

A photograph of a woman with long brown hair, wearing a white and blue striped dress, blowing bubbles towards a young child. The child, wearing a yellow top and a striped skirt, is holding a red toy. They are in a grassy park with trees in the background. Bubbles are floating in the air between them.

Maidenhead Hub

April - June 2015

Children's Centres Guide

Your guide to activities and services within
Maidenhead, for families with children under 5

My Family Story

I live in Maidenhead with my fiancé and our 2 children aged 4 & almost 2. For the past 4 years I have been coming to my local Children's Centre. I became a mother while I was a teenager and felt comfortable with the help and support I received from the Children's Centre Support Workers and Children's Centre Co-ordinator.

As a young parent, I was worried when I went to groups with other parents that I would be judged for my actions because of my age. A Children's Centre Support Worker suggested I came to a group especially for younger parents where we could learn and grow together.

I have had advice from weaning to toilet training, occasional food bags, parenting support to help get my little ones to sleep and most importantly a friendly ear.

Fridays afternoons became the highlight of my week, where I could share my experiences of being a mum with other mums the same age. We had similar experiences and understood each other.

There have been many ups and downs in my life over the past 4 years and the Children's Centre have always been there for me. I now have 2 children and I am looking forward to getting married later this year.

Sarah
Aged 23 years old.



Welcome to our guide

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Complete this form to register with your local Children's Centres



Key

To make it easy to follow we have set out pages by day and then in order of the time the activity begins. Each activity has a series of icons to guide you

 Maidenhead Nursery School	 There is a cost involved in this activity
 Riverside Children's Centre	 Please contact organiser before attending
 Larchfield Children's Centre	 Term time only
 Little Acorns Children's Centre	 In partnership with the Health Visiting team
 Woodlands Park Children's Centre	 Suitable for children aged 0-9 months
 Pinkney's Green Youth and Community Centre	 Suitable for children aged 0-12 months
 Braywick Nature Reserve	 Suitable for children aged 3-12 months
 A children's Centre activity Supported by qualified staff	 Suitable for children aged 18 months to 5 years
	 Suitable for children aged 0 to 5 years

Monday

10 am – 11.00am Weekly/ Drop in

Messy Mondays

Drop in and play



£1.50 contribution per family

This group is run by Children's Centre Volunteers

Every week babies and young children can have fun getting messy whilst exploring their senses and developing their creative skills.

As this group involves lots of mess please make sure children wear old clothes that you don't mind getting dirty

Riverside Children's Centre

Riverside Extended Services, West Dean,
Off Ray Mill Road West, SL6 7JB

☎ 01628 685642

childrens.centres@rbwm.gov.uk

Maidenhead Children's Centres Advisory Board



Are you our missing link?

We are looking for parents and carers volunteers to be part of our advisory board. We meet termly and we need you to help us to ensure we are meeting the needs of the community.

If you are interested in joining our Maidenhead Children's Centres Advisory Board or would like more information call 01628 685642 or email childrens.centres@rbwm.gov.uk.



Speech and Language Drop in

9am - 11.00am

1st Monday of the month
Riverside Children's Centre
West Dean, Off Ray Mill Road West,
SL6 7JB

1pm - 3pm

2nd Tuesday of the month
Little Acorns Children's Centre
St Mark's Hospital, St Mark's Rd
Maidenhead, SL6 6DU

1pm - 3pm

1st Wednesday of the month
Larchfield Children's Centre
Bargeman Road, Maidenhead
SL6 2SG

9am-11am

Every Tuesday
Little Acorns Children's Centre
St Mark's Hospital, St Mark's Road,
Maidenhead, SL6 6DU

1.00pm-2.30pm Weekly/Drop in

Stay and Play

Drop in & play



£1.50 contribution per family

Stay and play sessions give parents and their children an opportunity to play together in a stimulating and fun environment which is supported by qualified Early Years Practitioners.

Each session offers a range of activities promoting the child's development, whilst also providing ideas of things to do at home.

Woodlands Park Children's Centre

Woodlands Park Village site, Manifold Way, Maidenhead, SL6 3GW

☎ 01628 685642

childrens.centres@rbwm.gov.uk



www.ebwomensaid.org.uk

Imagine, being afraid to go to sleep at night, being afraid to wake up in the morning.

Imagine, being denied food, warmth or sleep.

Imagine, being a prisoner in your own home. Imagine, permanent injuries and sometimes death.

Imagine, living with domestic violence...Imagine

Free phone 24hr Domestic Violence Helpline 0800 0852 654

Volunteer Vacancies

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Riverside	Messy Play helper 10am-12pm	Baby stay and play helper 1pm-3pm Stay and Play helper 10am-12pm	Nurture group helper 10am-12pm	Outside stay and play helper 10am-11:30am		
Larchfield				Stay and Play helper 10am-12pm		Stay and play helper 10am-12:30pm
Pinkney's Green					Stay and Play helper 10:30am-1pm	
Woodlands Park	Stay and Play helper 1pm-3pm	Nurture Group helper 10am-12pm	Gemini Twins Club helper 9:30am-12:30pm			
Maidenhead Nursery						
Little Acorns (St Marks)				Nurture group helper 10am-12pm Stay and Play helper 1pm-3pm		

Tuesday

10am - 11.30am Weekly/Drop in

Baby Stay and Play

Drop in and play



£1.50 contribution per family

Stay and play sessions give parents and their children an opportunity to play together in a stimulating and fun environment which is supported by qualified Early Years Practitioners.

Each session offers a range of activities promoting the child's development, whilst also providing ideas of things to do at home.

Riverside Children's Centre

Riverside Extended Services, West Dean,
Off Ray Mill Road West, SL6 7JB

☎ 01628 685642

childrens.centres@rbwm.gov.uk

Extended Hours

Speech and Language Drop in

1pm - 3pm

2nd Tuesday of the month

Little Acorns Children's Centre
St Mark's Hospital, St Mark's Rd
Maidenhead, SL6 6DU

10am - 11.30am Weekly/Drop in

Nurture Group

Drop in and play



Voluntary donation for tea and coffee

Children's Centres and Health Visiting team working in partnership to offer an opportunity for parents to meet other parents, and seek advice from Health and Children's Centre Staff

Woodlands Park Children's Centre

Woodlands Park Village Site,
Manifold Way, Maidenhead, SL6 3GW

☎ 01628 685642

childrens.centres@rbwm.gov.uk

1pm - 2.30pm Weekly/Drop in

Stay and Play

Drop in and play



£1.50 contribution per family

Stay and play sessions give parents and their children an opportunity to play together in a stimulating and fun environment which is supported by qualified Early Years Practitioners.

