up. It's what you do that's important



Come along and learn more about communicating and staying calm?

Learn about your child/ren's development and their needs?

Talk to other parents about different ways of coping?

Why not join our Parenting Course...

8 week course

Date: Monday 8th January 2018

Time: 1.00 - 3.00pm

At Southern Links Children's Centre, Ilminster Ave, Throgmorton Road, Knowle, BS4 1HR

Limited crèche available

Telephone 0117 3533503 and book your place today!

COMMUNITY LEARNING Free trip in half

2017 2018

New year, New you!

Want to make some positive changes in your life?

- You may want to ...get a job, learn new skills, volunteer, save money, get fitter, build confidence, change things at home? Got ideas for goals but need help to achieve them?
- This practical and fun course can help you think about, plan and make some of those changes
- Crèche available but must book

From 12th Jan 2018 to 9th March 2018
9.15am to 11.15am each week

Where: Ilminster Avenue Specialist Nursery and Children's Centre, Throgmorton Road BS4 1HR. Come 5/1/18 to find out more.

Contact: Lucy Fieldhouse on mobile: 07788353446 or email lucy.fieldhouse@bristol.gov.uk

COMMUNITY LEARNING



2018 Courses at Southern Links Children's Centre

Have you got a great business idea? Learn all the essentials of getting your business up and running with our **Business Start Up** course

Want to get into childcare? **Level 1 Early Years** course will get you started

Interested in growing your own? Join our **Allotment Project** and learn how to create a thriving allotment from scratch.

Contact Julie on 07469 413348 for more information or Helen at the Children's Centre on 0117 353 3503



BRISTOL
LEARNING CITY

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SKILLS &
LEARNING



Southern Links Children's Centre, main office Whittock Road, Stockwood, Bristol, BS14 8DQ. Telephone 0117 3533503

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Southern Links Newsletter



2017



We have had a great year here at the children's centre - spending time with lots of families in groups, at events and, of course, our parties!

As many of you may have heard, we have now increased our area of support to include Knowle - using our Ilminster Avenue centre. This has meant that we have combined two small teams to ensure that we are supporting as many families in this part of South Bristol as we can.

We have also spent lots of time developing intergenerational projects within the areas - meaning that we have been bringing families, children and older people together to share experiences and work on developing our community together. We now have a community development worker within the centre called Hannah who gives us the opportunity to invite people of all ages to spend time together. There is a little bit more about some of this work on page 2, but it is something that we hope to spend more time developing next year.

Our partnerships with the Health department are stronger than ever and we are now working very closely with midwives and Health visitors. The centre hosts weekly antenatal sessions with the midwives and the local health visitors run their health clinic at the Stockwood Children's Centre every Wednesday.

Our new sling library has now launched and is available (starting again in January) for parents to come and try on and get advice on baby wearing/carrying on the 2nd and 4th Wednesday of every month. We are very lucky to have this available as it is in the only one within a children's centre in the whole of Bristol.

We hope to see many of you at next week's Christmas parties so we can celebrate the end of a great year in our community and hopefully get to see Santa too. All the staff here at the centre wish you a Merry Christmas and hope you have a very Happy New Year.



Most of our team at our festive Christmas lunch!

Dates for the Diary

Join our baby groups for **First Aid**

First aid session run by St Johns Ambulance on;

Tuesday 23rd Jan - 10.00am at St Augustine's church in Whitchurch

Wednesday 24th Jan - 10.00am at Ilminster Avenue nursery school in Knowle

Friday 26th Jan - 1.15pm at Southern Links Children's Centre at Stockwood.

Weaning Sessions

Following the baby group at St. Augustines:

Tuesday 30th January at 10.45am

Tuesday 27th February at 10.45am

Tuesday 27th March at 10.45am

Southern Links Children's Centre, main office Whittock Road, Stockwood, Bristol, BS14 8DQ
Telephone 0117 3533503

Spanning generations

Lily Newton-Browne visits the nursery sessions with a twist that are helping improve the health of care home residents in south Bristol

In the sunlit front room of Hengrove Lodge residential care home, residents smile with delight as they see how many children are visiting today from the nearby Hengrove branch of Southern Links Children's Centre. Two-year-old Lexie-Jay makes a beeline for the home-made play-dough on the coffee table, and everyone becomes absorbed in every move the children make, many waiting in anticipation for a cuddle from their favourites.

Hannah Stopford is a community development worker at Bristol Ageing Better, who are running this scheme in partnership with the children's centre. "We wanted to do more integrational activities in the area," she explains. "The main aim is to reduce social isolation but it's also to set up projects that are going to last. We are working with the community to help them run these schemes and we're also tapping into activities already going on within Bristol."

"The visits to Hengrove Lodge run on a stay-and-play basis, so the parents bring the children along as they would at the children's centre, and we've set up the activities so the residents and children can enjoy them together."

With many toys and games to play with, as well



as art and craft activities, the sessions last an hour and take place every other Wednesday.

"Raising awareness of social isolation is key, but these visits are also having a big impact on the elderly who are suffering from dementia," explains Lil Bowers, centre manager for Southern Links Children's Centre.

