

Issue June/July 2010

YOUR VOICE MATTERS A LOT - TELL US WHAT YOU THINK

The Weir Link Children's and Community Centre exists because local residents had the ambition, determination and vision to turn the site of a derelict building into a needed community centre for local people, especially for families with young children.

The Weir Link Trustees – all local residents – worked really hard, unpaid, for years to develop plans for the centre, continuously working with residents to ensure plans reflected what residents wanted and needed. **The Weir Link still needs local people to give feedback about the centre to improve services and plan for the future. We need to know your opinion, if you are a user or not.**

HOW, WHEN and WHERE TO MAKE YOUR VOICE HEARD

Parents and Carers Forum June 9 1.30 – 3pm

A group of parents and carers who use the centre have been meeting to get more involved in developing centre services and making plans for the future. They would like to ensure that all centre user groups are represented at meetings. Everyone welcome. There will be limited crèche spaces for this meeting book early.

The Weir Link Community Fun Day

June 12, 1.30– 4pm

There will be surveys to complete, please help...and earn a free ice cream. There will be suggestion box and opportunity to vote for services you would like to see at the centre on that day. Come to the Fun Day and have your say.

The Weir Link Children's Centre Advisory Board

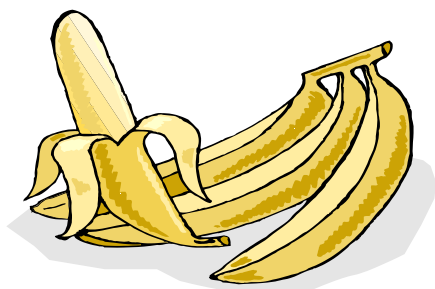
The funding for the centre staff and activities supporting young children and their families comes from Lambeth. The Weir Link Trustees have a contract with Lambeth to provide very particular Children's Centre services. The Advisory Board is just being set up to look at the day to day running of the centre ensuring that the services on offer are good quality, meet Lambeth and Ofsted requirements and....most important....do make a real difference for our children to get the very best start in life to improve their future opportunities.

Information on this will be on the centre notice board or contact Clare Ballard-Yawson on 020 8675 2481.



First Foods

Recipes for babies just starting on solids



Banana purée

Vegetarian

Good source of potassium

1 small ripe banana

1-2 tsps of baby rice

2 tbsps of breast milk or formula

Mash the banana well until smooth. Mix the rice and milk, and stir into the banana. Adjust the texture with milk or rice to make a runnier or firmer purée.

Carrot and parsnip purée

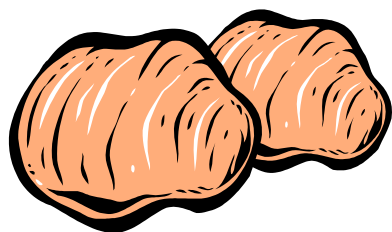
Vegetarian

Good source of beta-carotene

1 carrot, peeled and diced

1 parsnip, peeled and diced

Steam the vegetables until they're tender. Purée in a blender and adjust the texture with boiled cooled water or baby's usual milk.



Sweet potato mash

Vegetarian

Good source of beta-carotene

1 sweet potato

Steam or boil the sweet potato until it is tender. Drain and mash well, adding baby's usual milk to make a suitable consistency.

Meet the Nutritionist

Parents and Childminders: if you would like practical guidance on healthy eating for children, then come and join us on Tuesday, 6 July at 10.00-12.00 at our healthy eating on a budget workshop.

As well as cooking a delicious healthy meal you can talk with our qualified nutritionist, **Patroklos**, about absolutely anything to do with your child's eating.

He can give you advice on:

- **Fussy eaters**
- **Vegetarian diets for children**
- **Weaning & balanced diets**

To book a place please contact Gabriela Beron-Cardona on 020 8675 2481.

