

## Who we are and where to find us



Our address:  
Wellesbourne & District Children's Centre 'Wellies'  
Wellesbourne Library  
Kineton Road  
Wellesbourne  
CV35 9NF  
01789 841902  
[wellies@parentingproject.org.uk](mailto:wellies@parentingproject.org.uk)

**Debbie Muitt**  
Children's Centre  
Manager

**Lisa Helliwell & Rajvir Nagra**  
Early Years Family  
Workers

**Liza Stickley**  
Front Desk &  
Administration  
Co-ordinator

Visit: Our new website  
[www.parentingproject.org.uk](http://www.parentingproject.org.uk)  
for the latest timetable of  
activities, news and useful  
information about our Centre  
and all the others in the Group

Please speak to one of the team if  
you are interested in **volunteering**  
or becoming a **parenting project**  
**trustee**. We also welcome any  
**feedback** about our services, so  
please share your thoughts with us!

**We can now be found  
on facebook**  
[www.facebook.com/  
wellieschildrenscentre](http://www.facebook.com/wellieschildrenscentre)



This Surestart Children's Centre is managed by  
'The Parenting Project'; a local charity working  
within the Stratford District for families with  
children from 0-19. For more information call  
01789 490845

## Take a look at what's on offer at Wellies Children's Centre



- Activities and sessions for you and your child under 5
- Useful information and links to other organisations
  - Parenting courses
  - Family support in the home
- A place to meet other parents & children, take part in activities & have fun



'Wellies has helped my family  
through lots of difficult times. My  
daughter loves coming to visit  
everyone.'

**01789 841902**

## What is a Children's Centre?

*Sure Start Children's Centres are places where you and your family can access a range of services under one roof. All of the services are designed to support families with children under five with a purpose to help you manage the challenges of family life and to provide opportunities for your child to develop and thrive.*

Wellies Children's Centre is open to families living in the Wellesbourne area who are welcome to attend our 'Just Come' sessions

Our Early Years Family Workers are happy to offer 1:1 support to families in Alderminster, Alveston Hill, Ashorne, Ettington, Halford, Moreton Morrell and Wellesbourne

We work very closely with the other Parenting Project Children's Centres in Alcester, Clopton, Lighthorne Heath, Shipston, Southam, Stratford and Studley to ensure that all families receive the support they need and have access to services that are most helpful to them. We also work in partnership with Health Visitors, Speech & Language Therapists, Physiotherapists, Social Care teams (including counsellors) and many others, to bring you consistent and up to date information and support.

If you need any further information about anything in this leaflet please pop in to the centre, or give us a call and we will be more than happy to help you.



## More about what we offer...

### Health Visitors 0-5 yrs clinic and other Health services

The Health Visitors and Children's Centre staff run baby clinics here at the Centre and at the Rosebird Centre in Stratford. The clinic is for weighing your baby, a chance to ask questions, and stay for a chat with other parents. The health visiting team also offer regular weaning sessions from Wellies to guide you through this important stage.

### Baby massage

Our baby massage courses run for four weeks, for babies from 6 weeks old. They are a wonderful opportunity to learn an easy massage routine that will soothe your baby and help you to create a close bond.

### Chatter matters

We run two courses of chatter matters, one for babies under a year old and one for toddlers from 12 months. Each course runs for a number of weeks and includes lots of fun with songs, rhymes, instruments, scarves, treasure baskets and other activities. These courses really help to encourage your child's communication skills and give you ideas to carry on at home.

### Triple P and Nurturing Parenting Courses

Our family workers are trained to deliver Parenting Programmes for groups and on a 1:1 basis. They give you easy to use strategies to encourage positive behaviour and support strong relationships.

### Messy Play

A weekly play session open to all families with children of any age under 5. There's always lots of messy/craft activities to play with and a baby area. A chance to get messy without the clearing-up!

### Stay and Play

A weekly play session run from Wellies and every 1st & 3rd Monday at the Rosebird Centre in Stratford, open to all families with children of any age under 5.

### Talk & Play and Speech & Language support

Lisa Helliwell, our speech and language champion, is available to discuss any concerns or questions about your child's talking, and also runs 'Talk & Play', a group for children 2 years+ which helps boost their development through play and activities.

### Post Natal

A group of sessions run by the Children's Centre which gives new mums the opportunity to share experiences and gain some helpful hints. Sessions include Baby Brain Development, Introduction to Baby Massage and Introduction to Chatter Matters.

**Please see our current timetable for special sessions or one offs that we occasionally run**