

Useful numbers:

Newquay Health Visitors - 01637 893680

Midwife / Newquay Hospital - 01637 893600

Jobcentre Plus – 01637 894963 / 894915

WILD (Young Parents Project) - 01209 210077

One stop Shop: Debt/benefit & Housing Advice - 0300 1234 121

Cornwall Centre for Volunteers – 01726 71087

Ocean Housing – 01726 874450

The SUSie Project - 01209 202695 or 0845 0567999

Police – 0845 277 7444

Cornwall College – 01726 226226

Family Information Service

The Family Information Service is the only source of all registered childcare in Cornwall as well as holding a wealth of information for parents, carers, children and young people up to the age of 19.

It can provide details on all children's centres, leisure activities, extended services, family support, benefits and debt services, health services and much more.

Call the FIS free on 0800 5878191 or visit
www.cornwallfisdirectory.org.uk

Newquay & St Columb Minor Children's Centre

Trenance Road, Newquay, Cornwall, TR7 2LU

Tel: 01637 852900 / 01872 324929

Porthbean Road, St Columb Minor, Cornwall TR7 3JF

Tel: 01637 878078

If you would like this information in another format please contact:

Cornwall Council, County Hall, Truro TR1 3AY

Telephone: **0300 1234 100**

Email: enquiries@cornwall.gov.uk

www.cornwall.gov.uk



Newquay & St Columb Minor Children's Centre

A Sure Start Children's Centre



'What's on' Guide December 2011

Opening times

Newquay: 9.00am – 5.00pm

St Columb Minor: 9.00am – 4.00pm

MONDAY

Toy Library

Newquay Site

9.30am – 11.30am

The Toy Library offers opportunities to borrow good quality toys for children

Tots Rock

Newquay Site

10.00am – 10.30am

10.45am – 11.15am

Last session 19 Dec – Festive crafts

Starts again 9 January

Musical entertainment for all

2 year checks

Newquay Site

5 December

Invitation only

Messy Play

St Columb Minor Site

Not running in December

Starting again 9 Jan

Pottery Workshop

St Columb Minor Site

12 December

10.00am – 11.30am

1.30pm – 3.00pm

Looking forward to seeing you drop in session.

Mayfield Residents AGM

Monday 5 Dec

6.30pm – 8.00pm

TUESDAY

Developmental reviews

Newquay Site

December

Invitation only from your Health Visitor

Play 'n' Stay

St Columb Minor Site

Drop-In Session

All welcome

Breastfriends

Newquay Site

11.30am – 1.00pm

Chat and support with other mums, breastfeeding advice available

Child Health Clinic

Newquay Site

1.30pm – 3.30pm

See your Health Visitor for baby weigh or discuss any concerns.

No appointment necessary.

Please bring your red book

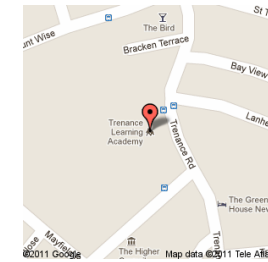
NCT

Newquay Site

7.00pm – 9.00pm

Yoga and stretches for mum's to be. Please call Jenny on 07711 008387

Where to find NEWQUAY SITE:



The Children's Centre is situated on the same site as Treance Primary School. Please park in the surrounding areas and respect our local neighbours and enter the Centre via the main gate which is signposted.* * **PLEASE** do not park in the main car park unless you are a disabled badge holder

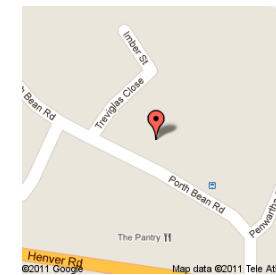
*Centre Manager: **Dave Coleman**

Newquay & St Columb Minor Children's Centre

Treance Road, Newquay TR7 2LU

Tel: 01637 852900 / 01872 324929

Where to find ST COLUMB MINOR SITE:



The Children's Centre is situated on the same site as St Columb Minor Academy. Please park on the road outside and enter the Centre via the main school gate.* **PLEASE** do not park in the school car park'. Centre Manager: **Dave Coleman**

Newquay & St Columb Minor Children's Centre

Porthbean Road, St Columb Minor TR7 3JF

Tel: 01637 878078

CN4C Work & Learning Advice



The Cornwall Works Plus programme aims to help local people into work by supporting them to improve their skills and overcome barriers to work through an individual pathway to employment. Call 07500 885 329



We are a team of independent specialist workers who provide support to families who have had contact with the police because of a domestic incident.

