

Helping Parents Back into Training or Work



Family Learning & Skills for Life

Family Learning courses look at how children learn through play. You make games and books to share with your children at home, and you can also gain a qualification.

OUR COURSES INCLUDE:

- ★ How children learn to read
- ★ Play and language
- ★ Make number games to play with children
- ★ Sharing books with babies and young children

Skills for Life courses are for adults who would like to improve their English or maths skills and gain a nationally recognised qualification up to National Test level 2.

OUR COURSES INCLUDE:

- ★ Maths for Everyone and English for Everyone
- ★ Computer English
- ★ Keeping up with the Children in Maths or English Plus much much more...

BEST OF ALL...

All of our classes are free and most have free childcare. Our classes are small and friendly and you can work at your own level and pace. We run term-time daytime and evening classes as well as flexible learning opportunities.

DON'T TAKE OUR WORD FOR IT...

"The teacher was brilliant - I can't wait to go back."

"I learnt things for myself as well as ways of helping my child."

"It was nice to make new friends and do something interesting"

"The course has given me the confidence to go on to do a course at college."

"The most enjoyable part of the course was making games"

Contact us: For further details, phone or text Sinead Tingley, your Development Worker on 07796 351457 or ring the Family Learning Office on (01904) 554292.

JOB CENTRE PLUS



Jobcentre Plus brings together employment and benefit services for people of working age. Under the Every Child Matters Agenda, Jobcentre Plus is working in Partnership with Children's Centres to help families 'Achieve Economic Well-Being'. This will be through a variety of ways adapted for each Children's Centre, including one or more of the following:

- ★ Free information phone line
- ★ Meeting with a Personal Adviser at the Children's Centre
- ★ Information on Jobcentre Plus services

Balancing work with family is an important consideration for parents. Personal advisers provide practical support and advice to help parents find and keep work. For parents bringing up children on their own it can be a particular concern. Specialist Lone Parent Advisers at Jobcentre Plus can help lone parents overcome barriers to work, discuss their situation and goals and help them to work out what works best for them and their children.

You can contact Jobcentre Plus:

- ★ To make a claim on 0800 0 55 66 88 (Free from a landline, mobile operator charges may apply)
- ★ To seek work on 0845 6060 234 (Local rate call, mobile operator charges may apply)
- ★ To enquire about an existing claim on 0845 608 8550 (Local rate call, mobile operator charges may apply)
- ★ To make an appointment with a Lone Parent Adviser for specialist advice 01904 682120 OR visit the website at www.jobcentreplus.gov.uk

Community Arts Team

Arts Action York are the Community Arts Team at City of York Council, creating positive change through arts projects across the city with all ages. As a result of consultations done with Arts Action York and local children, parents, workers and partners, Emma Richards has been appointed to support a programme of community arts projects in conjunction with the new Children's Centres as a way of engaging the community and encouraging a sense of pride and ownership. For more information please contact Emma Richards on 07769 818287 or email emma.richards@york.gov.uk

Vision

Children's experiences in their early years have a major impact on the rest of their lives. We will provide opportunities for children to enjoy learning experiences that enable them to achieve their goals and reach their full potential in a fun and caring environment. We will support parents and families in any way we can as they strive to give the best possible start for their children on their learning journey. Not only are we committed to providing high quality day care provision, we also provide access to health and family support that is locally based and community driven.

The Toy Bus

The Toy Bus is a mobile toy library service. You can borrow good quality toys, books and play equipment.

It gives children a chance to try out a wide selection of items.



The Toy Bus is now a regular feature at the Children's Centre. You can find the Bus in the car park of Carr Infants School (near the playground).

To find out when the Toy Bus visits or for more information contact: Sally on 07796337991 Kate on 07909934869 Or e-mail Catherine on Catherine.leatherbarrow@york.gov.uk

What Children, Parents and Workers have told us...

Consultation events took place with children, parents and workers in the St Lawrence's area. They think the following are important...

Children said... Messy play and safe outside play

Parents and workers said... Information about what's happening locally

Groups for children to play, try new things and meet other children

Access to workers without an appointment

Advice and support with education, training and learning

What's next...?

You will be able to find out what's happening locally and nationally through leaflets and an accessible computer within the centre.

Families and staff in the Carr area are working with Community Arts to create a "Welcome" mosaic for Carr Children's Centre. The project forms part of the Children's Centres Community Arts Programme, led by Arts Action York.

Carr Local Parent Group meets monthly at the Children's Centre. We welcome all parents and carers to come along to find out what's happening and share your views on the services you would like to see. Please contact Lynda Widdison on 555066 to find out when the next meeting is.

Welcome to Carr Children's Centre



Children's Centres are part of the government's commitment to enable local authorities to deliver services that make sure...

