

# Newsletter

## Jan - July 2012

### Inside:

What's on Guide, events, Zumba, How to be Happy

In the Seagulls kitchen:



#### Joy of Cooking

**Mondays, 9.15am - 12.15pm**

A 5 week course to gain confidence and learn basic cooking skills

**Creche available, call 660090 to book a place**

#### Cooking up a Storm

**Mondays, 9.15am - 12.15pm**

An 8 week course to follow on from the Joy of Cooking leading to a certificate

**Creche available, call 660090 to book a place**

#### Little Chefs

**Mondays, 1.30 - 2.30pm**

Would you like to do more cooking with your child?

5 fortnightly sessions exploring food and cooking

Two age ranges: 2 - 3 years (mixing and stirring)

and 3 - 5 years (more chopping involved)

**Call 660090 for dates and to book a place**



This newsletter is also available on yellow paper  
Contact reception on 660090 for a copy





## Seagulls Serving You

2012 is an exciting year for the Seagulls Centre, on 1st July we are merging with Gorleston and Hopton Sure Start Children's Centre at Gorleston library. This means that families in Gorleston and Hopton can access services and activities at both Centres and staff will cover the whole of Gorleston and Hopton!

We have a packed schedule for the first half of the year with

lots of new groups and the return of old favourites.

Remember Seagulls is here to serve you and your family - our family support team have workshops to offer as well as home visiting.

So come along and sample what we can offer you and your family or give us a call to see how we can help!



Open Monday - Friday  
8am - 6pm, 51 weeks a year  
Tel: 01493 660099



Seagulls Day Nursery is a 52 place day nursery caring for children aged 3 months – 5 years.

We have a superb team of qualified staff who follow the Early Years Foundation Stage Curriculum.

The children have "free-flow" play; which means they are able to play inside and outside throughout the day.

We have a fabulous outdoor play area for the children to use. We are looking forward to a fun packed year which will include celebrating the Queen's Jubilee and the Olympics.

We are currently taking names for 3 & 4 year old children who may be entitled to 15 hours free from September - call for details.

Telephone 01493 660099 if you are interested in a space for your child



Are you interested in training to become a registered childminder working from home? FREE Childminder information sessions are going to be held in this area. Call Tracy Jary on 01493 720633 or Jenny Belshaw on 01263 735902

**East Anglian Complementary Health, Free Workshops.** Are you 18+, unemployed or economically inactive? Min. attendance of 8 hours required. Workshops include:

computers for beginners, confidence building, effective communication, Reiki intro...

Call 01493 663437 or email enquiries@eastangliancomplementaryhealth.com for info

## For Adults...

**Scrapbooking, Mondays: 14 May, 11 June, 9 July 12.45 - 2.30pm**  
**In the Kingfisher Room**

Turn your photos and memories into beautiful scrapbook pages in this relaxing craft session. Please bring photos to work on.

**Creche available, limited places, call 660090 to book**



**Chill Out Time with Heather & Janet, 9.30am - 12.00pm in the Wren Room. Course of 3 sessions: Fri's 11 May, 22 June, 13 July.** A morning of relaxation exercises and stress busting tips.

Be prepared to feel good by the end of the session!

**Places with creche are limited, call 660090 to book**



### Family Support Team

Home Visits: can't come to Seagulls? Seagulls can come to you!

Contact a member of the Family Support Team to arrange a home visit on 660090

**One Stop Parent Shop, dates to be confirmed, please call for more information.** Would you like to: enjoy being a parent more; create a better relationship with your child(ren); learn to enjoy play with your child(ren); have a greater understanding of your child?

**Creche available, call 660090 to book a place**



**Support Group, Time and date to be confirmed, please call 660090 for more information.** Do you have a child with special or additional needs or disability? Melanie has been working with some parents who have expressed a desire to meet others in the same boat.

Join us for coffee, **creche provided**



**How to be Happy, Thursdays, 31 May - 12 July, 9.30 - 11.30am, in the Wren Room.** A 6 week group exploring happiness and well-being. Find out how: Positive Psychology can help you to flourish, HeartMath can help you understand and Mindfulness can help you "be". Take a step on the journey towards a happier future

**Creche available, to book a place call 660090**

**New!**



**Zumba fitness classes, with Emma Dawson**

**Fridays: 4, 18, 25 May & 1 June (no creche on 1 June), 10 - 11am in the gym. 4 sessions for £6 for Seagulls Parents (£10 all others).** Dance fitness to funky Latin inspired music.

