

Bright Start West Newsletter

Spring 2019



Welcome



Renata Moriconi
Bright Start
West Area Lead



Sheena Gofton
Health Visiting
Locality Manager

Welcome back after the festive break to a new term of Bright Start West (BSW) activities. Bright Start Early Childhood and Health Visiting services are now fully colocated in both children's centres (CCs) and health centres. Your health visiting team is now based in the council ward where you live. Here are the contact details:

Barnsbury HV Team - Bingfield Primary Care Centre
t: 020 7527 1610, e: whh-tr.hv-barnsbury@nhs.net

Caledonian HV Team - Bingfield Primary Care Centre
t: 020 7527 1610, e: whh-tr.hv-caledonian@nhs.net

St Georges HV Team - Goodinge Health Centre
t: 020 3316 8631, e: whh-tr.hv-stgeorges@nhs.net

Holloway HV Team - Hungerford Children's Centre t:
020 7527 8494, e: whh-tr.hv-holloway@nhs.net

Junction HV Team - Archway Childrens Centre t: 020
7527 6811, e: whh-tr.hv-junction@nhs.net

A constant focus of our work is to ensure that children eligible for a 2 year old free nursery place are able to access a suitable place and that families are aware and take up the universal 3 & 4 year old free nursery provision. For further details please contact the Family Information Service or ask a member of staff.

If you have any queries do contact us

Renata 07525 906627 renata.moriconi@islington.gov.uk

Sheena 07776 136485 s.gofton@nhs.uk

Parent feedback and suggestions

We are keen to ensure parents and children have a voice in developing our services. At our Parent Voice meeting last term (informed by telephone conversations with a number of local families) key feedback was to:

- ❖ make it easier for parents to find out what's happening
- ❖ look at ways to involve working parents
- ❖ use email and survey monkey to consult with parents and 'tag' parent meetings onto the end of stay & plays.

Moving forward we are:

- working with the Family Information Service, Bright Start East and our health visiting team to develop a communication strategy. We will send out a survey monkey to get parents views
- give information updates at the end of each stay & play sessions.
- look at ways to capture children's voices as they play including asking for their likes and dislikes in appropriate ways.

To have a chat about becoming more involved, please email brightstartwest@islington.gov.uk and title your message **My Voice**.

Diary dates 2019

Thursday 31 Jan 9.30 – 12noon **Early Childhood Area Partnership (ECAP) Induction** for any parents interested in being involved. Register online at: www.islington.gov.uk/brightstart by 24 Jan or contact e: EYadmin@islington.gov.uk, t: 020 7527 5932

Thursday 28 Feb 11am -12noon **Parents Voice** (children welcome). Bemerton Children's Centre, N7 9LH. Ring 020 7527 8441.

Wednesday 20 Mar 10.30am-12.30pm **ECAP Meeting** (crèche available). Cat and Mouse Library N7 0JN. Ring 020 7527 8441.

What's on (speak to staff for more detail)

Baby Massage (babies aged 6 weeks – 6 months)

Tuesdays 1.30-2.30pm 4 week courses start 15 Jan and 5 Mar @ Hungerford CC

Fridays 1.30-2.30pm 4 week courses start 18 Jan and 1 Mar @ Paradise Park CC

Mother and Baby Yoga (babies aged 6 weeks – 6 months)

Mondays 1.30 - 2.30pm 6 week courses start 7 Jan and 25 Feb, £2 per session @ Archway CC

Wednesdays 1.30 - 3pm 6 week courses, start 9 Jan and 27 Feb, £2.50 per session @ Bemerton CC

Family Kitchen

Wednesdays 13.30 -3pm 6 week course starts 16 Jan then second course starts 27 Feb 10 -11.30 am @ Archway CC

Family Learning (ACL)

L1 (accredited) Supporting children in nursery Wednesdays 9.45 – 11.45am 4 week course starts 9 Jan @ Bemerton CC

Parenting groups

Incredible Years (toddlers 1-3 yrs)

Thursdays 9.30- 11.45am starts 14 Mar (crèche available) @ Willow CC

Incredible Years (Early Childhood 3-6 yrs)

Wednesdays 9.30- 11.45am starts 27 Mar (crèche available) @ Hungerford CC

Strengthening Families, Strengthening Communities (Somali and English)

Wednesdays 9.30am -12.45pm starts 9 Jan @ Willow CC

Parenting workshops (crèche available)

Toileting (CAMHS) Monday 18 Feb 9.30 - 11.30am (crèche available) @ Bemerton CC

Supporting your child's behaviour (CAMHS) two linked workshops Friday 1 and 15 Feb 10am – 12noon @Hungerford CC.

Dates for First Aid coming soon

Local activities – pick up a copy of our information sheet on community stay & play sessions run by local organisations.

Also visit www.islington.gov.uk/brightstart or download the Hoop app from www.hoop.co.uk.

Interested in volunteering?

If you are an Islington parent and would like to volunteer in the community and talk to other parents about

- local services
- childcare
- support to work



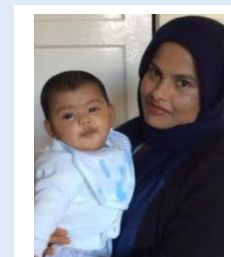
then **The Parent House Outreach Project** (N1 9AS) is for you! You will receive accredited training and support with The Parent House, who will also help you onto your next step. Next course starts **31 Jan**. Contact Aki or Anita for more information t: 020 7837 1383.

'The outreach [programme] is a great way to get to know the support parents are entitled to within Islington. My confidence has boosted from going out into the community and listening to the needs of other parents, and being able to offer support, through referral to The Parent House'.

Janine Gayle, Parent Outreach Volunteer

Parents' Story

'Getting a free nursery place for my two year old daughter was really beneficial. I didn't know anything about it but Fatema [Family Engagement Worker] helped me find a vacant place. It gave me a little time for myself. She also helped me find a volunteer placement so I could do my L1 childcare course. I'm now working three days a week. My daughter had speech and language problems. Going to nursery helped her mix with other children. She started picking up more language and made some friends. She also got professional help from a speech therapist. I'm really grateful for the support I got as I didn't know what was around in my local area.'



Afia Begum (Parent of 21, 14 and 2 year old)

if you are unemployed or on low wage your child could get 15 hours free early learning at a high quality nursery, school or childminder. Apply at: www.islington.gov.uk/free2 or ring 020 7527 5959

Reminders

Thursday 18 April 2019 – last day of activities

Tuesday 23 April 2019 – activities restart

For more information or to book on any of the courses please contact

t: 020 7527 8441 or e: brightstartwest@islington.gov.uk