

**D.E.L.L. Children's Centre  
Spring 2012  
Programme of Activities**



**Providing services for children under 5 and their families living in Deer Park, Efford, Lipson and Laira areas of Plymouth**

**Welcome to  
D.E.L.L. Children's Centre!**



**Dear parents and carers,**

**Welcome to the new D.E.L.L. Children's Centre Spring Programme 2012**

**D.E.L.L. Children's Centre welcomes all local parents-to-be and families with children under 5 years to its new centre at High View Primary School, Torridge Way, Efford, Plymouth, PL3 6JQ**

**Please check out our new timetable of groups and services that we provide**

**Why not visit us this Spring and see what's on offer for you and your family!**



**Where are we...?**

**D.E.L.L. Children's Centre now  
has 3 sites in the local area!**



## **D.E.L.L. Children's Centre Groups & Services**



### **D.E.L.L. Children's Centre (Main Site)**

**High View Primary School**

**Torrige Way, Efford, Plymouth, PL3 6JQ**

*This is our main site for D.E.L.L. Children's Centre groups & services in Efford*

### **D.E.L.L. Laira Link Site (Satellite Site)**

**Laira Green Primary School**

**Bramley Road, Laira, Plymouth, PL3 6BP**

*This is our small satellite site for D.E.L.L. Children's Centre groups & services in Laira*

### **D.E.L.L. Children's Centre (Office)**

**& Health Visitor's Office**

**365 Blandford Road, Efford, Plymouth**

**PL3 6JA**

*This is our office site for meetings with professionals & Health Visitors*

**Main telephone line (with answerphone):  
(01752) 306334**

**Email: [info.dellcc@plymouth.gov.uk](mailto:info.dellcc@plymouth.gov.uk)**

**Opening times: Mondays - Thursdays 9am-5pm  
Fridays 9am-4:30pm**

**Incredible Years:**

**Parenting programme**

**Great Expectations:**

**Antenatal classes**

**Family First Aid:**

**Course for parents**

**Tumble Teds:**

**Physical play session for kids**

**Baby Bears:**

**Soft play session for babies**

**Midwifery Clinic:**

**Antenatal & postnatal clinics**

**Chatterbox Clinic:**

**Drop-in play sessions with**

**Health Visitor Child Weighing Clinic**

**Latch-On:**

**Breastfeeding support group**

**Big Steps, Little Steps:**

**Craft course for families**

**Step By Step:**

**Support group for families with children with any form of additional need**

**Housing Advice Surgery:**

**Drop-in surgery for advice**

**Money Advice Appointments:**

**For financial enquiries**

**Laira Toddlers:**

**Afternoon toddler group**

**Little Chatterboxes:**

**Drop-in play sessions with Health Visitor Child Weighing Clinic**

**Lipson Toddlers:**

**Toddler group for families**

**Safe At Home Scheme:**

**Free child safety equipment**

**Stop Smoking Service:**

**Advice & support by referral**

## How do I get involved?

D.E.L.L. Children's Centre is looking for volunteers like you!



- **Would you like to become involved in D.E.L.L. Children's Centre and have a voice in developing the services we provide?**
- **Perhaps you would enjoy volunteering in a group, getting involved in activities for parents and carers with children aged 0-5. If so then we would like to meet you!**
- **We can help support you to become a volunteer! It's also a great way to meet people and start to build your CV.**
- **Please call 306334 or collect a Volunteer's Pack from D.E.L.L. Children's Centre main reception at High View Primary School, Torrridge Way, Efford, PL3 6JQ.**
- **Please note that Criminal Records Bureau checks are essential for all volunteers.**



## How do I get involved in developing D.E.L.L. Children's Centre services?



- **D.E.L.L. Children's Centre is looking for local parents and carers to help develop and shape the services we provide for families with children under 5.**
- **Parent Forum meetings are held regularly for a chance for you to offer your views on our groups and activities. The meetings are also an opportunity for you to voice your ideas on what you would like the centre to offer.**
- **Your views are valued and you will have an opportunity to present them at the D.E.L.L. Children's Centre Advisory Board.**
- **For more information , please call 306334 or drop in at D.E.L.L. Children's Centre main reception at High View Primary School for more information.**



## Do you need Money Advice?



Are you pregnant or have children under 5 years & live in Deer Park, Efford, Lipson or Laira?