Each session offers a range of activities promoting the child's development, whilst also providing ideas of things to do at home.

Riverside Children's Centre

Riverside Extended Services, West Dean,
Off Ray Mill Road West, SL6 7JB

☎ 01628 685642

childrens.centres@rbwm.gov.uk

2pm - 2.45pm Weekly/Book

3pm - 3.45pm Weekly/Book

4pm - 4.45pm Weekly/Book

Bilingualising

Adult and Child Activity

First class is free, £6 per class thereafter (payable termly)



Birth to sitting: 2pm - 2.45pm

Crawlers to toddlers: 3pm - 3.45pm

Toddlers to pre-school: 4pm - 4.45pm
(school age siblings welcome)

Term starts: Monday 20th April 2015

Half Term: Monday 25th May 2015

End of Term: Friday 29th May 2015

Bilingualising is a new and exciting music and language class for mums and babies to learn Spanish together in a fun and engaging way that is appropriate for the development stage of each baby. Familiar nursery rhymes are learnt in both Spanish and English, and are accompanied by a variety of fun movements, props and activities

Woodlands Park Children's Centre
Woodlands Park Village site, Manifold Way, Maidenhead, SL6 3GW

Caireen on 07884 113601
Email: caireen@bilingualising.com
www.bilingualising.com

3.30pm - 6pm Weekly/Drop in

Music Matters

Drop in & Play



Music Matters is fun, progressive music education for babies and children up to age 11. Music Matters helps children to develop fantastic listening skills, concentration and coordination, inner hearing, musical sensitivity and literacy.

Musical concepts are introduced through songs and games, all the music is live - no CD's

Riverside Children's Centre
Riverside Extended Services, West Dean, Off Ray Mill Road West, SL6 7JB

Lyn 0118 3279136
lyn@lynsmusicmatters.co.uk
www.lynsmusicmatters.co.uk

Do we have your
e-mail address?

If not contact childrens.centres@rbwm.gov.uk



GOOGLE
RBWM CHILDREN'S CENTRES
please see page 15

Parent Champions

Parent Champions are parent led volunteers who work in the community to provide families with information on a range of services and activities on offer at your local Children's Centre.

This includes information on:

- Two year old funding
- Parenting services
- Accessing and enjoying their local Children's Centre

For more information please email Childrens.centres@rbwm.gov.uk or phone 01628 685642



"There is one source of information that parents rely on most - other parents" -
Family and Childcare Trust

Volunteer now

"Parent Champions act as advocates and peer advisers to other parents in the community" -
Family and Childcare Trust



Parent Champions are volunteers working within the community with the aim to:

- Encourage as many parents as possible to use services and activities on offer in their local Children's Centre.
- Promote Two Year Old Funding
- Promote Parenting Services

If you have a few hours to spare and enjoy talking to families, then you could become a Parent Champion and help families to take up opportunities that will make a difference to them.

In return we will offer you free accredited training and support

For more information or to request an application form please contact on 01628 685642 or email Childrens.centres@rbwm.gov.uk



Does that 'Monday Morning' feeling stay with you all week?

Had a Baby?

- Are you feeling anxious?
- Feeling Scared or panicky?
- Unable to sleep at night?
- Are you crying for no reason at all?
- Are you irritable?
- Having difficulty coping?
- Have you lost interest in sex?
- Has life lost its sparkle?
- Are things getting on top of you?

Are you the Father of a New Baby?

- Do any of the things on the left relate to your partner?
- Have you noticed any changes in your partner since she had the baby?
- Do you need to know more to understand?
- Do you need help and support for yourself?
- Do you need someone to talk to?

Any of these symptoms may indicate post-natal illness, which can occur anytime up to a year after your baby is born. It affects 1 in 7 post-natal women.

You are not alone, help is at hand...

Our confidential help group offers you a setting where you can feel free to talk about your feelings to people who understand.

- We meet once a week in Maidenhead.
- There is a Crèche for your baby or child.
- A listening ear & a cup of coffee.

Contact us via your health visitor or G.P. or telephone us directly on:

07552 980571

Wednesday

10am - 11.30am Weekly/Drop in

Nurture Group

Punjabi, English and other languages may be available on request

Drop in and play



Voluntary donation for tea and coffee

A bilingual group for new mums and babies aged birth to 9 months. Come and meet other mums in a friendly and relaxed atmosphere supported by bilingual Children's Centre staff

Riverside Children's Centre

Riverside Extended Services, West Dean,
Off Ray Mill Road West, SL6 7JB

☎ 01628 685642

childrens.centres@rbwm.gov.uk



**Have you
registered all
your children
0 - 5 with the
Children's Centre?**

10am - 12pm Weekly/Drop in

Small Talk by Gemini Plus

Drop in & play



Please contact, to find out pricing of session

[Voluntary run group by parents who have twins or multiples](#)

Covering families in the Windsor and Maidenhead area. Gemini Plus has been supporting both expectant Mum's of multiples and parents and carers of multiples for many years.

We are a really friendly club that are able to offer support, friendship, fun and a nice cuppa from pregnancy through to your little angels starting school.

The group is ideal for children aged 0-5 years, to play in a safe and fun environment.

