



# First Steps (Bath)

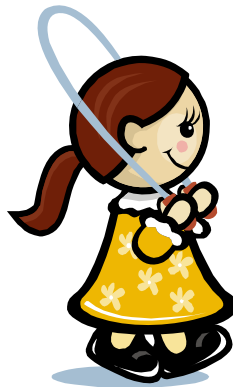
## February 2010

A newsletter for parents, staff, trustees, supporters and partner agencies

### Change4Life with Active Play

We are currently promoting Active Play (physical activity) at our Twerton and Moorlands Children's Centres. This is part of our commitment to support the Healthy Early Years programme and nationwide Change4Life movement.

Change4Life is designed to help people make changes to their lifestyles, so that they can eat well, move more and live longer. The scheme recommends that children aged from 2½ - 5 years should have 60 minutes of moderate intensity physical activity per day. Both centres have information displayed listing local activities available in the community.



Change4Life survey results showed that 75% of children were not getting 60 minutes per day.

We are applying for the Active Play Award which looks at the opportunities we are offering to children and families for active play so we would welcome your comments.



### Calling all Volunteers

We are holding a volunteers event on **Friday 23rd April from 9.30am to 11.30am**

to welcome anyone that would like find out about becoming a volunteer, and to offer a one off drop-in and information giving session.



Come and join us for a cup of tea/coffee and a chat at First Steps Family Services, the Annexe, Dominion Road. We will have some activities for young children so feel free to bring them along with you.

### New local Health Visitor Clinic



A new Health Visitor Clinic is now available every **Wednesday from 10.00am - 12.00pm** at the **Community Room at Moorlands Infant School.**

The Clinic is run by Health Visitors Penny Hazelwood, Ruth Scott and Ann-Marie Fitz-Johnson. For more information please call 01225 831694.

### New childminders group

We are running a pilot group for childminders with children aged from 0 - 5 years old. The group runs every **Thursday 9.30am - 11.30am** at First Step Family Services, The Annexe, Dominion Road.

### From a toddler to an adult

We were delighted to welcome Sophie Burman as a work experience student in February. Sophie was one of the very first children to join First Steps when it opened a nursery in the Annexe in Dominion Road 14 years ago. Since then her mum, Sue, has become a Senior Practitioner at our Twerton Children's Centre and now Sophie looks set to follow in her footsteps.



### Head lice

Our Children's Centres have experienced several outbreaks of head lice over the last few months. Please read the attached leaflet that offers advice on what you can do if you child has them.



## Who is Rowan Tanner?

We welcomed Rowan to our Twerton and Moorlands Children's Centres over 3 months ago and felt it was time to tell you a bit more about what she does and what she can offer you.



Rowan offers information and advice and is part of the Family Information Service. She holds surgeries and drop-in sessions on subjects such as:

- Looking at your entitlement to welfare benefits and tax credits
- Providing information to help you make decisions about your family's future and give you confidence to return to work
- Helping to source funding to pay for your childcare
- Identifying appropriate registered childcare options
- Linking you to other organisations that can help you find work/training etc

Rowan works with First Steps on Thursday and Fridays, but may be able to offer appointments on other days - please ask a member of staff if you would like to meet with her.

## "A good range of staff"

We were pleased to welcome Julia Neall who is a Local Programme Advisor from Together for Children who toured all three of our sites recently. Together for Children work in partnership with the government Department for Children, Schools and Families to support local authorities in their delivery of Sure Start Children's Centres. Julia commented that she was impressed with the good range of staff and expertise across all three sites.



## Our local PCSO

We are very grateful to Jess Comer, the Twerton Police Community Support Officer who successfully applied for funding for child and adult fluorescent vests. We were extremely keen for our children and staff at both Twerton and Moorlands Children's Centres to wear them during trips in order to increase safety, and thanks to Jess that will now be possible.



## Something to help the environment

Would you like to have your weekly or monthly invoices emailed to you instead of being printed?

We can now offer this service so please let our reception teams know.



## Staff training day - Monday 1st March

All First Steps services will be closed for a staff training day on **Monday 1st March**

Other closure days will be:

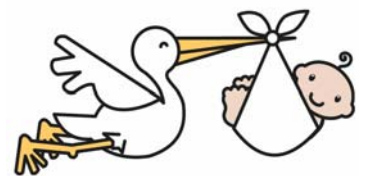
**Friday 2nd April, Monday 5th April, Monday 3rd May and Monday 31st May** for bank holidays and **Wednesday 16th June** for a staff training day.

## Congratulations

Well done to Barbara Avagnano the cook at Moorlands, who achieved 4 stars in an unannounced Environmental Health Inspection. The inspector said "A clean, well run business with good record keeping".

Well done to Janet Gyde for passing her NVQ Level 3 in Children's Care, Learning and Development, and Luke Mitchell for passing his NVQ Level 2 in Customer Services.

We would like you to join us in congratulating Emma Gates on the birth of her son Harrison and Claire Harris on the birth of her daughter Cali-Ann.



## New Trustees needed!

We are looking for new Trustees - applications from parents using our services who live in the Twerton area, or from people working locally in health or employment services, would be particularly welcome.

For an informal discussion please contact Helena Thompson on 01225 444791 or via email at [helena.thompson@firststepsbath.org.uk](mailto:helena.thompson@firststepsbath.org.uk)

## Comings and goings

We are pleased to welcome Julia Hanney as Nursery Assistant at Moorlands. Julia will be covering Claire's maternity leave.

We are very sad to say goodbye to Vanessa Biggs, Senior Nursery Nurse at Twerton, due to ill health. Vanessa first started at First Steps in 2004 and will be very much missed by both staff and families.