

## Diary Dates

11th	Jan	CAB Advisor
18th	Jan	Legal Advisor
25th	Jan	CAB Advisor
1st	Feb	Legal Advisor
8th	Feb	CAB Advisor
9th	Feb	Career's Advisor
15th	Feb	Legal Advisor
21-25th	Feb	HALF TERM
22nd	Feb	CAB Advisor



### Health & Safety: Fire Drill

The fire alarm will sound and everyone will be asked to leave calmly and quickly via the nearest available fire exit and meet around the corner in Chalkley Close opposite the side doors of the British Legion. Please take special care not to let your children run into the road. Fire drills will be held regularly.

Thank you for your co-operation and listen out! We have 4 planned for the coming year.



### You can reduce, but not eliminate, the risk of catching or spreading swine flu by:

- Always covering your nose and mouth with a tissue when coughing or sneezing.
- Disposing of dirty tissues promptly and carefully.
- Maintaining good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to face, or to other people.
- Cleaning hard surfaces, such as door handles, frequently using a normal cleaning product.



St. Mark's Family & Community Centre News & Information



Winter Edition:  
January & February 2011

# Centre News

HAPPY  
NEW  
YEAR



*Welcome back!!*

We hope you all had a lovely Christmas and a good start to 2011

### Parent/Carer & Toddler Group

Every Monday and Wednesday (term time only) 10:00am-12:00pm followed by Kids Lunch Club (see below)

Cost is £1.20 per session.

Babies under 1 yr. are free.



The themes until the end of term will be 'Health & Nutrition, Fruits & Vegetables, Our Bodies and Chinese New Year'.



### Kids Club Meal Deal

On Mondays and Wednesdays you can book a healthy lunch for your child following Parent/Carer and Toddler Group. The cost is £1 and this includes either yoghurt or a piece of fruit.

You can join them for lunch at a special inclusive rate of £3.00 for both.

### Prices -Food and Drink

Adult lunch	£3.00
Pudding	£1.00
Child Lunch	£1.00
Tea/coffee	£0.50
Can Drinks	£0.60
Roll	£1.70
Sandwich	£1.20
Bottled Water	£0.60
Fruit Shoot	£0.70
Ribena	£0.70

St. Mark's Family Centre  
Supporting People & Communities



*It is NOT permitted to bring food and/or drink into the Family Centre unless it is for babies.*



## **The Family Centre has a No Smacking Policy**

### **LEGAL ADVISER HERE ALTERNATE TUESDAYS**

We are very pleased to be able to provide a free legal service that specialises in Family Law, Housing and Domestic Violence Issues. Please see a member of staff to book an appointment. See diary for dates.

### **ACTIVE HOUR**

This is your chance to have fun with your toddlers. An hour of messy play and noise from 10.00am – 11.00am on Tuesday mornings. Cost £1.50. This is a 'hands-on' session, where parents/carers are expected to join in the activities with their children.

**PLEASE NOTE, THE GROUP NOW STARTS AT 10:00AM AND ENDS AT 11:00AM.**

### **Citizens Advice Bureau**

CAB is here every other week on a Tuesday from 9.00 am-12.00 noon to offer advice to local residents on a whole range of welfare and other issues. The sessions are confidential and free. Please see a member of staff to book an appointment. See diary for dates.

### **Circuit Training**

### **Monday Evenings**

Here at the Centre

7.30pm to 8.30 pm

(£5 per session)

Just turn up and join in.



### **Easy Cook**

We are sorry to inform you that our successful Easy Cook programme will unfortunately cease to run after the current course due to the withdrawal of funding.



Do your bit for the environment...

Re-cycle  
*Paper, Glass, Cans, Cardboard*



We now have a fully functional recycling centre at the front of the building for you to use.

### **Family Learning In partnership with Adult Education**

Please note that Jenny is now our Adult Learning CO-ordinator and she will be happy to answer all your questions on our adult learning courses.

### **Family I.T.**

For those who need basic computer skills we run regular family I.T. courses (with a crèche).

### **Numbers and Shapes (Numeracy) Letters and Sounds (Literacy)**

This term our regular Keeping up with the Children—Literacy and Numeracy will be replaced by the above course which is aimed at families with children under 5.

### **ESOL (English for Speakers of other Languages)**

We run regular Family ESOL courses (with a crèche).

### **First Aid for Dads**

We are planning to run a 3 hour First Aid course for dads in February or March. Please let a member of staff know if you or your partner is interested.

### **Family Workshops**

A final series of Family Workshops on a range of topics begins on **Monday 10th January 2011**. Please see poster or Angie for more information or to book a place on any of these sessions. Please note that this will be the last programme of workshops for the time being as the funding has been withdrawn from the end of March 2011.

### **Rhythm Rhyme & Story Time**

Come and listen to stories, sing songs and make music on Friday mornings 9:30-10:30am. The sessions are free and run by St Marks Children's Centre.

### **Careers Advisor**

*A Careers Advisor from Merton Adult Education College is here once a month to give advice not only on careers but on Adult Education Courses and training. See Angie or Jody for more information or to book an appointment.*