D.E.L.L. Children's Centre has a **Money Advice representative** who can find out if you are accessing all the benefits you are entitled to and search for any grants which may be available, to help you and your family. They can also offer **FREE** advice on:

- Budgeting & Money Management
- Maternity & Paternity Benefit
- Healthy Start Vouchers
- Child Tax Credits
- Working Tax Credits
- Income Support & JSA
- Carer's Allowance
- Debts & Grants
- Disability Living Allowance
- ESA & Incapacity Benefit
- Child Benefit & Council Tax Benefit
- Housing Benefit & LHA
- And more



To book an appointment please call 306334 or contact D.E.L.L. Children's Centre main reception at High View Primary School, Torridge Way, Efford, PL3 6JQ for more information.

## Thinking of Stopping Smoking?



Do you want to stop smoking or know someone who's trying to quit?

D.E.L.L. Children's Centre can refer you for an appointment with a **Stop Smoking Advisor in Plymouth**

If you are pregnant and would like more advice, please visit our **Great Expectations Antenatal Workshop**

For more information, please call 306334 or contact D.E.L.L. Children's Centre main reception at High View Primary School, Torridge Way, Efford, PL3 6JQ.



## Outreach Support Service for Parents



At times we all need a little help,  
advice and support.

**D.E.L.L. Children's Centre** has an  
**Outreach Support Team** to provide  
local parents with support. We can  
help support your family in accessing  
activities and services at the  
**Children's Centre** and in the local  
area, depending on your family's  
needs.

For more information, please call  
306334 or contact **D.E.L.L.**  
**Children's Centre** main reception at  
**High View Primary School, Torridge**  
**Way, Efford, PL3 6JQ.**



## Donations



We kindly ask for voluntary donations of  
£1.00 per family towards the running of each  
of the following **D.E.L.L. Children's Centre**  
groups:

- Tumble Teds
- Baby Bears
- Laura Toddler Group
- Chatterbox (for stay & play)
- Little Chatterboxes (for stay & play)
- Lipson Vale Toddlers

For Childminders we ask for a £1 donation for each  
child that you bring to each group towards a healthy  
snack & play resources for the children

**All your donations are gratefully received  
and go towards healthy snacks and play  
resources for the children.**



## Child Home Safety Equipment



**D.E.L.L. Children's Centre is part of Plymouth Safe At Home Scheme.**

**D.E.L.L. Children's Centre has limited funding to provide free home safety checks, free home safety equipment and free installation.**

**Eligibility applies. To qualify for a free pack, families must be in receipt of benefits and have one or more children under 5.**

**Items we may be able to offer could include: 2 x safety gates, 1 x fire guard, window restrictors, non-slip bath or shower mat, locks for kitchen cupboards and corner cushions.**

**For more information please contact D.E.L.L. Children's Centre on 306334.**



## Housing Advice



**Do you need housing advice?  
Why not visit our free  
Housing Advice Surgery**

**The team can help you with:**

- **Housing, welfare & Council Tax benefits**
- **Affording rent**
- **Domestic violence**
- **Tenant & landlord's rights & responsibilities**
- **Mortgage rescue**
- **Relationship breakdown**
- **Health issues related to housing**
- **Homelessness**
- **Eviction**
- **Eligibility for housing assistance**
- **and much more....**

**Advice sessions are Fridays (term-time) between 9-11:30am at D.E.L.L. Children's Centre, High View Primary School, Torridge Way, Efford, PL3 6JQ.**

**No appointment necessary, just drop in!**

**notice. Please tel. 306334 before making a special visit.**

# Chatterbox

with Health Visitors Clinic



Discover how children under 5 learn, develop and communicate through play!

