



NEWSLETTER

ISSUE 11

SPRING 2009

COMMITTEE 2008/9

TRUSTEES

Chair

Rosie Novis

Treasurer

Charles Novis

Secretary

Lesley Mitchelmore

Selina Farmer,
Louise Lees, Jane Mok,
Liz Moore, Nicole Moore,
Agnès Roudebush

Non-voting members

Jim Aris, Julie Riches

Advisors

Mary Long, Mandy Harper

Bookings Secretary &

Training Manager

01277 633910

Mandy Solomons

Forum Organiser

01277 633910

Tracy Crease

This Term's Courses

Booking Essential - bookings now being taken for the following courses:

0-2 years	Thursday mornings with crèche	Starts Jan 22nd 6 week course	10.00-11.30am	Queens Park Community Church
0-6 years	Monday evenings	Starts Jan 26th 5 week course	7.45-9.45pm	Queens Park Community Church
0-6 years	Tuesday mornings	Starts Jan 27th 5 week course	9.30-11.30am	*Downham School
7-11 years	Tuesday evenings	Starts Jan 27th 5 week course	7.45-9.45pm	United Reformed Church, Chapel Street

**Priority will be given to parents whose children attend this school.*

If you have previously attended a course and would like a refresher you are very welcome to attend. Alternatively, tell your friends about us - it is not possible to reach everyone through advertising, so we are always very grateful when you introduce your friends to our courses. Just call us on 01277 633910, or visit our website www.billericayparents.com

FUNDING

The Trustees are pleased to announce that we have received funding for this year from Essex County Council, which will cover our courses, training, open evenings and general administration.

TiME 1st Birthday Party



We had a great 1st birthday celebration complete with special cake which was cut by Children's Centre Co-ordinator Mandy Harper and Forum Organiser Tracy Crease.

TiME meets on the 1st and last Wednesdays in each month at Emmanuel Church for new mums and their babies to meet and hear interesting talks about relevant topics.

Invitations through your health visitor - everyone welcome!

SPRING OPEN MEETING

What makes your children tick?



Children's and young people's emotional wellbeing
Be aware - Spot the signs - Know how to find help

Charlie Gibney - Primary Mental Health Worker &
Liz Lynch - Home School Officer
from Billericay TASC Team

Wednesday March 11th • 7.45pm

Queen's Park Community Church

Everyone welcome! Ring 01277 633910 for details or see
our website www.billericayparents.com



HENRY is an exciting new initiative designed to tackle early childhood lifestyles by training community and health practitioners to work more effectively with parents and young families, encouraging healthy eating and exercise. SW Essex PCT has bought into the scheme and plans to implement it across the district. The Forum has been invited to take part and two of our facilitators will be undergoing training this month and running a HENRY course in the summer.

Are You Internet Aware?

Where would we all be without the Internet? It's hard to remember the days when we couldn't order our shopping on line or browse the web for the best bargains. Our children have been brought up in this world and it's completely natural to them to email their friends and download documents and images. Most 3 year olds will be familiar with a PC and will have visited the cbeebies website at some time or another.

IT'S HARD TO KEEP UP

In reality this phenomena has all taken place within the last 10 years and the technology has moved at such a pace that it is hard to keep up. Our children will be, or already are, far more

sophisticated in their use of the Internet than us. How many of us really understand the new games consoles and hand held devices that came via Father Christmas this year?

PROGRAMME OF RESOURCES

The Child Exploitation and Online Protection (CEOP) Centre, has set up 'Purely for Parents' - a programme of resources that have been created specifically for parents, explaining the risks of the ever developing internet and how new technologies are allowing access to the internet away from the family home.

All parents, carers and teachers are being encouraged to visit the website www.thinkuknow.co.uk,

which is part of the programme and to also introduce it to their children. It has different age appropriate areas that are engaging and fun. The terminology is explained in a simple language and it provides a good opportunity to assess your child's understanding of the internet.

AWARE OF THE RISKS

Finally, we all know what a fantastic resource for both learning and socialising the internet can be but, as the CEOP rather chillingly point out, "where children go, child sex offenders will follow - whether in the real or virtual world" we need to be up to speed with the technology and aware of the risks and how we can minimise them.

FLUBBER RECIPE

Children (and adults) love flubber, a gloopy substance that is weird, wonderful and fantastic to explore. It's not too messy so everybody can enjoy it!

What you will need:

Mixture 1

- 1 cup of PVA glue
- Half a cup of warm water
- Food colouring or a few drops of ready mix paint

Mixture 2

- 3 cups of warm water
- 2 level teaspoons of Borax

How to make it

- 1) Put the ingredients for mixture 1 into a large bowl (or deep tray in which the flubber can be played with) stir well
- 2) Put the ingredients for mixture 2 into a bowl and stir well
- 3) Pour mixture 2 into mixture 1
- 4) Mix together with your hands, the flubber will start to form immediately. Move the flubber around in the bowl with your hands until all the water has disappeared.
- 5) Its ready to explore!!

To extend flubber play: provide materials near by which can be mixed with the flubber, such as glitter, small quantities of sand or objects to make imprints with.

Safety Note: Children should always be supervised by an adult when playing with flubber. Borax is a water softener and is available in powder form from some chemists. Follow manufacturers safety instructions for use and always keep the powder out of reach of children.

BILLERICAY CHILDREN'S CENTRE

Billericay Children's Centre is now developing many activities aimed at families with children under five years. The Children's Centres work closely with local service providers, including health visitors, schools and GPs and aim to make life easier for parents and carers, and to improve outcomes for children by providing key services and central points for information.