Woodlands Park Children's Centre

Woodlands Park Village Site,
Manifold Way, Maidenhead, SL6 3GW

☎ 01628 685642

Email: info@gemini-plus.org.uk

**Would you like a say
in how your local
Children's Centre
is run?**

Join your Children's Centre Advisory Board. For more information please contact Rachael Park-Davies Tel: 01628 685642

Wednesday

10.45am - 11.15am Weekly/Drop in

Rhyme Time

Drop in and sing



£1.50 contribution per family

Teas and Coffees available after. Session ends at 1.30pm

Enjoy, music, rhymes and stories lead by the Maidenhead Library Team, followed by tea/coffee and a chat

Pinkneys Green Youth and Community Centre

Blenheim Road, Maidenhead, SL6 5HE

☎ Children's Centre 01628 685642
childrens.centres@rbwm.gov.uk

1.15pm - 2.45pm Weekly/Book

Aerobics Class

Women Only Activity



£3 per session, priority given for people who book regularly

10 sessions booked and a discount is given

A fun fitness class for women only. Come and join the fun with Kuldip

Pinkneys Green Youth and Community Centre

Blenheim Road, Maidenhead, SL6 5HE

☎ Urusa: 07776 203358
urusa@communitymultiservices.co.uk

1.30pm - 3.00pm Weekly/Book

CYPDS Stay and Play



Prior arrangement by the CYPDS Team only

A fun session for parents and carers of children with special needs

Little Acorns Children's Centre

St Mark's Hospital, St Mark's Road, Maidenhead, SL6 6DU

☎ CYPDS Service 01628 685878
cypds@rbwm.gov.uk

1.45pm - 3.35pm Weekly/Book

Yoga Babes

Adult and Child Activity



£30 for a 5 week course

Arrive 10mins before the course starts to settle your child

Post-natal exercises and yoga for Mummy and groovy moves to nursery rhymes and songs for baby. From six weeks till crawling. A fun, stretching and nurturing class for both of you!

Larchfield Children's Centre

Bargeman Road, Maidenhead, SL6 2SG

☎ 07505 147957 (Tara)
Email: yogatime@live.co.uk
www.yogatime66.co.uk



The Freedom Programme

"A group to talk about how to move forward and make me stronger in myself"



- Do you feel afraid of your partner a lot of the time?
- Is your partner excessively jealous and possessive?
- Do you feel you are walking on eggshells to avoid making your partner angry or aggressive?
- Does your partner blame you for everything?
- Does your partner pressure you to have sex when you don't want to?
- Is your partner constantly criticising you and putting you down in front of others?
- Does your partner tell you what to wear, who to see and where you can or cannot go?

THESE ARE ONLY A FEW OF THE SIGNS THAT YOU
COULD BE SUFFERING DOMESTIC ABUSE

Drop in to a Freedom Programme Support Group near you – the group looks at why men abuse their partners and children, and to recognise the beliefs that they hold which allows them to do it. It is a 12 week rolling programme with no waiting list so you can join at any time. This programme is open to any women who wish to learn more about the reality of domestic abuse. It is confidential and you can be sure of a warm welcome

You will be free to come, free to go, free to think, free to feel, free to laugh, free to cry, free to share, free to choose, free to be yourself, free to feel empowered.

WHEN and WHERE IS IT RUNNING?

MAIDENHEAD Every Wednesday

Call Suzy on 07595 781178

Childcare available (free)



Family Friends Provides Short term support to families who are facing difficult times and enables them to get back on their feet. Their help is free, confidential and open to any family living in the Royal Borough of Windsor and Maidenhead with a child aged 0-13years. They have both volunteers and paid workers

who help families. For more information, please visit their website: www.family-friends.org.uk or telephone:

0300 800 1005 (during office hours)

10am - 11.30am Weekly/Drop in

Stay and Play

Drop in and play



£1.50 contribution per family

Numbers are limited

Stay and play sessions give parents and their children an opportunity to play together in a stimulating and fun environment which is supported by qualified Early Years Practitioners.

Each session offers a range of activities promoting the child's development, whilst also providing ideas of things to do at home.

Larchfield Children's Centre

Bargeman Road, Maidenhead, SL6 2SG

☎ 01628 685642

childrens.centres@rbwm.gov.uk

10am - 12pm Weekly/Book

Asian women's

Group - Kushi

Support Group



ایشین وومینز گروپ

صبح 01 سے 01 بجے

مفت کریشن کی سہولت موجود

رابطہ کریں عارفہ نعیم کے

Creche Place Available

A support group for Asian Women

Riverside Children's Centre

Riverside Extended Services, West Dean,
Off Ray Mill Road West, SL6 7JB

☎ 01628 685630 (Arifa)

childrens.centres@rbwm.gov.uk

10am - 11am Weekly/Book

Zumbini

Adult and Child Activity



Fee payable which includes a Zumbini bundle containing a double CD and booklet



First session free

Term starts Thursday 23rd April 2015

Half term - Thursday 28th May 2015

End of term - Thursday 9th July 2015

Designed to let you and your little ones 0 to 3 years old wiggle, sing and learn together, the Zumbini™ program is where the science of child development meets the magic of Zumba® – for the ultimate bonding experience!

Pinkneys Green Youth and Community Centre

Blenheim Road, Maidenhead, SL6 5HE

☎ Niki: 07775 653051

Email: niki_kitt@yahoo.co.uk

10am - 11.30am Weekly/Drop in

Nurture Group

Drop in and play



Voluntary donation for tea and coffee

Children's Centres and Health Visiting team working in partnership to offer an opportunity for parents to meet other parents, and seek advice from Health and Children's Centre Staff

Little Acorns Children's Centre

St Mark's Hospital, St Mark's Road,
Maidenhead, SL6 6DU

☎ 01628 685642

childrens.centres@rbwm.gov.uk

Learning Journals

Would you like to know more about your child's growth and development and keep track of important milestones?

If so.....

Look out for the new learning journals which are available for you to record all your little ones' important achievements along their journey of learning.

For more information please contact our Early Years professional, Jane on 07795 126502



10am-11am

Weekly/Drop in

Outside Stay and Play

Drop in & play



£1.50 contribution per family

Outside Stay and play sessions give parents and their children an opportunity to play together in a stimulating and fun environment which is supported by qualified Early Years Practitioners.

Each session offers a range of activities promoting the child's development, whilst also providing ideas of things to do at home.

Riverside Children's Centre

Riverside Extended Services, West Dean,
Off Ray Mill Road West, SL6 7JB

☎ 01628 685642

childrens.centres@rbwm.gov.uk

1pm - 2.30pm Weekly/Drop in

Stay and Play

Drop in & play



£1.50 contribution per family

Stay and play sessions give parents and their children an opportunity to play together in a stimulating and fun environment which is supported by qualified Early Years Practitioners.

Each session offers a range of activities promoting the child's development, whilst also providing ideas of things to do at home.

Little Acorns Children's Centre

St Mark's Hospital, St Mark's Road,
Maidenhead, SL6 6DU

☎ 01628 685642

childrens.centres@rbwm.gov.uk

NEW WEBPAGES

Check out our new Children's Centre webpages on the Royal Borough Website.