We offer advice and support which can enable you and your family to make positive changes that are right for you all. Call 01872 226 984



The SUsie Project

Are you a survivor of Domestic Violence / Abuse? The SUsie Project offers Outreach Support, Weekly drop-in; Support Groups and the Recovery Toolkit Programme. For further information call 01209 202695 or 0845 0567999

COMING SOON

First Aid Session

Newquay Site

9 January / 12.30pm – 2.30pm

Booking essential

2 hour basic paediatric first aid session

Baby Massage

Newquay Site

5 week course starting 5 January / 1.15pm – 2.45pm

Booking essential

Come and learn the gentle art of baby massage -£10 deposit required

WEDNESDAY

Tiny Tots Group (Parent & Toddler)

Newquay Site

14 Dec – last session

9.30am – 11.30am

Stay 'n' Play session

Please book your place

Tel: 01872 324929

Buckets & Babes (for the under 1's & their carer's)

Newquay Site

14 Dec – last session

1.30pm – 3.00pm

Please book in

Colourful Women's Group *Newquay Site*

5.00pm – 8.00pm

A group for women and their children from diverse ethnic backgrounds.

Free interesting workshops and children's activities on offer.

Please call Sarah about joining on 07850 308853

ARE YOUR CONTACT DETAILS UP TO DATE?

Let us know of any changes such as your address or phone number etc!

THURSDAY

Child Health Clinic – Health Visitor

St Columb Minor Site

9.30am – 11.00am

See the Health Visitor to get your baby weighted or discuss any concerns.

No appointment necessary
Please bring your red book

2 year checks *St Columb Minor Site*

15 December

Invitation only from your Health Visitor

Developmental Reviews *St Columb Minor Site*

15 December

Invitation only from your Health Visitor

First Aid Session *Newquay Site*

8 December

12.30pm – 2.30pm

Booking essential

WILD

Newquay Site

**Young Parents Group
(up to the age of 23)**

9.45am -12 noon

Please call Grace on 07795034865 for more details.
A crèche is available ring 01209 2110077 to book

FRIDAY

OASIS

9 December
9.30am – 11.30am
Newquay Site

Second Friday of each month

Bumps & Babes

Newquay Site
11.30am – 1.00pm

A group for mums to be and mums with new babies and children under 5 years

ABIGAIL'S CAFÉ

Newquay Site

Serving yummy breakfast, lunch and cakes throughout the day

Mobile Phones

We request that parents/carers do not use their mobile phones in any sessions. If it is necessary to use your phone, please do so in the reception area.

Thank you

SATURDAY

Dad's / Male Carers Group

3 December
9.30am – 11.30am
St Columb Major site

Start with a bacon butty followed by festive crafts
Suggested donation
£1.00 per family
Bring along your little ones for a fun session!!

This session is for Dad's/ Male carers and their children only

Christmas Closure

Newquay & St Columb Minor Children's Centres will be closed from
Monday 26 December to Tuesday 3 January (Newquay)
Wednesday 4 January (St Columb Minor)

Parents Forum

Do you want to be part of the decision making for the centre? Do you have any ideas on how to move the centre forward? Do you want to ensure parents/carers voices are heard?

If you are interested please contact Jo on 01637 852900

Hall for Cornwall Christmas Pantomime

Robinson Crusoe

Pick up from both:
Newquay site & St Columb Minor site

Thursday 15 December

12.30pm – 5.00pm

Coach travel from the Children's Centres to the Hall for Cornwall to see

"A swashbuckling, fun-filled family panto for all you landlubbers and buccaneers!"

£4.00 adult/ £2.00 child

Recommended minimum age for children 2 years +

Book your place by phoning:
Newquay Centre 01637 852900
St Columb Minor Centre 01637 878078

Priority given to families in the Newquay/ St Columb Minor area

WHAT'S ON IN & AROUND NEWQUAY

Walk & Weigh

Monday 10.00am
Meet at the Boating Lake Café

Salsa Together Monday

11.00am – 12.00 noon
Marina Court, Mountwise
£2.50 a session

Walking Together Tues 10.00am

Meet at the Farmers Arm's Pub, St Columb Minor

Allsorts Art/Craft Group Wednesday

1.30pm – 3.00pm
Newquay Disabled Club

Healthy Walkers

Thursday 9.30am
Meet at the Boating Lake Café

Knit & Natter Wednesday

10.00am – 11.00am
Marina Court, Mountwise

For more information about any of above groups please contact:
Beth Mitchell on 0788 182 7461
Jan Holroyd on 0782 536 5469

NHS Community Health Development Workers