

## Mosley Common Children's Centre - Christmas Newsletter

### Tots' Christmas Parties!

Enjoy a fun, fab and festive Christmas Party at the Children's Centre!

Tickets are free but we ask for a £3 deposit per family (which will be returned to you at the party) to secure your places. Call in at the Children's Centre to book as bookings can not be made over the phone.



### DEAR SANTA...

Letters to Santa are now invited at the Children's Centre. Please include the name, address and age of the child as well as what they would like for Christmas and any other information such as brothers, sisters and pets' names. Santa will personally reply to each and every letter received! Donation of £1 per letter.

**Reindeer dust** is being sold at the Children's Centre for 50p per packet. **All proceeds will help to cover the cost of the Christmas Parties.**



### Stay safe, warm and well this Christmas.

#### Toasty Manchester

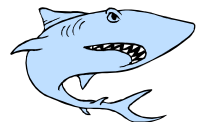
As the temperature drops and the central heating's turned up, it is worth remembering that having your home properly insulated can help bring down energy bills. 'Toasty Manchester' is offering help with the cost of cavity wall and loft insulation. Just visit [www.getmetoasty.com](http://www.getmetoasty.com) or call the Energy Saving Trust freephone advice line on 0800 512 012 for further details.



The **Warm Front** scheme installs insulation and heating improvements to make homes warmer and more energy efficient. People in receipt of benefits who meet certain other criteria could receive a grant for up to £3500. For more information call 0800 316 2805.

#### Don't get in with a loan shark this Christmas

For confidential help and advice contact the Illegal Money Lending Team on 0300 555 2222. They can help with spotting a loan shark and also give advice on what to do if you've accepted a loan from an illegal lender.



**NEW YEAR, NEW YOU!** Get active with adult fitness classes at St John's Primary School

**Zumba Classes**—Mondays 7-8pm (4 per session)

**Aerobics**—Wednesdays 7-8pm (£2 per session)

#### Protect your family by making your home smoke free!

The NHS is giving out certificates and stickers to families who make one of three promises (see below) to protect their children from the dangers of second hand smoke.

**Bronze**—promise to make the home smoke free at all times except in one well ventilated room.

**Silver**—promise to make the home totally smoke free.

**Gold**—promise to never allow smoking in the presence of babies, children, young people & non-smokers in any environment eg home, car, play area etc). **Ask at the Children's Centre for details.**

# Child safety in the home at Christmas

**At Christmas time many new hazards for children appear around the home, so don't forget your usual safety routines in all the excitement. You might also want to keep in mind the following tips.**

## Keeping safe with presents

For obvious reasons, young children are attracted to presents, regardless of who they are for. So remember to:

- keep toys, games and decorations with small parts out of reach of young children – babies and toddlers can choke on small things
- make sure presents are suitable for your child's age, and only buy toys from trusted shops
- keep button batteries (the small circular silver batteries) out of reach of young children – many of these are swallowed every Christmas
- put gifts of perfume and aftershave where toddlers can't reach them – they contain alcohol that's harmful if swallowed



## Lights and decorations

Follow these basic rules to avoid accidents with lights and decorations:

- always check Christmas lights for frayed wires, broken sockets or loose connections
  - turn all lights off when you go to bed or go out, as they could cause a fire
  - avoid decorations like baubles that break easily, as the pieces can be very sharp
  - put candles out of children's reach, in containers that won't tip over and aren't made of plastic
  - remember to blow out all candles before going out or going to bed
  - keep candles away from Christmas trees and decorations
- don't hang decorations from lights or heaters as they can burn easily



## Food and drink

Keep young children out of the kitchen while you are cooking, to avoid burns and scalds. Also remember to clear away the last dregs of drinks left in glasses before you go to bed, as even very small amounts of alcohol can poison young children.

## Fire instructions for children

It's important to talk through with children what to do if there's a fire – don't avoid it for fear of frightening them.

Children need to know how to react, as there may not be an adult around to tell them what to do if a fire happens.



## Smoke Alarms

There is an increased risk of fire in the home at Christmas time, so it's a good idea to check your smoke alarms are still working.