Find out information on:

- What's on
- Support and advice for families
- Volunteering opportunities
- Local Centres and contact details
- Things to do at home

9.15am - 10.00am Weekly/Drop in

Action Kids

Adult and Child Activity



£3.00 per family

Action Kids is all about physical development with fun for children

All the activities lead to dance, games, gymnastics and athletics enabling children to become stronger, more balanced, better co-ordinated and confident as they develop physically, socially and emotionally

Riverside Children's Centre

Riverside Extended Services, West Dean, Off Ray Mill Road West, SL6 7JB

☎ 07877 828251 (James)

Email: info@actionkids.co.uk

www.actionkids.co.uk



2pm - 3pm Weekly/Drop in

Music Matters

Drop in & Play



Music Matters is fun, progressive music education for babies and children up to age 11. Music Matters helps children to develop fantastic listening skills, concentration and co-ordination, inner hearing, musical sensitivity and literacy.

Musical concepts are introduced through songs and games, all the music is live - no CD's

Riverside Children's Centre

Riverside Extended Services, West Dean, Off Ray Mill Road West, SL6 7JB

☎ Lyn 0118 3279136

lyn@lynsmusicmatters.co.uk

www.lynsmusicmatters.co.uk

4.30pm Monthly/Book

Yoga Bunnies



All ages welcome , £5 a family, booking necessary.

Children love to move and with your guiding hands they can try new postures and shapes with their bodies, that encourage greater trust. A child that moves freely and gracefully is self confident and relaxed. This family yoga session ensures everyone works on their flexibility and strength by enjoying a wide range of moves during games and exercises. Skipping, hopping, jumping, making shapes and being animals is all part of our indoor outdoor play at the Braywick Nature Reserve. 2nd Friday of every month

Braywick Nature Centre

Hibbert Road, Maidenhead SL6 1UU

Contact Tara: yogatime@live.co.uk

www.Yogatime66.co.uk

10.30 – 12.30 Monthly/Drop in

NCT Drop in

Drop in and play



Please note that this session runs the first Friday of the month

A fun filled play session for children aged 0-5 years. You don't even need to be a member of the NCT to come along

A great way to play with your little one in a safe environment whilst making some new friends.

Riverside Children's Centre

Riverside Extended Services, West Dean, Off Ray Mill Road West SL6 7JB

☎ Local NCT Branch Number:

0844 2436197

Friday

11am - 12pm Weekly/Drop in

Helping Hands

Drop in and play



A Stay and Play style session incorporating makaton signing for children with additional communication needs.

Larchfield Children's Centre
Bargeman Road, Maidenhead, SL6 2SG
☎ 01628 685642
childrens.centres@rbwm.gov.uk

2pm - 3.30pm Weekly/Book

Fitness Class

Women Only Activity



Voluntary Contribution of £5 per month

10 sessions booked and a discount is given. A fun fitness class for women only, focusing on brisk walking and how to do warm up and cool down stretches

Riverside Children's Centre
Riverside Extended Services, West Dean,
Off Ray Mill Road West, SL6 7JB
☎ Urusa: 07776 203358
urusa@communitymultiservices.co.uk

3pm - 4pm Weekly/Drop in

Advice Session

Drop in and Play



A drop in and play advice session offering support to parents and children in a fun and relaxed way.

Maidenhead Nursery
School Lane,
Maidenhead, SL6 7PG
☎ 01628 685642

childrens.centres@rbwm.gov.uk

10am - 11.30pm Weekly/Drop in

Stay and Play

Drop in and play



£1.50 contribution per family

Stay and play sessions give parents and their children an opportunity to play together in a stimulating and fun environment which is supported by qualified Early Years Practitioners.

Each session offers a range of activities promoting the child's development, whilst also providing ideas of things to do at home

Pinkneys Green Youth and Community Centre
Blenheim Road, Maidenhead, SL6 5HE
☎ 01628 685642
childrens.centres@rbwm.gov.uk

1pm - 2.30pm Weekly/Drop in

Young Parents under 21

Drop in and play



For Parents who are under 21 years old

For Parents and Carers with children under 5 years, come and have fun with new activities, and gain information and advice from our highly qualified and supportive staff

Little Acorns Children's Centre
St Mark's Hospital, St Mark's Road,
Maidenhead, SL6 6DU
☎ 01628 685642
childrens.centres@rbwm.gov.uk

Saturday

10am - 12pm Weekly/Drop in

Saturday Stay and Play

Drop in and play



We recommend that families arrive at 10am as places are limited

£1.50 contribution per family

Stay and play sessions give parents and their children an opportunity to play together in a stimulating and fun environment which is supported by qualified Early Years Practitioners.

Each session offers a range of activities promoting the child's development, whilst also providing ideas of things to do at home.

Larchfield Children's Centre

Bargeman Road, Maidenhead, SL6 2SG

☎ 01628 685642

childrens.centres@rbwm.gov.uk

Do you need
this information
translated?

کیا آپ ان معلومات کا ترجمہ اپنی زبان میں چاہتے ہیں؟

¿Necesita esta información
traducida?

Czy potrzebujesz tej informacji
w języku?

Avez-vous besoin de cette
information traduite?

A Guide

www.childhealthwam.com

FOR PARENTS AND CARERS of children aged birth-5 years



Common childhood illnesses

NHS

Windsor Ascot & Maidenhead
Clinical Commissioning Group



If you're worried about any aspects of your child's health, or for information about minor illnesses, use this website as it contains helpful advice written by local professionals

www.childhealthwam.com

Free childcare for 2 year olds



Is it free for all 2 year olds?

If you are in receipt of certain benefits or have an income below around £16,000 per year, then you may be eligible.

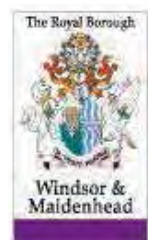
Contact your local council for more details:

Two year old funding

The Royal Borough of Windsor & Maidenhead
Town Hall, St. Ives Road, Maidenhead SL6 1RF

Tel: **01628 685959**

Email: **2yearoldfunding@rbwm.gov.uk**





Parenting Services

There is often a high level of stress involved in parenting, with confusion and misinformation coming from every direction. The Parenting Team offer a range of parenting programmes to support families

Primary Triple P

The three P's in Triple P stand for 'Positive Parenting Programme'

Triple P cuts through the confusion involved in parenting and gives you clear simple strategies to turn problems around and also to prevent problems developing in the first place.