- ★ That all children have the best start in life.
- ★ There are better local opportunities for parents.
- ★ There are better local services for children under school age.
- ★ There is high quality affordable play and childcare in every community, linked to early education.
- ★ Communities become safer and stronger.

What will happen there...?

- ★ Play and childcare linked to nurseries, childminders and early education.
- ★ Learning for children and adults.
- ★ Home visiting and drop in sessions for children and their families.
- ★ Support for families with children with special needs.
- ★ Local midwifery, health visiting and speech and language services.
- ★ Good links that can help parents back into training or work.

Carr Infant and Nursery School



"Work Together to achieve"

We are a warm and friendly school. At the heart of our philosophy and the educational process is the child. We want to provide learning situations, which are challenging, enjoyable, and take account of the varying ability and potential of each child. We believe that children have a much better chance of achieving if they are valued and trusted.

Children must have a good self-esteem and their learning must incorporate first hand experiences. We strongly encourage links with partners who will work with us to continue to improve the provision for both children and families at Carr Infant and Nursery School. The nursery is led by a fully qualified teacher.

Learning about other cultures in our nursery is Fun. The children here are tasting Asian food during Divali.

We have recently achieved Healthy Schools and Basic Skills Quality Mark 2. We now also have the Active Mark and we are very proud of this.

We are developing our outdoor areas around school, and we use our outdoor classrooms to support our learning.

For further information contact us:
Telephone: 01904 798266
Email: carr.infants@york.gov.uk
Website: www.carrinfants.co.uk



Carr Junior School



Carr Junior School is a thriving school and currently there are 8 classes for our 210 pupils. We aim to develop the individual child personally, socially, academically, creatively and spiritually. The curriculum is designed to help pupils to acquire the knowledge, skills and training needed for their future while developing lively, enquiring and creative minds. Each child is treated as an individual and helped to achieve their full potential through a range of interesting and stimulating lessons as well as a varied range of out of school activities such as Football, French, Homework Club, Hockey, Recorder, Netball, Sewing Club and Basketball. We can also offer musical tuition for a range of instruments including guitar, violin, trumpet, clarinet, saxophone and cornet.

At Carr we are fortunate to have our own indoor swimming pool which all children use on a regular basis. The school has its very own business called 'Frutti Tutti' which was established and is managed by the Year 6 pupils. All pupils and staff can purchase a healthy snack at morning break. Parental involvement is welcomed in school and we have a very active 'Friends of Carr Schools', which all parents are welcome to join.

If you would like further details, to look around or have an informal discussion with the Head teacher C.J. Ryder, please telephone the school office where Mrs Prudames the secretary will be very pleased to assist you.

Telephone: 01904 798996



Local Play and Childcare

SCHOOL FRIEND OUT OF SCHOOL CLUB

The Breakfast and After School Club offers opportunities for children to play with friends and participate in activities such as board games, art and craft, sports, role-play, cars, dolls and construction. We provide breakfast; cereal and toast and a daily afternoon snack, such as sandwiches or teacakes, with fruit.



The club is a place for children to unwind away from the stresses of school or home both before and after school. Breakfast Club is £3 per day and After school Club is £8 a session, we do offer a 20% sibling discount.

York Family Information Service

There are several childcare providers within the Carr area. We hold information on the full range of nurseries, playgroups, childminders and out of school clubs in the Children's Centre reach areas.

If you are a parent or carer of a 0-19 year old then you can get free, professional, helpful and up to date information about:

- ★ Finding and paying for childcare
- ★ Free places for 3 and 4 year olds
- ★ Returning to work
- ★ Working in Early Years
- ★ Family groups and activities
- ★ Local parenting support

Call us on 01904 554628 or text 'info' to 07624802244 and we will call you back. Visit: www.yor-ok.org.uk

Rainbow Playgroup and Parent Toddlers

Rainbow Playgroup is Ofsted Registered and can take children aged 2 to 5 years. We provide free pre-school education for most children the term after their 3rd birthday and in some cases we can also provide free sessions for children aged 2 years.



Rainbow's aims are to provide a friendly, happy, safe and stimulating environment for pre-school children in a parent involved community-based group. We are a registered charity and run by an elected committee, which ensures that major decision-making is in the hands of the parents/carers who use the group.

We have an advantage of a low adult/child ratio (currently just over 1:5) which is a real bonus when children are young and getting used to spending time away from their parent/carer for the first time.

We have achieved step 1 of the Steps to Quality Scheme and are currently working towards step 2.