"But I can't dance" I hear you say... that's fine!!

**Creche available, call 660090 to book a place**



# What's on at the Seagulls Centre

## MONDAY

### Joy of Cooking

9.15am - 12.15pm in the Seagulls kitchen. A 5 week course to gain confidence and learn basic cooking skills  
**Creche available, call 660090 to book a place**

### Cooking up a Storm

9.15am - 12.15pm in the Seagulls kitchen. An 8 week course to follow on from the Joy of Cooking leading to a certificate. **Creche available, call 660090 to book a place**

### Scrapbooking, 14 May, 11 June, 9 July, 12.45 - 2.30pm, in the Kingfisher Room.

Turn your photos and memories into beautiful scrapbook pages. Please bring photos to work on.  
**Creche available, limited places, call 660090 to book**

### Little Chefs

1.30 - 2.30pm in the Seagulls kitchen. 5 fortnightly sessions exploring food and cooking. Two age ranges: 2 - 3 years (mixing and stirring) and 3 - 5 years (more chopping involved). **Call 660090 for dates and to book a place**

### Ante & Postnatal Clinic 2-4pm

By appointment only  
Call Dawn on 660090 to book

## TUESDAY

### Home Start Family Group

10am-12pm, An opportunity to meet other parents, have fun playing with your child and gain advice from trained staff  
Family Room, Gordon Road, Gt. Yarmouth. **Call 603221/441744**

### Play Together

10 - 11.15am, in the creche  
A drop-in group for parents and children Activities and games to encourage playing together. Family Support Worker available. Runs in school holidays  
**Call 660090 for more information**

### Tunes for Tots

11.15 - 11.45am  
In term time, in the creche (after Play Together) with Polly of Presma.  
Drop-in music group for babies and pre-school children



Adult and child vitamins available from 1st floor Reception with the Healthy Start Vitamin Vouchers or to buy, Adult 91p, child £1.80

## WEDNESDAY

### Positive Parenting Group

9.30- 11.30am in term time  
Would your family benefit from you feeling more in control? Meet other parents, find and explore new ideas and strategies for play, praise and rewards, limit setting, boundaries, consequences, problem solving and more! **With supporting creche**  
**Call 660090 to book a place**

**One Stop Parent Shop, 9.30am - 12.00pm in the Kingfisher Room (dates to be confirmed).** Create a better relationship with your child(ren); learn to enjoy play with your child(ren); have a greater understanding of your child? **Creche available, call 660090 to book a place**

**Stop Smoking Appointments 10am - 12pm in the Starling Room**  
**Call Andy on 01493 744408 or 07946 662241**

**Sing Out Loud, 10.30 - 11.15am**  
Term time in the Theatre Room  
**Breaks for summer at end of June**  
Singing, dancing and movement to well known children's songs, nursery rhymes and chart hits to help the children learn basic skills whilst having fun. A chance for both child and parent to move and keep fit

**Postnatal Clinic, 10am - 12pm**  
By appointment only, call 660090 to book  
**Ante & Post Natal Drop-In, 12-3pm**  
No appointment needed

**Weaning - Fun With Food 25 April or 23 May, 10am - 12pm**  
Learn about Baby Led Weaning. First foods, tastes and textures. **Call Lisa or Sam on 660090 for dates and times**

**Bumps 2 Babies, Drop-in baby clinic, 1-3pm** with Health Visitors & Nursery Nurses; for advice on all aspects of baby care and baby weighing

## THURSDAY

**Shine Parent and Toddler Play Session & Toy Library, 9.30am-12pm,** At the Alpha Centre, Alpha Road  
Term time only, **call Sarah on 661000**

**How to be Happy 31 May - 12 July, 9.30 - 11.30am, in the Wren Room**



**New!**

A 6 week group exploring happiness and well-being  
Find out how: Positive Psychology can help you to flourish, HeartMath can help you understand and Mindfulness can help you "be". Take a step on the journey towards a happier future. **Creche available, to book a place call 660090**

**Credit Union Information Point Weekly, 10am - 12pm**

In the kitchen, continues through school holidays. Your local community saving and lending service. Offers safe savings, affordable loans, free life insurance and community banking