Triple P helps you understand the way your family works and uses things you already think, feel, say and do in new ways that nurture relationships, parenting skills and confidence as well as supporting your wellbeing.

The Programme is 4 consecutive weeks, with a small break for one to one support, followed by a final session.

Tuesday 28th April 2015

12.30pm - 2.30pm

Final session Tuesday
9th June 2015

Larchfield Children's Centre

Bargeman Road,
Maidenhead, SL6 2SG

01628 685642

childrens.centres@rbwm.gov.uk

Parenting Services

Primary Seminars

Whether you need a little bit of support to make sure you're on the right track or noticed signs of problem behaviours that are becoming unmanageable, Triple P seminars are a short introduction to positive parenting strategies. You can either attend 1 seminar or all 3.

Seminar 1
The Power of Positive Parenting

Seminar 2
Raising Confident, Competent Children

Seminar 3
Raising Resilient Children

Primary Triple P seminars are suitable for parents of children aged 2-10 years



For more information on Triple P Seminars please contact
01628 685 615
parenting@rbwm.gov.uk

Discussion Groups

Triple P Discussion Groups are short, small group, 2 hour sessions that offer support and practical advice around a specific problem behaviour.

There are three problem behaviour topics to choose from and you will also receive a Free Triple P worksheet on that topic to take home.

Fighting & Aggression

Developing Good Bedtime Routines

Dealing with Disobedience

For more information on Triple P Discussion Groups please contact
01628 685 615
parenting@rbwm.gov.uk



Family Transitions

The Triple P Family Transitions group is designed to help parents who are having difficulties making the transition through divorce or separation because of conflict with their co-parent, difficulties with anxiety, stress or depression or experiencing behavioural or emotional problems in their child.

Family Transitions addresses the risk factors and promotes protective factors for families going through separation and divorce. It promotes family processes that contribute to children's wellbeing during a time of transition in family structure

Family transitions is a 2 hour, friendly and relaxed, session that lasts for 5 weeks. During this time you will have a chance to have individual time with a Triple P practitioner.

Groups to commence May 2015

Please contact 01628 685615
or parenting@rbwm.gov.uk
for more details.

Are you interested?

If you would like to register for a group or find out more about Triple P groups, please call the Parenting Team on 01628 685 615 or email

parenting@rbwm.gov.uk

Parenting Services

Baby Incredible Years

Baby Incredible years is a friendly and relaxed course for first time parents of babies aged 8 - 12 weeks. This group is run over a 10 week period and during that time parents will learn to observe and read their babies' cues, ways to provide nurturing and responsive care including physical, tactile, and visual stimulation as well as verbal communication.

Please note that places for this group are only from professional referrals

**Tuesday 26th May -
Tuesday 21st July 2015**

10am -12pm

9 week programme

Riverside Children's Centre
West Dean, Off Ray Mill Rd West
Maidenhead
SL6 7JB



Expectant Fathers

The expectant fathers programme is a one day course for expectant and new fathers only. This programme provides an opportunity for men to look at the changes they will be going through and looking at the impact that a baby will have on their lives. A midwife will also visit to answer questions regarding the birth!

Please contact 01628 685615 or parenting@rbwm.gov.uk for more details.



For Newborns, Babies and Parents to be

New to the Area? Have you registered with the Health Visitors please contact 01753 638456

Health Visitor Drop in Clinics

Baby Clinics are held regularly so that you can take your baby along and weigh them. You will also be able to discuss any worries or concerns with your Health Visiting Team and get advice on weaning, breastfeeding, sleep routines etc.

you can also pick up your Healthy Start Vitamins from any Baby Clinic (You will need your red book).

Monday 1.30 pm - 3pm
Every week

Riverside Children's Centre
Riverside Extended Services,
West Dean, Off Ray Mill Road West
Maidenhead, SL6 7JB

Wednesday 1pm - 2.30pm
Every week

Cox Green Community Centre
Highfield Lane, Maidenhead, SL6 3AX

Friday 10am - 12.30pm
Every week

Little Acorns Children's Centre
St Mark's Hospital, St Mark's Road,
Maidenhead, SL6 6DU

Useful Contacts

Duty Health Visitor: 01753 638456
National Breastfeeding Helpline:
0300 100 0212

Breastfeeding Support

For information or support, or just to meet other mums breastfeeding their babies, drop in

Monday 1.30pm - 3pm
Every week

Riverside Children's Centre
Riverside Extended Services,
West Dean, Off Ray Mill Road West,
Maidenhead, SL6 7JB

Wednesday 1pm - 2.30pm
Every week

Cox Green Community Centre
Highfield Lane, Maidenhead, SL6 3AX

Friday 10am - 11.30am
Every week

Little Acorn Children's Centre
St Mark's Hospital, St Mark's Road,
Maidenhead, SL6 6DU

Child Development Checks

By appointment only

Tuesday 1pm - 3pm

Riverside Children's Centre
Riverside Extended Services,
West Dean, Off Ray Mill Road West
Maidenhead, SL6 7JB

Wednesday 9am - 12pm
Larchfield Children's Centre
Bargeman Road,
Maidenhead, SL6 2SG

For Newborns, Babies and Parents to be

Please contact a member of the Children's Centre team for more information on Child Development Checks



Baby Incredible Years

Tuesday 26th May 2015

10am -12.00pm

9 week programme

Riverside Children's Centre

Riverside Extended Services

West Dean, Off Ray Mill Road West,
Maidenhead, SL6 7JB

01628 685 615

Parenting@rbwm.gov.uk

Nurture Groups

Children's Centre and Health Visiting Team working in partnership to offer an opportunity for parents to meet other parents, seek advice from Health and Children's Centre Staff

Tuesday 10am - 11.30am

Every week

Woodlands Park Children's Centre

Woodlands Park Village Site,
Manifold Way, Maidenhead, SL6 3GW

Wednesday 10am-11:30am

Every week

Riverside Children's Centre

Riverside Extended Services
West Dean, Off Ray Mill Road West,
Maidenhead, SL6 7JB

Thursday 10am – 11.30am

Every week

Little Acorns Children's Centre

St Mark's Hospital, St Mark's Road,
Maidenhead, SL6 6DU

Healthy Start Vitamins



Vitamins are essential nutrients that your body needs in small amounts so that it can work properly. Even though you can get lots of vitamins from a healthy balanced diet, you still might not get everything you need at certain times in your life such as, when you are pregnant, a new mum or a small child

For more information about Healthy Start Vitamins, ask a member of staff at your local Children's Centre



We provide support, advice, guidance and training to local residents who want to find employment in their home area. Our aim is to match local people to local jobs, whatever their background or circumstances, at every skill level – from junior operative to senior executive.