- ★ Playgroup runs Monday to Friday (except Thursday Morning) 9.00am - 3.30pm Fees per morning or afternoon session £7.50
- ★ Parent Toddlers runs on a Thursday Morning 9.15am - 11.15am Fees per session £2.50

For further information Tel: 791814 (session times only)



"the children are settled and happy"
OFSTED March 2004

"Children are cared for in a safe and secure environment"
OFSTED November 2007

Local Health Services

MIDWIFERY

Maternity Services are in support of midwives working as part of the multi-disciplinary team in the Children's Centre to support families in the locality. Kath Rennison provides the midwifery element within the West Children's Centre team. Discussions are on going to work towards having the Trust teams based in or visiting the families in the Children's centre.

HEALTH VISITING

Health Visitors work in teams and are based in the local community including Children Centres. Health Visitors provide support and advice for all families right through pregnancy until your child goes into school at the age of 5 years. We offer particular support to those most at need. This support can be a Health Visitor or a Child development worker from the team.

There are Health Visiting teams based in Acomb and Priory Medical group who work in the Carr area. Fiona Mockford and Lynn Fitzharris are the Health Visitors linked to Carr Children's centre.

- ★ Fiona can be contacted on 795596
- ★ Lynn can be contacted on 724889
- ★ Russell Dowson is the Health Visitor who works within the Integrated Services team and can be contacted on 555066

Supporting Families

The Family Support Team

As Family Support Workers we work with families and children who need support in different areas. We will only get involved with a family following a referral and an assessment by a social worker. We work with families and children from birth to 10 and, together with the Clifton Family Support Service, cover the whole of the west of the city. We work with parents and carers on issues such as parenting and dealing with difficult circumstances like domestic abuse or drug misuse. We would also provide support with practical areas of parenting such as keeping a safe and hygienic family home. Our individual work with children focuses on helping them cope with difficult times in their life such as moving into care or a family crisis. In addition to working individually with carers and children we also run groups that focus on certain issues such as K.I.D.S and a self esteem group.

K.I.D.S Group

KIDS (Kids Individual Development Sessions) is our group for Pre-School aged children. It has two main aims:

- ★ To give parents and carers some respite and to provide the children with opportunities to learn and develop.
- ★ The children come to the Hob Moor Children's Centre every Tuesday for two hours of play, fun activities and sharing a snack.

Integrated Services Team



The Children's Centre Integrated Services Team works with children under 5 years and their families. There are three teams in York - West, South East and North East - and the West team works in the Carr area. The team aims to work with parents to give children the best possible start in life and to provide all parents in the community, with children under 5, with information and support.

The Children's Centre services are shaped to meet the needs of people in the local community and we make sure that the views of children and parents are heard and that the services reflect what they say.

There are all sorts of activities for parents and children taking place in the Children's Centre and in the community and these include:

- ★ Open access drop ins - where parents and children can play, meet others and access support and advice if they wish to.
- ★ The Toy Bus - where good quality toys and equipment can be borrowed
- ★ Groups for parents who want to take part in specific activities and learning.
- ★ Adult and child groups for specific age groups or interests.
- ★ One-to-one advice and support.



SELF ESTEEM GROUP

Family Support Worker's from Clifton ran a children's self esteem group in local schools. The school staff selected children whom they felt would benefit from small group work. The aims of the group were for the children to: feel good about themselves, have fun, gain confidence trying new things and make friends. The group ran over lunchtime for a period of 9 weeks. Feedback received from school staff after the group ended included:

"the sessions had a substantial positive impact on a child in my class"

"He is much more sociable"

"children are looking at their behaviour and how to solve problems themselves"

"children loved it and couldn't wait to go"

"My little girl loved it! She always knew she was going on Tuesday morning and when she got up that day she would be screaming with excitement. I noticed that she now shares her toys more and is more confident. It has given me some much needed 'me time'
A mum of a 2 years old girl who attended the group

The Carr team are



Emma Cook
Childcare and Family Worker



Helen Tuckett
Development Worker



Zoe Williams
Childcare and Family Worker

Ann Walker - Carr Development Worker (currently on maternity leave)

Other workers in the West locality are:

Paula Richardson	Locality Children's Centre Manager
Lynda Widdison	Locality Integrated Services Team Leader
Katie Williams-Harris	Locality Support Services Manager
Julie Ledger	Development Worker (Westfield)
Becky Bagnall	Childcare & Family Worker (Westfield)
Irene Mason	Development Worker (Hob Moor)
Gemma Walbridge	Childcare & Family Worker (Hob Moor)
Julia Magson	Community Worker
Kath Rennison	Midwife
Russell Dowson	Health Visitor
Jo Bishop	Speech & Language Therapist (City wide)
Emma Richards	Community Arts Officer (City wide)
Claire Morton	Childcare Project Manager (City wide)
Sally Waudby	Toy Bus Development Worker (City wide)
Kate Frankish	Toy Bus Assistant (City wide)
Catherine Leatherbarrow	Toy Bus Clerical Assistant (City wide)

You can contact West team members via your local Children's Centre or on 555066