

Diary Dates

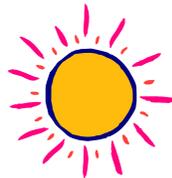
11th	June	P&T Returns
15th	June	Legal Advisor
29th	June	Legal Advisor
13th	June	Legal Advisor
18th	July	P&T breaks up for Summer Holidays
27th	July	Legal Advisor
10th	Sept	P&T Returns



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 opposite the Centre in the Primary School's car park. 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.

Sun Safe



- Keep in mind the sun is strongest between 10 am and 4 pm.
- Wear a wide-brimmed hat and sunglasses.
- Keep very young children (6 months or less) out of the sun.
- Sunscreens need to be applied liberally and evenly over all exposed areas.
- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors.
- For children, the SSA recommends sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often.
- Reapply sunscreen after swimming, perspiring, and towelling off.
- Provide complete sunscreen coverage for your skin (including neck, ears and lips!).
- For people with thin or thinning hair, apply sunscreen to the scalp as well.
- And remember stay in the shade whenever possible!



Summer
Edition:
June—July
2012

Centre News

St. Mark's Family Centre
Supporting People & Communities



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



Parent/Carer & Toddler Group (Funded by BBC Children in Need)

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 theme until the end of term will be 'People Who Help Us'.



Suggestions / Complaints Box

Please post any suggestions / complaints in the box provided. We will endeavour to respond to those who provide contact details.

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.

Personal Independence

Personal Independence is an organisation that empowers vulnerable women and is currently running employment workshops. More to follow so watch this space. For more information or support please email Michelle at personal.independence@gmail.com or call 07427 630 539

Musical Mayhem

Here at the Family Centre
From 10:00-11:00 every
Thursday morning (including
holidays), St Mark's
Children's Centre are
running Musical Mayhem—
nursery rhymes, musical
instruments and art and
craft
activities.
FREE



*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

Food and Drink available

- Child Lunch
- Child Yoghurt
- Child Fruit
- Can Drinks
- Bottled Water
- Selection of drinks
- Crisps
- Chocolate

Do your bit for the environment...



Re-cycle
Paper, Glass, Cans, Cardboard

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

Advice Sessions

Although our CAB Outreach Service has been suspended due to cuts in funding, we are pleased to inform you that Carol has returned as a volunteer adviser on Tuesday mornings. Appointments must be booked.

LEGAL ADVISER HERE ALTERNATE FRIDAYS

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

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.

Family Learning In partnership with Adult Education

Family I.T.

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

Keeping up with the Children - Literacy and Numeracy

We will be running a programme of six week courses to support you and your child with literacy and numeracy skills. A crèche is provided. The courses are designed to help parents support children in nursery, reception and Year 1.

ESOL (English for Speakers of other Languages)

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

Food Safety—Level 1

A new course will be starting next term.

See Angie for more information.



Zumba

The Latin-inspired, easy to follow, calorie-burning, dance fitness party
Mondays 6:30pm

Please visit:
www.vivafitnessclub.com

(First session free)

Circuit Training

Monday Evenings

Here at the Centre

7.30pm to 8.30 pm

(£5 per session)

Just turn up and join in.



KTS Dance

KTS Dance are running Saturday dance classes which include modern, tap, street, disco, ballet and musical theatre styles for ages 2years+.

For more information please call or email

Miss Katy Stangroom
LNATD BSc (hons)
enquiries@ktsdance.com

07752 014 554