Anyone who needs help into work and particularly those who may be finding it difficult, such as:

- Lone Parents
- People who have been made redundant
- School leavers
- Adults with mental health issues or moderate learning difficulties
- Older people
- Ex-offenders
- Those who want to develop their career in a different direction

Come and see us to find out more

Town Hall,
St Ives Road, Maidenhead, SL6 1RF
Monday's 9.30am – 3.30pm

Windsor Youth and Community Centre
Alma Road, Windsor, SL4 3HD
Wednesday's 9.30am – 3.30pm

Tel: **01628 685661**
Email: info@growourown.co.uk

Citizens Advice Bureau



The Maidenhead Citizens Advice Bureau offers practical, up-to-date information and advice on a wide range of topics, including: debt, benefits, housing, employment, immigration, consumer and other problems

Contact Maidenhead CAB on:
01628 674842

CAB Drop - in Sessions

The Citizens advice bureau has drop-in sessions for an initial needs assessment

Wednesday 10am - 12pm

The Porch, All Saints Dedworth,
SL4 4JW

Weekdays (except Thursdays) 10am - 3.30 pm

Maidenhead Citizens Advice Bureau
4 Marlow Road, Maidenhead
SL6 7YR

For more information please visit
Citizens Advice National Website:
www.adviceguide.org.uk



Find a job using the Universal Jobmatch service - jobseekers can match their CV and skills to jobs posted by companies

www.gov.uk/jobsearch

Benefits Advisor

Struggling with money?
Find out whether you
are eligible for some
additional support?

www.gov.uk/benefits-adviser

Free Money Advice



Because it doesn't grow on trees

The Money Advice Service is an independent service, set up by government to help people make the most of their money, it gives free, unbiased money advice to everyone across the UK – online, over the phone and face to face.

Call **0300 500 5000**

moneyadviceservice.org.uk

Asian Support Groups

The Family Support Service recognises that within the borough's Asian community, there is a need for developing skills and addressing any family issues for both parents.

Arifa Naeem, senior parenting worker runs the following groups for Asian families.

Asian women's Group - Kushi

This is a support group for Asian women which helps them develop and prosper. It help them shift their paradigm and perception to understand their situation better.

The programme 'Seven habits of successful people' which is incorporated within the group helps women cultivate positive habits with the aim of becoming successful and independent, thus improving family relationships and family life. It also includes stress management and personal development regime.

Venue: Riverside Children's Centre,
West Dean, Maidenhead SL6 7JB
Every Thursdays
Time: 10am -12pm

Alma Road Youth and Community
Centre, Windsor SL4 3HD
Every Tuesday
Time: 10am-12pm

Free Crèche places available at both venues.

Father's Group

This is a parenting programme for Asian men in their mother tongue (Urdu/Punjabi).

It aims to improve emotional health and well-being to enrich family life. It also develops self-confidence and esteem for Fathers and children which is a crucial ingredient for effective parenting and learning.

Family links Parenting Programme

This is a parenting programme for Asian women in their mother tongue (Urdu/Punjabi).

This Nurturing Programme provides simple, effective tools to help adults and children. It helps to understand and manage feelings and behaviour and improve relationships at home

Please contact Ms Arifa Naeem on 01628 685630 or 07584 205515 to enrol or further enquiries.

National Contacts

Gingerbread

Provide expert advice, practical support and campaign for single parents

Tel (Freephone): 0808 802 0925
www.gingerbread.org.uk

Family Lives

We recognise that the best way to support families is to provide professional, non-judgmental support and advice in a way that all members of the family can freely access. We provide this through our 24 hour helpline, extensive advice on our website, our email and live chat services, befriending services, and parenting/relationship support groups

Tel: 0808 800 2222
familylives.org.uk

Home Heat Helpline

The Home Heat Helpline advises people worried about paying their energy bills and keeping warm during the winter. It also gives advice to low-income households in urgent need of heating help and advice. It is free to call and is open 9am-5.30pm Monday to Fridays

Tel: 0800 33 66 99
www.homeheathelpline.org.uk

Shelter

Shelter is a charity that works to alleviate the distress caused by homelessness and bad housing. Shelter provides free, confidential advice to people with all kinds of housing problems

Free Advice Helpline: 0808 800 4444
<http://england.shelter.org.uk>

Local Contacts

Maidenhead Library

01628 796969
maidenhead.library@rbwm.gov.uk

NCT Maidenhead and Marlow

We're here to support parents. We give them accurate, impartial information so that they can decide what's best for their family, and we introduce them to a network of local parents to gain practical and emotional support.

Tel: 0844 243 6197
www.nct.org.uk/branches/maidenhead-marlow

Talking Therapies

An NHS service that offers help and support to people in Berkshire suffering with depression or anxiety based problems

0300 365 2000
talking-therapies@berkshire.nhs.uk

Number 22

Provides free and confidential counselling to support those in distress whilst also providing a space where clients can feel valued and heard

To speak to a counsellor please call:
01628 636661

The Link Foundation

The Link Foundation is a Maidenhead based children's charity committed to improving the lives of children and their families in the local community and surrounding areas

www.linkfoundation.co.uk

Community Learning *and* Skills Service

Want to learn a new skill, build your confidence or get a qualification?

We offer part-time courses for adults (over 19) and families.

- Computing
- Dance and exercise
- Cooking and healthy eating
- English and maths
- Art, craft and design
- Family learning
- Skills for work
- Hair and beauty

...and more!



Study to get a qualification or just to learn something new.

Find us on Facebook
Search for Community Learning and Skills Service



Free English classes in Maidenhead (eligibility criteria apply).
Call 01628 685647 to book an assessment.

Call (01628) 685647 for details of courses centres.



Allison Bradshaw

Family Support Manager

Family Support Services

West Dean, off Ray Mill Road West

Maidenhead

Berkshire

SL6 7JB

Dear Parent

I would like to welcome you to your local Children's Centre. Thank you for registering your details with us.

We have a host of activities on offer for you and your children. We will be sending you our timetable each term.

