

Bright Start East Newsletter

Autumn 2018

Dear Mothers, Fathers and Carers

Welcome to the autumn term! We hope you had a good summer and we are looking forward to seeing you at our different activities and services. Thanks to those of you who took part in our parent forum consultations and service evaluations over the summer months. This really helps us to shape the services we provide and improve what we offer to meet the needs of our community.

We have received very positive feedback about the Bright Start activities taking place in our children's centres.

Bright Start timetable and the range of activities

'Easy and good use of colour', 'I like the map, I find that really useful!'

'There is something every day, its great!', 'The continual changing in activities means there is lots to do!'

'Breastfeeding support is very good', 'Saturday for Dads – brilliant.'

'I like the stay and plays. Lots of things for the kids to explore, lovely and welcoming people.'

'We are feeling confident in attending the session here. We are supported and it's a nice environment.'

You said, we did...

You told us that you *'would like to see more soft play'* and we organised weekly soft play sessions during the summer break at the Sobell centre. Up to 70 families attended. Parents commented that the sessions provided a *'great opportunity for my child to develop his physical skills. Living in a single story property, these opportunities are limited at home.'*

You told us that you *'would like to see a fathers stay and play every week'* and we have linked up with Bright Start West to provide a weekly Fathers stay and play at Willow children's centre, N7 0BF. Fathers found it *'super welcoming for fathers, especially the staff.'* *'Good to have Dad's stay and play every Saturday at the same place.'*

You told us that you *'would like to see activities around nature', 'more twilight sessions would be great'* and so we created a new twilight Stay and Play in the garden at North Islington Nursery and Children's Centre. It happens every Tuesday 3:30pm – 5pm 110-112 Tollington Park, N4 3RB.

You told us that you would like *'more groups / parenting courses about healthy eating and healthy lifestyles'* and we delivered the Small Steps to Big Change Course at Highbury Quadrant school.

Would you like to be a Parent Champion?

Calling on Dads, Mums and carers who:

- Live in Islington
- Have a child or children under 5
- Use Bright Start services
- Enjoy talking to other parents
- Can be available two to three hours a week to volunteer.

Parent Champion training course (accredited Level 1) Wednesday 31 October to 19 December 2018. 9:30am-12:30pm at Willow Children's Centre.

Contact Selda Aygun, Parent Involvement Development Officer on 020 7527 6835 or email selda.aygun@islington.gov.uk



Tell us what you think and help make a difference

We are looking for parents, carers and community representatives to join Bright Start staff and colleagues from Health, children's centres and Libraries on our Early Childhood Area Partnership (ECAP).

There will be a termly meeting – the next one will be held on Wednesday 5 December to discuss priorities in our area and to share information about Bright Start development and services.

It will be really important to hear what you have to say about services in this area and to hear your ideas. At the first meeting we will invite lots of people to attend and there will be food!

To find out more, you are invited to an ECAP Induction Session for parents, carers and community representatives on Thursday 8 November, 12 noon to 2.30pm at Hornsey Road Children's Centre (8 Tiltman Place, Hornsey Road, Islington N7 7EN). Crèche and light refreshments will be provided.

Please contact brightstarteast@islington.gov.uk for more information or to express your interest.

First Aid course for parents and carers



Learn how to deal with common accidents and emergencies.

Saturday 10 November 2018 at New River Green Children's Centre, N1 2SX.

- 10am -12pm at Fathers Stay and Play
- 1pm – 3:30pm for all parents/ carers

To register your interest please contact Candice on 020 7527 4089 or email

brightstartsouth@islington.gov.uk

Thursday 29 November at Hornsey Road Children's Centre, N7 7EN.

- 9.30-12 noon or 12.30-3pm

To register your interest please contact Alexis on 020 7527 4170 or email

brightstarteast@islington.gov.uk

Did you know?

You can find local Bright Start activities and fun things to do across Islington on the quick and easy-to-use app, [Hoop](#).



Focus group for parents with young babies

Pregnancy and early parenthood is a time of huge change for most families and, for some people, this can cause a lot of anxiety and other difficult feelings. We want to find out how to best support parents who are finding this a challenging time.

If you have a baby under 12 months old and would like to have your say about mental health services, please come and be part of a focus group at Ambler Children's centre in November.

Contact Rebecca Stewart

rebecca.stewart2@nhs.net for more info!

Dads at Margaret McMillan

Come and join us for a twilight session for Dad's from 3.30 – 5.00pm this Autumn at Margaret McMillan Nursery and Children's Centre Hornsey Rise, N19 3SF.

- Tuesday 4 December 2018
Winter festivals with a tree hunt!
- Tuesday 22 January 2019
Clay workshop

Half term is coming!

We are really pleased to confirm that soft play at Sobell Leisure Centre will be back. There are two free sessions taking place on Tuesday 23 and Thursday 25 October. Please contact Alexis to be added to the waiting list stating your preference of which day. Email brightstarteast@islington.gov.uk or call on 020 7527 4170.

Follow Islington FIS on Facebook!

Islington FIS, Family Information Service, is now on Facebook. Follow Islington FIS and get the latest information about upcoming events, activities and information for families.

<http://fb.com/islingtonfis>

Get help applying for free early education and childcare

Drop in to see Islington FIS to get help applying for free early education and childcare for 2, 3 and 4 years olds at the Customer Centre 222 Upper Street, N1 1XR on Thursday mornings from 9am to 12.30pm.

Alternatively you can contact FIS by phone 020 7527 5959 or by email fis@islington.gov.uk

You can also find information online at

www.islington.gov.uk/fis