**Chatterbox** is a drop-in group for families with babies and children from birth – 4 years.

Enjoy these activities with your children:

- Messy play
- Pretend play
- Sharing books
- Dressing-up
- Songs and rhymes
- Developing motor skills

We ask for a  
£1 donation  
per family to  
stay & play

There are also visits from guest speakers including the D.E.L.L. Children's Centre Early Years Advisory Teacher with information child development, on Home Learning, Childminding and much more!

Confidential health advice is also available from Health Visitors at their child weighing clinic.

Come and find out more on

**Wednesdays** from 9:15-11:15am at D.E.L.L. Children's Centre, High View Primary School, Torridge Way, Efford, PL3 6JQ.

# Tumble Teds Active Play Sessions



**Tumble Teds** is a fun filled, physical soft play session for children aged from 18 months – 4 years and their parents and carers

*“We want all our local children to be healthy, stay safe and have the best possible start in life”*

Come and join in our active play session which helps children to grow in confidence, develop strength and co-ordination, whilst meeting new friends and burning off energy!

We meet **Tuesdays** from 9:15 -10:30am at D.E.L.L. Children's Centre, High View Space for Sports & Arts, High View Primary School, Torridge Way, Efford, PL3 6JQ

We ask for a  
£1 donation  
per family  
towards a  
healthy



## Great Expectations Antenatal Classes



D.E.L.L. Children's Centre runs free  
"Great Expectations" antenatal classes  
for mums and dads expecting a baby and  
wanting some useful tips and advice

You can come along to any or all of the  
sessions with your partner or a supporter:

Topics include:

- Stop smoking advice, healthy eating and gentle exercise
- Emotional wellbeing, family relationships, bonding and Talk To Your Bump
- Breastfeeding Workshop – help in choosing the best option that's right for you and your baby
- The role of the midwife, pain relief and labour
- The first 10 days and beyond – The role of the Health Visitor and what they can do for you

Please remember that it is your right to have  
time off work to attend antenatal classes

## Great Expectations Antenatal Classes



### Great Expectations dates (Spring Term)

|         |                                  |       |
|---------|----------------------------------|-------|
| Week 1) | Monday 9 <sup>th</sup> January   | 1-3pm |
| Week 2) | Monday 16 <sup>th</sup> January  | 1-3pm |
| Week 3) | Monday 23 <sup>rd</sup> January  | 1-3pm |
| Week 4) | Monday 30 <sup>th</sup> January  | 1-3pm |
| Week 5) | Monday 6 <sup>th</sup> February  | 1-3pm |
| Week 6) | Monday 13 <sup>th</sup> February | 1-3pm |

To book your place on the next course please  
ask your midwife or contact the Great  
Expectations Booking Clerk on  
(01752) 306334.

You can also book at D.E.L.L.  
Children's Centre reception at  
High View Primary School,  
Torrige Way,  
Efford, PL3 6JQ.



# Baby Bears



Bring your “special person” to **Baby Bears**, a fun session using soft play, sensory activities and rhyme-time

For babies from birth to 18 months old and their parents and carers.

Share experiences and join in the fun with:

- Rolling, crawling and climbing
- Action songs and rhymes
- Treasure baskets
- Messy play
- Meet new friends
- and lots more!

We ask for a  
£1 donation  
per family

There are also visits from guest speakers including Efford Library and baby swimming teachers and much more!

We meet **Tuesdays** from 11am-12pm  
at D.E.L.L. Children’s Centre,  
High View Space for Sports & Arts,  
High View Primary School,  
Torridge Way, Efford, PL3 6JQ.



# Little Chatterboxes with Health Visitor’s Child Weighing Clinic



Discover how children aged under 5 learn, develop and communicate through play!