If this is your first visit to a Children's Centre please do not hesitate to ask one of our staff members to show you around and discuss any particular sessions that you may be interested in.

From time to time Children's Centre staff may take photos to capture events. Please could you complete this photo permissions form:-

Parental Consent Form for the use of Images of Children

I/we (name) the parent(s)/guardian(s) of :-

(child's full name)

(child's full name)

(child's full name).....

Hereby give RBWM Children's Centres permission to use any still and/or moving image being video footage, photographs and/or frames and/or audio footage depicting myself and my/our children named above.

I do/do* not give permission for images of myself and/or my children to be used in publicity materials

* delete as appropriate

If consent is given please tick boxes for the following usage:-

Around the Children Centre

In Publicity Materials

On Website

Signed :-.....

Date:-.....

Thank you in advance.

Allison Bradshaw

Family Support Manager



Maidenhead Hub
Contact:
RACHAEL PARK-DAVIES
01628 685642

Riverside Children's Centre West Dean Ray Mill Road West Maidenhead, SL6 7JB
Larchfield Site Larchfield School, Bargeman Road, Maidenhead, SL6 2SG
Little Acorns Site St Mark's Hospital, St Mark's Road, Maidenhead, SL6 6DU
Woodlands Park Site Manifold Way, Waltham Road, Maidenhead, SL6 3GW
Pinkneys Green Site Blenheim Road Maidenhead, SL6 5HE
Maidenhead Nursery Site School Lane Maidenhead, SL6 7PG



RBWM Children's Centre Registration

Information about you and your family

	Main Carer Details	2nd Carer Details
First Name		
Surname		
Relationship to child		
Address and Post Code		
Mobile Number		
Email address		
Date of Birth (dd/mm/yyyy)		
Are you a lone parent?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
If you are pregnant when is the due date?		
Please delete	Employed / Unemployed	Employed / Unemployed
Do you consider yourself/your partner to have a disability?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
What is your home language?		
How is your spoken English? (Please CIRCLE)	Not Spoken Basic Fluent	Not Spoken Basic Fluent
	Child 1	Child 2
First Name		
Surname		
Date of Birth (dd/mm/yyyy)		
Male or Female (Please TICK)	Male <input type="checkbox"/> Female <input type="checkbox"/>	Male <input type="checkbox"/> Female <input type="checkbox"/>
Do you consider your child to have a disability?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>

Ethnicity	Parent/ Carer		Child		Ethnicity	Parent/ Carer		Child	
	1	2	1	2		1	2	1	2
White British					Asian or Asian British				
Irish					Indian				
Traveller/Gypsy/Roma					Pakistani				
Traveller of Irish Heritage					Bangladeshi				
Other					Any other Asian background				
Mixed					Black or Black British				
White/Black Caribbean					Caribbean				
White/Black African					African				
White/Asian					Chinese				
Any other mixed background					Any other Black background				
Decline to Answer					Other ethnic group				

Consent

I confirm I have been given a copy of the Sure Start Children's Centre Privacy Notice which explains how the information I have supplied on this form will be used. I understand by signing this form I am giving the Children's Centre my explicit consent to use the personal information for the purposes of Government monitoring and to enable effective planning of services with other professionals working with the Children's Centre.

Children's Centres in the Royal Borough of Windsor and Maidenhead must follow the guidance and procedures of the Local Safeguarding Children Board, which requires all concerns about a child's welfare to be noted and, where appropriate, passed to the relevant authority. I confirm that I have been made aware of the Children's Centre Child Protection policy and understand that the policies and procedures will be put into practice when necessary.

Parent Signature.....

Date.....

'Data Protection Act 1998. In accordance with this act, the information you supply will only be used by the Children's Centre in its role of supporting children and families. When using information, confidentiality and anonymity will be respected at all times.'

I do not wish to register my child/ren with the Children Centre

Windsor and Datchet Hub

Contact:
SERENA RUMSEY-MITCHELL
01753 582564
childrens.centres@rbwm.gov.uk

Poppies Children's Centre

Kennally Road
Broom Farm, Windsor, SL4 4XP

Lawns Children's Centre

Imperial Road,
Windsor, SL4 3RU

The Manor Youth Centre

Hanover Way
Windsor
SL4 5NW

Little Cygnets – Datchet

St Mary's Cof E Primary
Academy,
The Green, Datchet, SL3 9EJ

Little Cygnets – South Ascot

The Annexe, Silver Ring,
High Street, Ascot, SL5 7JF

Little Cygnets – Eton Wick

Eton Wick CofE First School,
Sheepcote Road, Eton Wick
SL4 6JB

Little Cygnets – Old Windsor

Old Windsor Youth & Community
Centre,
Robin Willis Way, Old Windsor
SL4 2PX

Privacy Notice – Sure Start Children’s Centres

Sure Start Children’s Centres within the Royal Borough of Windsor and Maidenhead can be based on school sites, community centres or hospital sites. Wherever they are, their services are run independently although still supportive of other organisations and agencies.

Schools, Local Authority (LA), the Department for Education (DfE), the Department of Health (DH) and the Primary Care Trust (PCT) all process data in order to run their services efficiently and effectively. As part of the Family Support’s recording policy all information provided will be stored on a RBWM Children’s Services Database. Your information will only be accessed by appropriate staff working on behalf of RBWM, these staff are subject to Disclosure Barred Service and comply with the council’s policy on confidentiality. We would like to explain to you what information will be held, the reasons why and how it will be used.

The only information held will be that which is provided by you on the Registration Form.

We collect data on children and parents/carers to be able to meet the monitoring requirements set by Government and to inform the development and delivery of our services.

Sure Start Children’s Centres work closely with partners in schools, the PCT, LA and other groups supporting children and families. Centres will be inspected by Ofsted. Data provided by you to the Children’s Centre will not be shared in a way that will identify either you or your child to any other organisation. Should it be felt that another organisation may be able to offer support to you or your child, you will be consulted before any information is shared¹.

Information you have provided can be removed from the database, should you request it.

Children, young people and their parents/carers, as data subjects, have rights under the Data Protection Act 1998, including a general right of access to personal data held about them, with parents exercising this right on children’s behalf if they are too young to do so themselves, (usually under 12 years old). Further information about data protection and your rights can be found at http://www.rbwm.gov.uk/web/foi_data_protection.htm

If you wish to access the personal data held about you or your child, please contact your Children’s Centre Co-ordinator or write to:

Data Protection Officer
Royal Borough of Windsor & Maidenhead
Town Hall
St Ives Road
Maidenhead
SL6 1RF

In order to fulfil their responsibilities under the Act the organisation will, before responding to this request, seek proof of the requestor’s identity, payment of £10 and any information required to locate the personal data requested.