**Bambinos Parenting Group For First Time Parents 1.30 - 3.30pm**



A 7 week programme looking at: safety, weaning, baby massage and baby dancing  
Socialise and meet other local families with babies. **Call Lisa or Sam on 660090**

**Messy Play 1.30 - 2.30pm, in the creche**  
Drop-in group; lots of exploration and fun with gloop, cornflour, sand, water, pasta, rice and jelly. Cutting and sticking too! Come along with your child for lots of messy fun! Family Support Worker available. Runs in school holidays  
**Call 660090 for more information**

## FRIDAY

**Chill Out Time, 9.30am-12pm, in the Wren Room. 11 May, tbc June, 13 July.** Relaxation exercises & stress busting tips with Heather & Janet  
**Call 660090 to book a place / creche**

**Zumba fitness classes, with Emma Dawson, 4, 18, 25 May & 1 June (no creche on 1 June), 10 - 11am in the gym. 4 sessions for £6 for Seagulls Parents (£10 all others)**  
Dance fitness to funky Latin inspired music. **Creche available, call 660090 to book a place**

**Home Start Family Group, 10am-12pm, in the Theatre Room**  
An opportunity to meet other parents, have fun playing with your child and gain advice from trained staff. **Contact 603221**

**Shine Parent Support Coffee morning, 10-11.45am,** Alpha Centre, Alpha Road. For parents / carers who have a child with a special need  
Term time only **call 661000 for details**

**Parent's Group, Meetings: Fri 15 June, 9.30-10.30am, Weds 20 June, 9.30-10.30am (mtg with Great Yarmouth Community Trust)**  
Come and meet other parents that use the Centre. Parents, grandparents and carers welcome. Join us for a chat and refreshments. **Creche available, call 660090 to book a place**

**Healthy Start Baby Cafe, 1 - 3pm in the Kingfisher Room.** Need answers to breastfeeding questions? A comfortable place to feed and chat with friends  
**Call Curita (MW) on 07983 959977**

**Ante & Post Natal Drop-In, 1 - 3pm**  
No appointment needed

# For Children...

**Winter Crafts**, Thursday 26 Jan or 9 Feb, 10 - 11am in the Kingfisher Room. Come and make Winter craft projects. Glitter and glue will be used, please wear old clothes! Children must be accompanied by an adult  
**Places are limited call 660090 to book**



## February Half Term Week...

**Story Cafe**, Monday 13 Feb, 10 - 11am, in the Kingfisher Room  
Crafts, activities and story. Refreshments available. Children must be accompanied by an adult. **Places are limited call 660090 to book**



**Play Together**, Tuesday 14 Feb, 10 - 11am, in the creche  
A drop in group for parents and children. Activities and games to encourage playing together. Children must be accompanied by an adult

**Open Garden**, Tues 14 Feb and Weds 15 Feb, 11am - 3pm  
The Seagulls garden will be open for you to come and play with your child(ren). The internal gate will be closed for safety. This activity will not be staffed. You are responsible for your child(ren) at all times

**ZumbAtomic - with Emma Dawson**, Wednesday 15 Feb, 10 - 11am in the Theatre Room  
A rockin' high energy fitness party using Latin music inspired moves. Starting off easy peasee for the younger children, getting a bit harder towards the end so that older brothers and sisters and parents can join in too! **Call 660090 to book**



**Messy Play**, Thursday 16 Feb, 1.30-2.30pm in the creche  
Drop-in group; exploration and fun with gloop, sand, water, pasta, and jelly. Cutting and sticking too! Come along with your child for lots of messy fun! Children must be accompanied by an adult

**Play Stax**, Friday 2 March, 10am - 12pm  
Free soft play session at Play Stax, Englands Lane  
Children can run, bounce, slide and play! Squash provided, free snack at 11am. **Sorry no packed lunches allowed**  
Children must be accompanied by an adult  
**Call 660090 to book a place**



## Easter Holidays...

**Play Together**, Tuesdays 3 & 10 April, 10 - 11am, in the creche  
A drop in group for parents and children. Activities and games to encourage playing together. Children must be accompanied by an adult

**Open Garden**, Tues 3 & 10 April and Weds 4 & 11 April, 11am - 3pm  
The Seagulls garden will be open for you to come and play with your child(ren). The internal gate will be closed for safety. This activity will not be staffed. You are responsible for your child(ren) at all times

