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ਇਹ ਪ੍ਰਕਾਸ਼ਨ ਵੌਕਿੰਘਮ ਬਾਰੋ ਕਾਊਂਸਲ ਵਾਰੀ ਪ੍ਰਸਤੁੱਤ ਕੀਤਾ ਗਿਆ ਹੈ। ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸਨੂੰ ਸਮਝਣ ਵਿੱਚ ਕੋਈ ਮਦਦ ਦੀ ਲੋੜ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ ਨੰਬਰ (01753) 701159 'ਤੇ ਕਾਲ ਕਰੋ।



For further information about The Ambleside Centre, please contact:

The Ambleside Centre
Ambleside Close
Woodley, Reading
RG5 4JJ

Head of Centre: Gill Allen
Tel: (0118) 377 6444
Fax: (0118) 954 0424
Email: office@amblesidecentre.co.uk
www.amblesidecentre.co.uk

December 2009

The Ambleside Centre

A place for babies, children, and those caring for them



The Ambleside Centre

The Ambleside Centre is a place for babies, children and those caring for them.

**The Ambleside Children's Centre
Monday to Friday, 8.00am to 6.00pm (all year round)
except Bank Holidays**

The Ambleside Children's Centre strives to provide a happy, caring and understanding environment and is committed to supporting families in the local area to ensure children get the best possible start in life. The staff and families work together to ensure all children achieve the Every Child Matters outcomes.

The Children's Centre offers a range of activities and services that support families in the following areas:

- opportunities for high quality play and learning for children and families
- Information and signposting about all aspects of family life
- Adult learning opportunities
- Signposting to job opportunities
- Antenatal, postnatal and breastfeeding support
- Information to support healthy lifestyles
- Networking and support for childminders and other professional home carers

Family Link Workers work alongside families with children pre-birth up to age five, offering them support and information. For more information please refer to the Family Link Worker Leaflet.

Other services available on-site:

Family Information Service (FIS)

Wokingham Borough's Family Information Service provides free, confidential and impartial information, advice and assistance for parents and carers of children and young people aged between 0 and 19 years old. They can supply information on childcare, education, leisure and activities, support for families and much more.

Call (0118) 935 2255 or email: fis@wokingham.gov.uk
For more information, or visit www.wokingham.gov.uk/fis

Lend and Play Toy Library and Scrapstore

Lend and play toy library is open to all parents, carers, childcare and early years' providers, childminders and children's groups in the Wokingham Borough.

Please visit the website at: www.lendandplay.org for up-to-date information on opening times or call (0118) 377 6429 for more information.

Neighbourhood Team

Wokingham Borough Council's Children's Services has brought together a number of support agencies in one place to form the Ambleside Area team. We provide a joined-up service for vulnerable children, young people and their families living in Woodley and the north of the borough. If a child or young person is having difficulties that affect school, health and/or family life we can help.

Call (0118) 944 5305 or
Email: amblesideareateam@wokingham.gov.uk



The Meadows (Maintained Nursery School)

Open 8pm to 6pm, 48 weeks per year

Funded care, learning and development sessions for up to 156 children aged three to school entry age, during term time. 15 hours per week offered flexibly between 8am and 6pm. Additional sessions are available between 8am and 6pm, 48 weeks per year. Fees payable for the additional sessions - prices on request.

Our nurseries offer a safe, secure and exciting indoor and outdoor environment. Children are supported by highly-trained staff to play, learn, take risks, solve problems, make friends and have fun. The Ambleside Centre also benefits from a speech and language therapist who is based on-site and works alongside staff in the nurseries. The Meadows is resourced for children with hearing impairments, who are supported by a teacher for the hearing impaired.

For more information on our nursery provision, times and to arrange a visit to either The Pastures or The Meadows, please contact the Ambleside Centre.

Also available:

- Meeting rooms for hire
- Courses for Early Years practitioners
- Adult education classes



The Family Room

Open to fathers, mothers, family members, and children prenatal - 5 years old for play and learning.

Monday to Friday 8.30am to 5.30pm
(for exceptions please see 'Room Time Table').

Young children learn by doing. They are able to make sense of their world by choosing what they want to play, by exploring and repeating their ideas. Adults help this learning by joining in and talking with a child about their play. When mums, dads and family members get involved in this way a child also learns that they are loved, they are important and fun to be around.

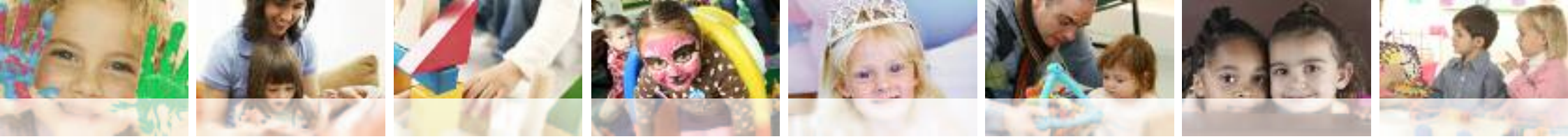
A full time worker is on hand to offer a range of learning opportunities within the Centre. Advice, support and information are always available. Specific topics are covered regularly e.g. children's speech, routines, sleep.

Specific activities are also available:

Before and After Baby Group (Drop-in).

Sessions supported by a member of the Health Visiting Team.

An opportunity to play with your baby and meet other mums and mums to be. Come and share your experiences and enjoy additional support and guidance in your pre baby and early parenting days. Enjoy the company of others in a relaxed environment, where there is an opportunity to discuss all things relating to bringing up a family e.g. health, sleep, feeding, developing a routine, and safety.



Home-Start Family Group (by appointment only)

Supporting families in situations as diverse as isolation, bereavement, multiple births, illness, disability, or for those who are just finding parenting a struggle. Home-Start provides non-judgemental, practical, emotional support. Please note that this is not a drop-in session. Please contact Home-Start on (0118) 988 8025 or Ambleside staff on (0118) 3776 444 to make an appointment.

Health Visiting Services

Weekly drop-in. Expert help and advice offered in a friendly, informal atmosphere.

9 month developmental review by appointment from the Health Visiting Team.

Postnatal Classes by invitation from the Health Visiting Team
 A four week course (plus an optional Resuscitation and First Aid Class). Topics include safety, minor ailments, teeth and teething and weaning.

Breastfeeding support network (closed session)

Thinking of, wanting to, starting to or continuing to? Come and join our friendly, supportive group for help and information, weaning advice is also available. This group is also available for mums-to-be.

Community Midwife

By appointment only

The Community midwife is available for check-ups, advice, information and all things related to pregnancy, birth and looking after your new baby.

Professional Home Carers Session - (Closed Session)

The Ambleside Family Room offers specific sessions on Thursday mornings for professional child carers such as Nannies, Foster Carers and Childminders as well as the Wokingham Borough Council Childminding Network who meet on the last Thursday of the month (term time only). This allows those who care for children professionally to meet for peer support whilst accessing the quality play environment and other services offered through the centre.

Lone Parent Group (Drop-in)

Our group is sociable, fun and informative. Bring children along to play, as you chat and enjoy friendly support from other lone parents.

The Pastures

Open 8am to 6pm, 48 weeks per year

For babies and children aged three months to three years old. Fees payable - prices available on request