## Free Smoke Alarms Available

If you'd like help and advice on fire safety, the friendly firefighters at Greater Manchester Fire and Rescue Service can visit your home to do a Home Fire Safety Risk Assessment. The FREE service is available to all owner-occupiers and tenants in the Borough, regardless of their income or savings. They'll even fit FREE 10 year smoke alarms for you. Arrange your visit by calling 0800 555 815 or applying online at: [www.manchesterfire.gov.uk](http://www.manchesterfire.gov.uk)



**The Children's Centre offers a number of services for children 0-5 years and their parents/carers.** Here are just a few of the services currently available. (For full details, please see the Children's Centre Timetable).

**Young Parents' Group:** Led by young people and tailored to their interests and needs. Bring a friend, relative, partner and of course the little one or Bump! 1.30-2.30pm Wednesdays at Astley Tot's Plot

**Foster Carers' Group:** 1.30-3pm, second Friday of every month at the Children's Centre

**Twins Group:** 1.30-3pm last Friday of every month at the Children's Centre

**Aiming High:** (for parents of children of with disabilities) 1-3pm, third Tuesday of every month, term-time only at the Children's Centre

**Men behaving Dadly:** (for dads and male carers and their children 0-5 yrs)  
Week 1: Saturday 10-1am at the Children's Centre  
Week 2: Saturday 10-1pm at Astley Tot's Plot  
(see timetable for dates)

**Breastfeeding Support Group:** 10-11.30am Fridays at Dam House (Astley Clinic)

**Joxytales Rhyme Time:** Nursery rhymes & action songs, Mondays 10-11am, Astley Tot's Plot,

**Stay and Play:** Thursdays 9.30 – 11.30am at Astley Tot's Plot

**Coming Soon...** Post Natal Fitness—£1.50 per session  
Antenatal Yoga—£1.50 per session  
If you are interested in either of the above, please contact the Children's Centre.

## **New for 2012...**

**Jive Bunnies** (1-5years) An energetic physical development session which embraces music and dance and focuses on creativity and early writing skills. Bring a healthy packed lunch. Starts Wednesday 11th January, 11—12.30pm at the Children's Centre.

**Sensory Tots (8-18months)** A sensory feast of feathers, soft play, bubbles, mirrors and more, designed to stimulate your baby's senses and promote learning and development in new and exciting ways. Let your little one experience 'On Safari', splish splash with the ducks and many more adventures! Starts Wednesday 11th January 9.45—10.45am at the Children's Centre. Places need to be booked.

**Baby Massage** A five week course with a qualified Infant Massage Instructor. Parents learn how to gently massage their children to promote relaxation, aid constipation, colic and sleep issues. Make new friends and discuss topics facing parents drawing on each others' experience as part of a bigger support network. Starts Wednesday 11th January, 12.45-1.45pm at the Children's Centre. Age 0-mobile. Places need to be booked.

**Childminder group** Starts Wednesday 11th Jan, 9.30am at Astley Tot's Plot

**Link Worker** Being a parent or carer is not always easy. If you sometimes feel that you could do with a little help or advice, Joanne, the Children's Centre's Link Worker, is here to help. Whether it's family or relationship problems, parenting concerns, housing or financial worries, contact Joanne who will be happy to meet you at your home or the Children's Centre. Call Joanne directly on 0758 420 5564 or at the Children's Centre: 0161 790 2195 option2

### **Say goodbye to dummies for Christmas**

Sucking a dummy won't harm teeth but they can affect the way teeth grow and can impair speech development. Thumb sucking and dummies won't cause permanent problems as long as the habit stops by the time your child gets their second teeth, but it can be a hard habit to break (Source: NHS Direct). To help make the transition a little easier, the Children's Centre is encouraging children to give up their dummies by posting them to Santa in our special Christmas Postbox. Each child who sends away their dummy for good will receive a certificate from the Tooth Fairy (Remember to never dip your child's dummy in anything sweet as this can cause tooth decay)

### **Feeder Cups better than Bottles!**

The Department for Health advises the use of a feeder cup with an unrestricted flow by babies 6months of age and over. Bottles cause tooth decay by exposing teeth to sugars (found even in milk) for long periods. Encourage your child to send away their bottles along with their dummies in our Christmas Postbox!

