



A Sure Start Children's Centre



A project of Exeter Community Initiatives
Registered Office: 14 York Road, Exeter EX4 6BA.
Charity No 1026229 Company No. 2844870



Merry Christmas!



From the team at
Flying Start Children's Centre

Dads & Littl'uns Open Day



Come and Join Flying Start and the Dads & Littl'uns playgroup for their :

**New Year Open Day.
Thursday 14th January 2010
10am—12noon
Palace Gate Centre, Exeter**



Dads & Littl'uns is a playgroup based in the city centre catering for Dads and their pre-school children. They meet at The Palace Gate Centre every Thursday 10.00 – 12.00.

There will be a craft activities provided by Flying Start Children's Centre, and Monkey Music will be getting your little'uns singing and dancing with catchy songs, games and dances that you and your child can enjoy together!

Come along and meet Chris, the group leader, and have some fun spending some time with other Dads and Littl'uns.

babysign

Do you want to know if your baby is:
Hungry? Thirsty? Tired?
Want to encourage earlier speech in your toddler?



Baby sign language is a simple way of enabling communication before your child is able to speak.

Exeter classes: Tuesdays & Fridays

Come and enjoy the signing fun, sing songs, learn British Sign Language, make friends, drink tea and give your child a voice before they can talk!

To enquire please call Sam: 07971 563928 or email babysigndevon@googlemail.com
Website: www.babysign.co.uk

Family Workshops at Toddler Groups

If you attend any of the many parent and toddler groups in Central Exeter you might have had a chance to join in with Flying Start's Family Workshops. Outreach Worker Andi Tobe with the help of volunteers Toni, Jo, Simon and Katy have been making monthly visits to several groups, taking fun craft activities for parents and their small children to do together. Here's what some of the group leaders have said about the workshops:

"Wow! How brilliant to have your support! The children loved the activity and were given a nice amount of support with doing it". Bec Thompson, Milkshake Toddler Group.

"Lovely thought out activity, plenty for the little ones to do, sticking, colouring etc. staff very attentive and helpful" Susan Sawer, South St Toddler Group

The workshops will continue in the Spring Term, with a special treat in January when the sessions will be provided by Organic Arts, followed by making shakers in February and sowing seeds in March.

We look forward to seeing you at one of the sessions
More info from Andi: 01392 666224



Xcards

The Xcard is Exeter's concessionary card, giving discounts in a range of Exeter's sports facilities and outlets, and for a variety of leisure activities.

Available to those who are unemployed, students, disabled people, those on limited income, carers and under 18s (proof of entitlement needed).

Xcards are available from Flying Start Children's Centre. For more information call in to see us at Kingfisher House, Western Way, or contact us on 01392 666224.

Thinking about going back to work?



Our **Job Club Launch** will be held on **Wednesday 6th January 2010** at **St Sidwell's Community Centre** in the Old Chapel Room between 10.30 and 12.30.

Attending the launch will be advisors from Job Centre Plus, Child Care Referrals, Tax Credits, and advice on CVs and back to work training courses to help guide you into work from a range of different angles.

A number of Job Club sessions will follow in the New Year giving you more opportunity to come back in the future so we help on various stages of the back to work process.

The session is informal and a chance to chat with our advisors over a cup of tea and is an opportunity to get the best advice and guidance for you.

For more information, please call Becci at Flying Start children's Centre on 01392 666224.



Devon Family Service Directory

- places to go and things to do
- help and advice
- leisure and play
- sports

www.devonfsd.info
0845 155 1013
discinfo@devon.gov.uk



DISC Devon's family information service

Childcare information

- childminders
- day nurseries
- holiday clubs and schemes
- out of school clubs
- pre-schools and playgroups
- parent and toddler groups


0845 155 1013
www.devon.gov.uk/disc
discinfo@devon.gov.uk



DISCplus Devon's special needs family information service

Information on services for children and families with special needs

0800 056 3666
www.devon.gov.uk/discplus
discplus@devon.gov.uk



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We look forward to hearing from you

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St Sidwell's Centre
Sidwell Street, Exeter, EX4 6NN