



# Meadowfield, Templenewsam and Colton Children's Centre Newsletter December 2019

## **Hello**

Welcome to Meadowfield, Templenewsam and Colton Children's Centre latest newsletter. As we come to the end of 2019, we would like to thank everyone for all their support over the past year.



## **Celebrations and Achievement**

Well done to all the parents that have completed our HENRY course. Not done it yet? Don't worry we have a new one starting in January. If you are interested contact us on: tel 0113 2250025 or email [childrenscentre@tnhps.org](mailto:childrenscentre@tnhps.org). We have limited free creche places so hurry up to reserve your place.

## **Up and Coming Courses**

We shall continue running Understanding Your Baby a 4 week free course for parent/carers to gain knowledge and skills to help them enjoy a happier baby and a Starting Solids session (Feb 2020) which is a one off, 2 hour session in the New Year. We are also continuing our Incredible Toddlers course over 12 weeks focusing on positive relationships and techniques for managing behaviour. The next one will be starting on 9.30am Thursday 16 January at Meadowfield Children Centre. If you are interested in attending any of these courses please contact us – on 0113 2250025 or email [childrens/centre@tnhps.org](mailto:childrens/centre@tnhps.org).



## **Leeds Year of Reading launched by LCC & Book Trust**

Have you found any hidden books? Leeds for Learning is promoting the whole city around reading and the love of reading. A love of reading leads to a love of learning and this helps to underpin achievement in all subjects at both primary and secondary schools. They feel it is vital that the city supports children, families and communities to engage with reading and all of the associated activities that support reading. Along with our session at Meadowfield Children's Centre, Once Upon a Time, which we hold on Wednesday afternoons, we have been promoting reading by hiding books around the community. These books can be taken home and read, they can be kept or re-hidden, or a new book can be hidden! Keep your eyes peeled and let us know if you find one!





### ***Christmas Tree Lights - Halton in Bloom***

The annual Christmas tree lights switch on took place on 4 December at Lidl. Carols were sung and a fun quiz was undertaken. Councillors Coupar and Hayden kindly came along and supported the event.



### ***Christmas Well-Being Tips***

As the Children's Centre Mindmate Champion I would like to offer you a few festive tips on looking after your mental health over the Christmas period.

- Don't compare your experiences with others particularly on social media – remember most people only share their best bits!
- Take a break and allow yourself some time out to do something you really want to do
- Get outside and go for a walk; fresh air and a change of scene will be good for everyone
- Get enough sleep it will help you feel more alert and better able to cope with any stress
- Remember – everything in moderation

*Kathy*



### ***It will soon be the Christmas Holidays!***

All our groups finish week ending Friday 13 December and will start back week commencing Monday 13 January. Story time at Halton Library will start on Friday 6 January.

Finally the children centre staff would like to wish you all a very Merry Christmas and a Happy New Year. We look forward to welcoming you back to our groups and courses in the new year.

Kathy Lightfoot  
Centre Manager

**We welcome feedback on any of the services we offer. Any comments/suggestions that you may have please phone us on: 0113 2250025 or email at: [childrenscentre@tnhps.org](mailto:childrenscentre@tnhps.org)**