## Community News

### St Stephen's Primary School Christmas Fair

Saturday 26th Nov. Starts at 11am

### St John's Primary School Christmas Fair

Stalls, games and Santa's Grotto!  
Admission: 20p per person.

Saturday 26th Nov. Starts 1.30pm

### Garrett Hall Primary School Christmas Bingo Night

Monday 12th December 2011 at  
7pm, please ring school on 01942  
883340 for further details

### Carols on the Common

Festive sing-a-long with  
performances by the pupils of St  
John's Primary School. Hot drinks  
and mince pies served in St John's  
Primary School. 6.30pm, Tuesday  
20th Dec on the Common near St  
John's Primary School, Mosley  
Common

### Police Surgeries

Lindale Hall: 5-6pm on 3rd Dec,  
27th Feb & 19th March

Astley Independent Methodist  
Church: 5-6pm on 24th Nov, 8th  
Dec.

Interested in joining a new  
Homewatch scheme? Call PCSO  
David Liptrot on 0161 856 7319.

### Baby Clinic— Closed over

**Christmas, last dates will be:**

Dam House, 19th Dec, 1.30-3.30  
Children's Centre, 22nd Dec,  
1.30-3.30 (Sessions recommence week  
beginning 9th January 2012)

Mosley Common Children's Centre  
(Behind St John's Primary School)  
Common Side Road  
Mosley Common  
M28 1AE  
0161 790 2195 option 2  
[www.saintjohnsmosleycommon.co.uk](http://www.saintjohnsmosleycommon.co.uk)  
Email: [mosleycommon\\_cc@wigan.gov.uk](mailto:mosleycommon_cc@wigan.gov.uk)

**Support your local Children's  
Centre at a Chit Chat Coffee  
Morning** Meet other parents/  
carers and their children for a  
natter over coffee. Tuesdays 9-  
10.30am at the Children's  
Centre. £1 donation.

**Visit the Mini Library!** The  
Children's Centre has a large  
selection of fiction and non-  
fiction books available to borrow  
for all ages. Please feel free to  
browse on your next visit!

**Remember the elderly this  
Christmas!** Older people can be  
particularly vulnerable to wintry  
conditions so show you care by  
checking in on them. A friendly  
visit can also alleviate the  
loneliness and isolation that  
many of the elderly experience  
at this time of year. Age UK  
Wigan Borough are running a  
Befriending Service to help  
some of those affected. For  
more details, contact them on  
01942 241 972

**NEWS FLASH**—You can now  
pick up your Healthy Start  
Vitamins for eligible children and  
adults at the Children's Centre.  
Children's Centre)

Like Mosley Common  
Children's Centre for  
the latest updates.



**Surestart Membership Cards**  
**Cards** need to be shown at  
every session. Please let us  
know of any changes in details  
eg. change of name, address,  
new additions to the family. If  
your card is lost or damaged,  
please ask for a replacement.

## Training Opportunities

Helping your child with  
numeracy / literacy: 1.30-3pm,  
Thursdays at Lindale Hall (book  
your place through the  
Children's Centre)  
Paediatric First Aid:  
9.30-11.30am, 16th, 23rd 18th  
or 25th January at Lindale Hall.  
Creche provided, book through  
the Children's Centre.

### Childminders

If you are interested in becoming  
a childminder, call the Learning  
and Development Team on  
01942 486480 or visit:  
[www.wigan.gov.uk/familyinformationservice](http://www.wigan.gov.uk/familyinformationservice).  
All Childminder's need to  
register with the Family  
Information Service to advertise  
their services to parents in the  
area.

## Emergency Contacts:

**Brook Advisory**— sexual  
health / pregnancy advice /  
emergency contraception for  
under 25s—0808 802 1234

**Police**—Emergency: 999  
Non emergency: 0161 872 5050

**Wave**—domestic violence  
advice 01942 262270

**Samaritans**— 01942 262270

**Childline**—0800 1111

**Wigan Social Services**—01942  
828300 (Out of hours: 01942  
828777 Overnight calls: 0161  
834 2436 )

### Christmas Opening:

The Children's Centre will close  
for Christmas on 23rd December  
and reopen on 9th January.  
From everyone at the Children's  
Centre, have a vey Merry  
Christmas and a Happy New  
Year 2012!