## Easter Holidays Continued...

**Cheerleading - with Fiona Abbott**, Wednesday 4 April, 10 - 11am in the gym. Starting off easy peasee for the younger children, getting a bit harder towards the end so that older brothers and sisters and parents can join in too! **Call 660090 to book**



**Messy Play**, Thursday 5 April, 1.30-2.30pm and Wednesday 11 April, 10 - 11am, in the creche

Drop-in group; exploration and fun with gloop, sand, water, pasta, and jelly. Cutting and sticking too! Come along with your child for lots of messy fun! Children must be accompanied by an adult

## Easter Disco with DJ Kev!

Thursday 12 April, 1 - 3pm in the Theatre Room  
Older brothers and sisters welcome. Children must be accompanied by an adult. **Places are limited call 660090 to book**



## Gorleston Fun Park (Pops Meadow) (on Gorleston sea front near King William pub)

**Free play session, Friday 18 May, 11am - 2pm**  
Bouncy castles, trampolines, funfair ride, crazy golf  
Snack bar on site for food and drink, feel free to bring packed lunches  
Children must be accompanied by an adult  
**Call 660090 to book a place**



## June Half Term Week...

**Open Garden**, Weds 6 June, 11am - 3pm  
The Seagulls garden will be open for you to come and play with your child(ren). The internal gate will be closed for safety. This activity will not be staffed. You are responsible for your child(ren) at all times

**Cheerleading - with Fiona Abbott**, Wednesday 6 June, 10 - 11am in the gym. Starting off easy peasee for the younger children, getting a bit harder towards the end so that older brothers and sisters and parents can join in too! **Call 660090 to book**



**Messy Play**, Thursday 7 June, 1.30-2.30pm in the creche  
Drop-in group; exploration and fun with gloop, sand, water, pasta, and jelly. Cutting and sticking too! Come along with your child for lots of messy fun! Children must be accompanied by an adult

## Great Yarmouth People (GYP) Event - Get Active

All kinds of activities for all kinds of people: Saturday 14 April, day time on the Shrublands site. GYP is our local Community Empowerment Network. This event is a chance for local groups to demonstrate what they do / recruit new members / fundraise.

**Future GYP meetings: Thurs, 12 Apr, 10 May, 14 June**  
9.30am - 12.30pm at the Seagulls Centre



## A Helping Hand...dads welcome too!

**'Tapping' (Emotional Freedom Technique)** We can feel physical, psychological or emotional pain when disruptions in our body's energy system are triggered by certain thoughts and memories. As well as counselling Melanie offers the quick and effective "tapping" technique Paul McKenna uses on TV. **Book a session with Melanie on 660090**

**Stop Smoking one to one appointments, Weds 10am - 12pm with Andy Trohear.** Stopping smoking can be a stressful time, but I am here to help and support you all the way on your quit attempt.

**For an appointment call Andy on 01493 744408 or 07946 662241**



## Shrublands Community Cafe

Shrublands Youth & Adult Centre, Magdalen Way. Tel: 07985 187217.

Open from 8.30am - 7.30pm for hot and cold drinks and snacks.

Counter service for sandwiches, soups, cakes and additional items from 10.30am - 1.30pm, Monday to Friday



## Community Gym Sessions:

**Mon:** 9 - 10am, 10.15 - 11.15am, 11.30am - 12.30pm, **Tues:** 6 - 7pm

**Weds:** 9 - 10am, 10.15 - 11.15am, 11.30am - 12.30pm, **Thurs:**

6 - 7pm, 7.15 - 8.15pm, **Fri:** 9 - 10am, 10.15 - 11.15am. **First session free then 50p a session, must be booked and paid for in advance. Book at the MESH office or call 604739 (specific time slots can be arranged upon request)**



**Yummy Mummies: Tuesdays 10.30 - 11.30am, £1 per session.**

Circuit based exercise session designed to support health and well being throughout pregnancy and to help you get back into your jeans after the birth! **To book a place call Kelly French on 744427 or email [kellyfrench@nhs.net](mailto:kellyfrench@nhs.net)**

**Bumps and Buggies (walk):** Mondays 4.30 - 5.30pm, £1 a session

A walk-based workout that incorporates resistance exercise to give pre & post natal women a chance to actively support their physical and mental well being without the worry of childcare. Children must be in a buggy

**To book a place call Kelly French on 744427 or email [kellyfrench@nhs.net](mailto:kellyfrench@nhs.net)**