From your Local Councillors

As your local councillors we would like to thank everyone who voted in the recent local elections. Thornton Ward had the third highest turnout of voters in the Borough! Diana and Lib were delighted to be re-elected to represent Thornton Ward on the council. Our former colleague, Michael Hipwell, who served on the Council for four years, decided to step down because of an increasingly busy life outside the council including the birth of his son at the end of 2008.

Ed Davie was elected in Michael's place. Ed had already spent nine months getting to know people in the ward and becoming acquainted with the issues that need addressing. He lives quite close by with his partner and daughter and is very enthusiastic about his new position as councillor for Thornton.

Lib is continuing in her leadership role in Housing and Diana remains heavily involved in the council's planning process, now as Chair of the planning applications committees. Ed, on the other hand, has turned down all offers of committee membership to concentrate fully on ward matters. He will however be the council's representative on the Board of Clapham Park Homes, hoping to use his position there to improve conditions for residents on the Clapham Park Estate.

All three of us are enthusiastic supporters of the Weir Link project and hope to be of service over the coming four years in helping the Weir Link to fulfil all its ambitions.

We want to be as accessible as possible to everyone in the Ward. You can phone us, email us, write to us and keep up to date with our news on www.thorntonlife.org.uk.

Our Weir Link surgery will take place on the third Wednesday of the month between 12 noon and 1 pm – we are trying a new time to see if it is more convenient for people. We look forward to hearing from you about any issues to do with council services and the local area.

Ed Davie Diana Morris Lib Peck
07876 192 645 0208 143 8831 020 8673 4697
07946 218 617
edavie@lambeth.gov.uk dmmorris@lambeth.gov.uk

Save a Life First Aid

The British Red Cross will be running a free first aid course at The Weir Link. The session will focus on essential life saving skills and provides an opportunity to practice newly acquired skills. Tuesday, 15 June at 10.00-1.30. Contact 020 8675 2481.

About The Weir Link

The Weir Link is a community Children's Centre managed by local people for local people.

Lambeth Council funds the centre to provide services for parents with children under five years old.

The centre provides day care from 8am-6pm; support for children with special needs; health advice and support; and education and training.

The centre is available to hire for meetings and social events in the evenings and at weekends.

For more information call 020 8675 2481 or email info@theweirlink.org.



- 33 Weir Road, London SW12 0NU
- t. 020 8675 2481 • f. 020 8673 5135
- www.theweirlink.org • info@theweirlink.org



Up Coming Events

Family Art Time With the Tate Galley	Wednesday, 9 June, 3.30-5.30 Friday, 25 June, 1.00-2.30 Friday, 2 July, 1.00-2.30 9 July, Friday, 10.00-2.30
Weir Link Fun Day	Saturday, 12 June, 1.30-4.30
Free First Aid Training	Tuesday, 16 June, 10.00-1.30
Meet the Nutritionist	Tuesday, 6 July, 10.00-12.00 Tuesday, 3 August, 10.00-12.00

Contact Us

The Weir Link
33 Weir Road
London
SW12 0NU

Tel 020 8675 2481
Fax: 020 8673 5135

info@theweirlink.org
www.theweirlink.org

Opening Times
Monday-Friday
08.00-18.00

Baby Weigh-in At St Stephen's Church

The Baby Weigh-in drop-in with the Health Visitors will now take place at St Stephen's Church during our Stay and Play sessions on Mondays from 9.30 to 11.00am. For further information please contact Megan Bircher on 020 8675 2481.

Czytanie i Spiewanie po Polsku

W Kazdy Czwartek, 9.30-11.00 Kontakt: Marta 07530 908785

Story Time in Polish

Every Thursday, 9.30-11.00. For more details contact: Marta on 07530 908785.



Family Art with the Tate Gallery

The Weir Link together with the Tate Gallery will be running five art sessions for parents and carers with children under five. This will be an opportunity for children and adults to work together using a range of materials to create their very own works of arts.



The first session will take place on Tuesday, 9 June at the Weir Link. Other sessions will be held at The Tate Britain. For more information and to book a place contact Gabriela Beron-Cardona on 020 8675 2481.