Activities such as messy play, craft sessions, language support, a premature baby support group, baby massage and regular buggy walks are running in various venues across the town. Information about many other groups, including holiday activities, childcare facilities, childminding and early education is also available at the link information sites located at

the following key points in the Town:

- Billericay Library
- Billericay Health Centre
- BOSP (Crown Yard just off of the High Street)

'Allsorts' at Queens Park Community Church will begin soon every Tuesday afternoon, offering structured play sessions that encourage young children's development. A warm welcome and more details will be available if you drop in on a Tuesday afternoon, or call the number below.

Parents and carers in Billericay can also use the services of the Wickford Triangle Children's Centre, which is based at The Downtowner, Iron Hill Road, Wickford SS12 0AQ.

For further information regarding both Children's Centres call 01268 763712

BABIES DON'T KEEP

I hope my children look back on today

And see a parent who had time to play.

There will be years for cleaning and cooking

But children grow up when you're not looking.

So quiet down cobwebs, dust go to sleep,

I'm rocking my baby and babies don't keep. Anon

'The Teenage Brain' Understanding teenagers

Why teenagers sleep in, won't listen to reason, have bad moods, bad attitude and are generally difficult to live with!

A TRAINING WORKSHOP FOR EVERYONE WHO WORKS WITH OR HAS A TEENAGER

led by

Olivia Gibb - Kidscape Trainer

**Saturday March 28th • 10am to 3pm
Queens Park Community Church**

Places limited - first come, first served

Members of BPF free

Non-members £25 including lunch

Call 01277 633910 to book a place

Brighter Opportunities through Supported Play

BOSP provides leisure opportunities and supported play to children and young people with learning disabilities. Based in Crown Yard, where they run their Rising Stars crèche, you can leave your special needs pre-school child in a safe and stimulating environment, confident that you can have some time for yourself whilst your child is safe, having fun and making new friends.

Tel: 01277 624300 Email: enquiries@bosp.co.uk

Registered Charity No: 1107392

Handy Hints for Parents

- Under 6s** Ignore the naughty behaviour, praise the good behaviour
- 7 - 11s** Use Choices & let your children learn through managing the Consequences
- Teens** Manage conflict by listening first, gathering facts, agreeing compromises and possible solutions without resorting to violence or shouting.

Positive parenting is not about changing your children, it's about changing yourself! Remember change doesn't happen overnight!

Positive parenting will save us all much time and emotional energy.

Positive parenting is about treating children as human beings who deserve respect, dignity & being listened to.

Positive parenting is the best way to bring them up.

Happy New Year!!

Why not look at the sort of family relationships you'd really love to have with each of your children in 2009 or look at the sort of parent you'd like to be described as when your kids are all grown up and are telling their kids about you.

What sort of memories are you creating for them through your discipline, enthusiasm and time spent really chatting and playing with them? Take a look at yourself and ask what you want to change in your family relationships. What small things could you do today to start that process of change?

Keep learning, laughing and enjoying the adventure together in 2009.

Abridged from an article by Sue Atkins Positive Parents

A NEW YEAR AND A NEW YOU *with the help of Pilates*

At this time of year most people are thinking about the extra pounds they have put on at Christmas or starting to get fit again after a period of exercise absence. Pilates may be the thing for you....

Pilates offers both mental and physical training - teaching you to be in control of your body - The core of the method is "awareness of your own body" and as a result tension can be released and correct postural alignment is taught. Each exercise is built around eight principles:-

Relaxation, Concentration, Coordination, Centering, Alignment, Breathing, Stamina & Flowing movements.

By working on the deep architectural structure of the body "core stability" is achieved and maintained through steadily increasing

and flowing movements. Problem areas can be targeted by specific exercises but always in relation to the body as a whole. Pilates is also very effective at toning and re-sculpting the body particularly after having a baby. It helps to strengthen the pelvic floor and abdominal muscles and is particularly useful after having a caesarean section.

"In ten sessions you'll feel the difference, in twenty you'll see it and in thirty you'll have a new body." Joseph Pilates

Who is it for?

- Anyone wishing to improve general fitness/posture and appearance
- Pregnant women and post pregnancy
- Those who suffer from back pain or recurrent injury.

Louise Lees

The Billericay Parents Forum needs help in the following areas:

CRÈCHE HELPERS

The Forum is seeking people, with experience of looking after young children, to assist with the running of our crèche on Thursday mornings alongside one of our courses. The commitment is only for 5 or 6 weeks each term, although further crèches may be provided in the future. A new crèche supervisor has already been appointed. Applicants should preferably be CRB checked – although this can be arranged, and have a child-minding or childcare background, such as pre-school.

COMMUNITY NEWSPAPER

We need a "Man Friday" to edit a Community Newspaper, which will bring together news and information about activities and services available locally for families. Good ICT skills are essential and experience of working with a range of different charities, organisations and children's service providers would be valuable. You will be home-based & the project will be for a few irregular hours a week; it is also subject to the Forum successfully bidding for funding!

Anyone interested in either post is invited to ring Rosie Novis - Chairman on 01277 631736

Fire Appeal

Following an appeal for the family who lost everything in the fire at their home, many members of the Forum, together with other Billericay residents, responded very generously. The family greatly appreciate all the help given to them and they enjoyed the birthday party, with Father Christmas, that we put on for one of the children. They would like to thank everyone!

Course Bookings Secretary:

Mandy Solomons, telephone: 01277 633910 or email: info@billericayparents.com

Newsletter Editor:

Kerry Munn, telephone: 01277 652234 or email: info@billericayparents.com