



## Treloweth Children's Centre

# A Sure Start Children's Centre

### Computers and Internet

FREE computer access with internet. Make a new CV, browse for information, do homework or play games. Just drop-in and ask at reception to be signed on.

### Community Gardens

Your very own 'mini park' at the centre. Benches, sand play, wicker dens, stepping stones, sensory planting and space to run around. Open while the centre is open and FREE for you to use anytime.

### Family Support

We have family support workers and other people available who can give one to one help with a range of different family issues e.g. parenting questions, housing, benefits, form filling, fun things to do, information on local childcare and much more. We are here to help you. Phone or drop in and ask to speak to someone about family support

### Special Events

Look out for Special Events running alongside our weekly programmes. Past events have included: seasonal craft workshops, trips out to local attractions, Cinema Clubs and lots, lots more

**Most Children's Centres are open Monday to Friday 9am – 5pm  
Call us or just drop in!**

## What's On at Treloweth Children's Centre in July & August 2010

### Monday

**Baby Group – 10.00-11.30am.** Just for babies from birth onwards! Early interesting and stimulating play

**Young Parents group – 12.30-2.30pm.** Group for young parents. Offering help and support or a chance to relax and chat and meet other young parents

**Illogan Tots – 1.00-2.30pm. At Illogan Village Hall.** Relaxed informal play for all ages with lots of room to move and tumble.

### Tuesday

**Play & Learn – 9.30-11.00am.** Friendly and informal drop in where your child can have fun with a wide range of activities, toys and new friends.

**Boobilicious – 12.30-2.00pm.** Breastfeeding advice, support and friendship group for expectant and breastfeeding families.

**Make & Bake – 3.30pm-4.30pm.** Family Cookery Group. Try New recipes and take them home for all the family to enjoy.

**Wii Fit Club – 7.30-8.30pm.** Keep fit and have fun with this new and exciting group

### Wednesday

**Messy Play – 12.30-2.00pm.** Messy play session for children aged 18mth-5yrs

**Wii/Cinema Club – 3.30-5.00pm. Every last Wednesday of each month.** Watch a film or play on the Wii. Enjoy some popcorn and a drink

**Family Larning - 9.30-11.30am.** A variety of courses run for parents to develop new skills and make new friends. Childcare provided.

### Thursday

**Sing & Sign – 9.30-10.00am.** Friendly music programme where your child can have fun combining songs/rhymes and singing gestures

**Stay & Play – 10.00-11.30am.** Friendly and informal drop in where your child can have fun with a wide range of activities, toys and new friends.

**Toddlins – 1.30-2.30pm.** Exciting music, singing & dancing group

**Splish 'n' Splash – 2.30-3.30pm. At Carn Brae Leisure Centre.** Splash about with your little one at Carn Brea Leisure Centre

**Oasis – 2.30-3.00pm. Once Monthly.** Support group for parents/carers of children with additional needs

**Lunch Club - 11.30-1.30pm.** Parent led group. Bring your friends and your children and enjoy lunch in a relaxed setting. Plenty of toys for your children to enjoy and of course our lovely garden.

### Friday

**Patch – 10.00-11.30am. At Portreath.** Stay & play session you can just drop in. A chance for mums and dads to meet other people and make friends. Lots of play opportunities for you child

## Specials coming up in July and August at Treloweth C.C.

**Mad Science –** Funky, fun, crazy science workshops. Explore the world of dinosaurs, slime and dry ice in these fun Workshops. For children aged 2 – 13 years. **4<sup>th</sup> and 25<sup>th</sup> August 10.00-12.00pm FREE. FULLY BOOKED**

**Football Skills Workshop –** Try out your goal scoring techniques, learn tricks, skills and play games. For children aged 3 – 13 years. **July 26<sup>th</sup>, 2<sup>nd</sup>, 12<sup>th</sup> & 27<sup>th</sup> August. FREE. BOOKING ONLY**

**Fun Day –** Come and join us for a fun day out at the centre, there will be animals to pet and play with, food, craft stalls and music and singing workshops. **August 6<sup>th</sup> 10.00 – 2.30pm. FREE**

**Dance Workshops –** Fun and exciting dance workshops for children aged 2-13years.. **26<sup>th</sup> July, 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> August 12.30- 3.00pm . FREE. BOOKING ONLY**

**Sing & Sign Specials -** Friendly music programme where your child can have fun combining songs/rhymes and singing gestures. Aimed at babies and toddlers. **1.00-2.30pm. 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> July. FREE**

**Family Learning Fun Day –** “If you go down to the woods today...” Come and join in some furry fun! Make your own story sack, bring your bear for a teddy bears pic-nic, lots of craft, music and games! Come dressed as one of the characters from Goldilocks and the Three Bears. For children of all ages and their families. **10.00-2.00pm 26<sup>th</sup> August. FREE**

**Don't forget you can also access the Toy Library services at Treloweth Children's Centre. Just drop in and look at the toys in Reception!**

**Please note Treloweth C.C. will be closed for the week commencing 16<sup>th</sup> August 2010. We will re-open on the 23<sup>rd</sup> August 20.10 at 9am.**

**Please contact 01209 314510 for more information or to book your place on any of these activities**

## Contact Detail:

### Local Children's Centres

Elim Centre	01209 714781
Gooseberry Bush	01209 713119
Redruth Children's Centre	01209 310000 ask for Estelle
Teyluva Children's Centre	01209 821479 ask for Neilssa
Treloweth Children's Centre	01209 314510 ask for Sam
Trevu Children's Centre	01209 611700 ask for Denise
Tron Children's Centre	01209 614759 ask for Lauren

### Local Facilities

JobCentre Plus	01209 885823
NHS Direct	0845 4647
NHS Dental Helpline	01872 354375
Face to Face	0844 800 9250 (local rate)
Connexions	01209 713530

## Family Information Service

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

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

Call the FIS free on 0800 5878191 or visit

[www.cornwallfisdirectory.org.uk](http://www.cornwallfisdirectory.org.uk)

If you would like this information in another format please contact: Cornwall Council, County Hall, Truro TR1 3AY. **0300 1234 100**.

[enquiries@cornwall.gov.uk](mailto:enquiries@cornwall.gov.uk). [www.cornwall.gov.uk](http://www.cornwall.gov.uk)