**Little Chatterboxes** is a drop-in group for families with babies and children from birth – 4 years.

Enjoy these activities with your children:

- Messy play
- Pretend play
- Sharing books
- Dressing-up
- Songs and rhymes
- Developing motor skills

We ask for a  
£1 donation  
per family to  
stay & play

There are also visits from guest speakers including Laura Library, Speech and Language Therapists and the D.E.L.L. Children’s Centre Early Years Advisory Teacher with information child development, on Home Learning, Childminding and much more!

Confidential health advice is also available from Health Professionals at their child weighing clinic, which runs from 10-11am

Come and find out more on

**Thursdays** 9-11am at  
**D.E.L.L. Laura Link Site**, Laura Green  
Primary School, Bramley Road, Laura,  
PL3 6BP

# Lipson Vale Toddler Group



Discover how children aged under 5 learn, develop and communicate through play!

**Lipson Vale Toddler Group** is a session for families with babies and children from birth – 4 years.

Enjoy these activities with your children:

- Messy play
- Pretend play
- Sharing books
- Dressing-up
- Songs and rhymes
- Developing motor skills

We ask for a £1 donation per family towards a healthy

Come and find out more on  
**Fridays 9:15-10:30am** (Term-time)  
at **Lipson Vale Primary School,**  
**Bernice Terrace,**  
**Lipson, PL4 7HW.**



# Step By Step Together



Are you worried about your  
0-4 year old child's development?

Why not come along to  
**Step By Step Together!**

A FREE drop-in group to help your  
child develop through different  
weekly themed play activities,  
including singing and signing!

Advice and support is also available  
from the Portage Service

**NO NEED FOR A REFERRAL**  
Just drop-in!

Come and find out more on  
**Thursdays 1:30-2:45pm** (Term-time)  
**D.E.L.L. Children's Centre,**  
**High View Primary School, Torridge**  
**Way, Efford, PL3 6JQ.**

## Breastfeeding Advice & Support



We support the right of all parents to make informed choices about infant feeding. All our staff will support you in your decisions.

We believe that breastfeeding is the healthiest way to feed your baby and we recognise the important benefits which breastfeeding provides for both you and your child.

If you are pregnant and would like to find out about breastfeeding, you can attend our Breastfeeding Workshop (part of our antenatal classes) or call into our Latch-On Breastfeeding Support Group.

You are also welcome to breastfeed your baby in any of the D.E.L.L. Children's Centre sites.



## Latch-On Breastfeeding Support Group



Latch-On Breastfeeding Support Group is a drop-in advice and support session for mums and dads to-be, as well as breastfeeding mums and their babies.

There is also the opportunity to purchase manual breastfeeding pumps and maternity bras at cost price.

Do you have experience in breastfeeding and would like to help other mums? Why not find out about becoming a peer supporter?

Our drop-in session runs every Wednesday between 9:15-11:15am at D.E.L.L. Children's Centre, High View Primary School, Torridge way, Efford, PL3 6JQ in our new crèche why not come and join us!

For more information call 306334.



# Childminders



Childminders who live in Deer Park, Efford, Lipson & Laira or who look after children who live in these areas, are welcome to attend all D.E.L.L. Children's Centre groups.

**We look forward to seeing you soon!**

We ask for a £1 donation for each child that you bring to each group towards a healthy snack & play resources for the children

If you are interested in becoming a Childminder, please contact the D.E.L.L. Children's Centre Early Years Advisory Teacher on 306334.

Alternatively you can contact Plymouth Family Information Service at Routeways Centre Ltd,  
41-43 Chapel Street,  
Mount Wise, Plymouth,  
PL1 4DU or call 300700  
[enquiries@routeways.org.uk](mailto:enquiries@routeways.org.uk)



# Employment Advice



If you are thinking about returning to work but you are not sure where to start, then we can link you with our JobCentre Plus Advisor Luke O'Neil who will be able to help to provide you with the help and support you need.