¹ The only exception to this is if it is considered that the well being of a child is at risk. The centre’s Child Protection policy states that if there is a concern for the well being of a child, this will be raised with the parents/carer in the first instance unless this is likely to increase the risk to that child, before a referral is made to Social Services.



CHILD PROTECTION POLICY For CHILDREN'S CENTRE



i CENTRE USER RESPONSIBILITIES

- All visitors entering the Children's Centre are required to sign in/out.
- Centre Users attending an event must complete & sign a Registration Form
- Adults are responsible for the safety of all children in their care at all times.
- Children must not be left unattended at any time, staff cannot be responsible for them.
- Children & Adults shall be treated respectfully at all times
- **Smacking a child** is unacceptable

Your Children's Centre is committed to providing a safe and secure environment for children, staff and visitors and to promoting a climate where children and adults will feel confident about sharing any concerns which they may have about their own safety or the well being of others. We are required to be watchful for signs and symptoms of:

- Physical abuse
- Sexual abuse
- Neglect
- Emotional abuse

i SAFEGUARDING CHILDREN

In the interest of safeguarding and under "Every Child Matters" agenda, we ask that Centre users refrain from using their mobile 'phones or cameras whilst attending sessions.

i CONCERNS ABOUT A CHILD'S SAFETY or WELLBEING

In the first instance Staff will work with parents or carers to offer support or advice.

BUT

Parents should be aware that in urgent/repeated concerns or incidents, the Centre Staff are obliged to discuss or refer these to Social Services without the consent of the parent/carer.

i ABOUT DOMESTIC VIOLENCE

We recognise that those who are abused or witness violence may find it difficult to develop a sense of self worth and may view the world in a negative way. They may feel helpless, and feel a sense of self-blame.

The Children's Centre will work with other agencies in order to support them.

i Please feel free to see our Full Child Protection Policy at Reception

Programme of school term and holiday dates for community and controlled schools for the academic year 2014/2015

1 Holiday Period

25 Bank Holiday

2 Inset Day (set by LEA)

Autumn 2014 – Term 1 (39 days) and Term 2 (35 days)

	September					October					November					December				
Monday	1	8	15	22	29	6	13	20	27		3	10	17	24	1	8	15	22	29	
Tuesday	2	9	16	23	30	7	14	21	28		4	11	18	25	2	9	16	23	30	
Wednesday	3	10	17	24		1	8	15	22	29	5	12	19	26	3	10	17	24	31	
Thursday	4	11	18	25		2	9	16	23	30	6	13	20	27	4	11	18	25		
Friday	5	12	19	26		3	10	17	24	31	7	14	21	28	5	12	19	26		
Saturday	6	13	20	27		4	11	18	25		1	8	15	22	29	6	13	20	27	
Sunday	7	14	21	28		5	12	19	26		2	9	16	23	30	7	14	21	28	

Spring 2015 – Term 3 (30 days) and Term 4 (29 days)

	January					February					March					April				
Monday		5	12	19	26	2	9	16	23		2	9	16	23	30		6	13	20	27
Tuesday		6	13	20	27	3	10	17	24		3	10	17	24	31		7	14	21	28
Wednesday		7	14	21	28	4	11	18	25		4	11	18	25		1	8	15	22	29
Thursday	1	8	15	22	29	5	12	19	26		5	12	19	26		2	9	16	23	30
Friday	2	9	16	23	30	6	13	20	27		6	13	20	27		3	10	17	24	
Saturday	3	10	17	24	31	7	14	21	28		7	14	21	28		4	11	18	25	
Sunday	4	11	18	25		1	8	15	22		1	8	15	22	29	5	12	19	26	

Summer 2015 – Term 5 (24 days) and Term 6 (38 days)

	May					June					July					August				
Monday		4	11	18	25	1	8	15	22	29	6	13	20	27		3	10	17	24	31
Tuesday		5	12	19	26	2	9	16	23	30	7	14	21			4	11	18	25	
Wednesday		6	13	20	27	3	10	17	24		1	8	15	22			5	12	19	26
Thursday		7	14	21	28	4	11	18	25		2	9	16	23			6	13	20	27
Friday	1	8	15	22	29	5	12	19	26		3	10	17	24			7	14	21	28
Saturday	2	9	16	23	30	6	13	20	27		4	11	18	25		1	8	15	22	29
Sunday	3	10	17	24	31	7	14	21	28		5	12	19	26		2	9	16	23	30

INSET Days – There are five Inset (or Teacher Training) Days to be taken during the 2014/15 academic year. One of these, set by the LA, will be the first day of Term 1 (Tuesday 2nd September 2014). The remaining four days must be taken *within* the 195 days above.

Highview Toy Library

~ 6 North Road • Maidenhead • Berks. SL6 1PL ~

~ Opening Times ~

Wednesday of every week

10.00 am to 12 noon

and

First Sunday of every month

3.00 pm to 5.00 pm

including school holidays



For further details contact:

Valerie Bosley - 01628 630622

Amber Pearce - 01628 632722

or email

valerie@vbosley.plus.com

Notes Page

Use this page to write any notes

Notes Page

Use this page to write any notes

Notes Page

Use this page to write any notes

Maidenhead Hub

Riverside Children's Centre
West Dean, Off Ray Mill
Road West,
SL6 7JB

Pinkneys Green Youth and
Community Centre,
Blenheim Road,
SL6 5HE

Larchfield Children's Centre
Bargeman Road,
SL6 2SG

Woodlands Park Village Site
Manifold Way
SL6 3GW

Little Acorns Children's Centre
St Mark's Hospital,
St Mark's Road,
SL6 6DU

Maidenhead Nursery Site
School Lane
SL6 7PG

Contact us on

Telephone: 01628 685642

Email: childrens.centres@rbwm.gov.uk

find us on **facebook**

Children's Centre Hub

Co-ordinator

Rachael Park-Davies

Family Support Workers

Jane Thomas
Margaret Moffat
Gill Way

Sarina Aktar
Todorka Todorova

Parenting Worker

Heather Piper

Business Support

Tracy Hammond