Around 850,000 people in the UK live with Alzheimer's disease – the most common cause of dementia. Lil says that, following a few visits, the children have started to mean a lot to the residents, who remember more and more about them each time and even ask for them by name. "It's a real show of community spirit, and having these families visit Hengrove Lodge is vital to the work we do," she continues.

Alex Evans carefully places her eight-month old son Charlie-Jay into the arms 95-year-old resident Dot Whittingham, who coos over him, a picture of happiness.

"From the moment Dot's cuddling Charlie-Jay, she alters," says Sue Hodge, deputy manager of Hengrove Lodge. "It's an indescribable feeling watching one of our oldest residents light up with joy from cradling a child. She just loves to see him and for us that's a wonderful thing to be a part of."

As the session draws to a close, Josh Stanford helps his two-year-old son take off his brightly-coloured crocodile suit. "This kind of thing should definitely happen more often," he says. "It's a brilliant idea and it makes a lot of sense. I don't see why this kind of amalgamation couldn't be developed further across the city. All the residents love it and it's good all round for everyone involved."

→ Find out more about Southern Links Children's Centres and get involved yourself by visiting www.southernlinks.co.uk

70 | DECEMBER | 2017



Did you know that in Stockwood 21.7% of the population are over 65 compared to the Bristol average of 13.2%

Next dates for Hengrove Lodge

Fortnightly, Wednesdays

2pm – 3pm

3 Jan

18 Jan (Thursday)

31 Jan

14 Feb (all ages for Half Term)

NEW... Robinson House:

Fortnightly Thursdays

10am – 11am

11 Jan

25 Jan

8 Feb

15 Feb (all ages in Half Term)

Hannah Stopford has joined us from St Monica Trust to run a two year project for Bristol Ageing Better. Stockwood has an unusually high percentage of older people living here and the project aims to reduce isolation and build on the strengths of the community to improve wellbeing. Bringing generations together is a great way to do this and Hannah will be developing more projects as she discovers what people would like to see happening. For example, some of the families here have said they would love to see the children involved with older people in an allotment project on the nursery site, so if you have green fingers (or would like to learn as you go), do get in touch. We're planning a trip to see an allotment project in Speedwell on Wednesday 17th January, so call to book a free place if you'd like to. There are no limits to the sort of projects Hannah can support, so don't be shy with ideas. She is based here at the centre at Stockwood and can be reached on:

Mobile: 07964 342388 or

E-mail: hannah.stopford@stmonicatruster.org.uk

Rachel's Story... The Benney family started attending baby PEEP at the Children's Centre to meet new people and to get ideas about play. They have attended lots of children's centre groups with their 2 children and their son also attended our Little Links nursery. Edward was diagnosed with a micro deletion of chromosome 17 at 3 months old which means he is delayed in his development, has low muscle tone and is tube fed straight into his tummy. We asked Rachel Benney what has been most useful in the children's centre and what difference the centre has made. She said; "The whole children's centre has been amazing at supporting us as a family right from Jasmine starting until Edward leaving to start his new adventure at school. Every group I have attended has been so helpful and useful. In particular has been the 2 years Edward spent at Little Links nursery, it has been supporting us as a whole family and especially in the times of Edward's hospital admissions and times when we have struggled. The Southern Comfort group has also been one of the most useful groups and has made me make time for myself and do something I enjoy. The children's centre has made an amazing difference to our family and I cannot thank and praise them enough. It has helped us communicate with our son, develop both children socially and also I have made some great supportive friends. I have come to think of the children's centre as my safe place where all my anxieties reduce and I can relax. Now Edward has moved I miss the children's centre and it's amazing staff."

The staff at the Children's Centre are incredibly proud of the part they had to play in helping and supporting the Benney family.

If you have a story you would like to share in our newsletter, please get in touch. We'd love to hear from you.

Little Links Nursery



We have had a super end of the year. Fran and Tomas have joined our team and they have both settled in very well. Its been sad to have to say good bye to a few children as they move up to "big school" in January, we will miss you all very much. We have lots planned for the New Year and a few new faces joining us too. We would like to say thank you to all the parents and children who have been staying for our family time on a Thursday, this is a lovely hour where you can come and see what we have been up to and help your child to grow and learn with us and their friends.

Please have a read of dates to be remembered and also a little reminder about not putting food and drinks in the children's bags as we do have children who have allergies.

We wish you all a fantastic Christmas and a great new year. See you in January,

Lianne, Sophie, Fran and Tomas.



Little Links dates to remember!!!

Last day of term – 8th December 2017

Return to Little Links – 2nd January 2018

Speech and Language

Are you worried about your child's language development. Do you want to know how you can help your child? Come along to a free drop in session for parents with questions or concerns about their child's communication

Drop-In Sessions

Tuesday 16th Jan,
10-11.30 am at St Bernadette's

Thursday 1st Feb,
1-3pm at Ilminster Avenue

Tuesday 27th Feb,
9.30- 11.30am at Stockwood

Confident Communicators

Wednesday 21st Feb,
1-3pm at Ilminster Avenue
Free crèche available

Thurs 8th March,
1-3pm at Stockwood
No crèche available

Talk & Explore (parents and children together)

Wednesday 28th Feb,
1-3pm at Ilminster Avenue

Thursday 15th March,
1-3pm at Stockwood

Other dates available at other Children's Centres, please contact the office for further information.