Look out for the latest JobCentre Plus vacancies advertised on our Job's Board at D.E.L.L. Children's Centre, High View Primary School, Torridge Way, Efford, PL3 6JQ.

If you would like to be emailed the latest JobCentre Plus vacancies, please ask to be added to our mail out list at D.E.L.L. Children's Centre reception, High View Primary School.



# Local Childcare Providers



The childcare providers below are not run by D.E.L.L. Children's Centre. We recommend that parents and carers contact the childcare providers to gain more information, including costs.

## High View Pre-school

High View Primary School,  
TorrIDGE Way, Efford, PL3 6JQ  
Tel. (01752) 772984

## Greenshoots Pre-school

Laira Green Primary School  
Bramley Road, Laira, PL3 6JB  
Tel. (01752) 228272

## Bright Sparks @ Efford

71 Stott Close, Efford, PL3 6HA  
Tel. (01752) 225115

## Bobtails Full Day Care

Bernice Terrace, Lipson, PL4 7HW  
Tel. (01752) 225271

# Meet the Health Visiting Team



You can gain confidential health advice and have your child weighed at the

**Health Visitor's drop-in clinics** on:

**Wednesdays between 9:15-11:15am**

D.E.L.L. Children's Centre,  
High View Primary School, TorrIDGE way, Efford,  
PL3 6JQ.

**Thursdays between 10-11am,**

D.E.L.L. Laira Link Site,  
Laira Green Primary School, Bramley Road,  
Laira, PL3 6BP.

To contact the Health Visiting Team  
please call **314283**

## **Health Visitor's Office**

D.E.L.L. Children's  
Centre  
365 Blandford Road,  
Efford, PL3 6JA.

# Laira Toddler Group



**Back by popular demand!**

**Laira Toddler Group** is a session for families with babies and children from birth – 4 years.

Enjoy these activities with your children:

- Messy play
- Pretend play
- Sharing books
- Dressing-up
- Songs and rhymes
- Developing motor skills

We ask for a £1 donation per family towards a healthy

Come and find out more on **Tuesdays 1:15-2:45pm (Term-time)** at **D.E.L.L. Laira Link Site**, Laira Green Primary School, Bramley Road, Laira, PL3 6BP.



# Incredible Years Parenting Programme



**Incredible Years** parenting programme is a FREE 12 week course for parents and carers who want to learn about managing behaviour and conflict in their family, in a constructive and supportive way.

The programme supports parents and carers to develop their parenting abilities in a relaxed and enjoyable environment.

A FREE crèche is provided for families that need support with childcare in order to be able to attend the course.

For more information please contact D.E.L.L. Children's Centre Outreach Team on 306334 or Plymouth Parent Partnership on 258933



# Community Midwife



D.E.L.L. Children's Centre is the venue for appointments for the local **Community Midwife for Efford Medical Centre and Laira Surgery.**

To book an antenatal or postnatal appointment with the **Community Midwife** please call **D.E.L.L. Children's Centre** on **306334.**

**Midwifery Clinics** take place at D.E.L.L. Children's Centre, **High View Primary School, Torridge Way, Efford, PL3 6LQ** every **Tuesday** and **Thursday mornings.**

We hope that all expectant mums & dads enjoy their first visit to our new Children's Centre.



# Family First Aid



D.E.L.L. Children's Centre will be holding a **FREE 5 week Family First Aid Course** in January, for parents and carers of children under 5 years living in Deer Park, Efford, Lipson and Laira.

The course is run by Plymouth Adult & Community Learning Service and starts **on Wednesday 11<sup>th</sup> January at 9:30-11:30am at D.E.L.L. Laira Link Site, Laira Green Primary School, Bramley Road, Laira, PL3 6BP**

For more information or to book a place on the workshop, please contact D.E.L.L. Children's Centre on 306334 or call into D.E.L.L. Children's Centre reception at High View Primary School, Torridge Way, Efford, PL3 6JQ.



