

LinkLife



Issue October/November 2009

Welcome to Link Life

The Weir Link is one of the few community run children's and community centres in Lambeth. We provide a wide range of services and activities and offer a warm welcome to people of all ages, faiths and cultures.

If you have children aged 0-5 years, come and join us in activities like Stay and Play, Baby and You, baby weighing, breast feeding cafes and pram walks around the local area.

These services are provided by our dedicated and friendly staff team along with a wide range of professionals including Health Visitors, Libraries, Family Action and Stockwell Partnership. Tony Miller, Father's Outreach Worker,

has just joined our team and will be out and about talking to fathers about the sorts of services they would like to see.

We offer a range of courses for parents, including ESOL (English for speakers of other languages), computer courses and First Aid.

We can provide free crèche places for children aged 0-5 years in our well-equipped 38 place nursery on site while parents study.

We also run craft sessions and provide Salsa lessons which are great opportunities to meet people in a

relaxed and friendly atmosphere.

If you'd like more information about any of our activities, please see the enclosed timetable.



Tony Miller, Father's Outreach Worker



Inside >> Hints on Behaviour *P2* Enrol at The Weir Nursery *P2*
What's On *P3* Room Hire at The Weir Link *P4*

Hints and tips on Discipline

Children may behave badly as a way of getting attention from parents, so try to praise your child for what he or she has done well and give hugs and attention as rewards, so they get your attention from good behaviour.

Try to concentrate on telling your children what you want them to do, instead of telling them what not to do. Let your children know how you see things, and explain why you are holding onto a boundary.

Try to be consistent about the rules and boundaries you set, so that children know that you mean what you say.

Don't make threats you can't carry out as this will just encourage them to keep pushing to find the real boundary.

Children may push your limits but often they do this to see how firm and secure their world is - so saying no may really be what they want and need.

If you are feeling angry and out of control, try to get some help and support for yourself - perhaps a friend or relative could give you a bit of a break to do something for yourself; perhaps you might like to talk with other parents about how they cope - or ring Parentline Plus on 0808 800 2222 for someone to talk to.



Enrol at Weir Link Nursery

The Weir Link Children's Centre is a place filled with enthusiasm and creativity.

Our highly qualified and experienced staff is committed to following the Early Years Foundation Stage Curriculum in order to enhance children's learning and development and promote their wellbeing.

We provide an educationally stimulating environment in which children are valued as individuals and encouraged to reach their full potential.

Delicious and nutritionally balanced meals are prepared on site by our talented chef on a daily basis. If you would like to find out more about the services we provide, please contact us on 020 8772 8597.



Celebrate Black History Month with storytelling and music

Black History month is held every October with the aim of promoting knowledge of black history culture and heritage.

The Weir Link Children's and Community Centre in partnership with Lambeth Libraries will be celebrating Black history month with a special visit from Usif - storyteller, percussionist, dancer, singer and teacher.

Usif will be performing for an action packed one hour story and music performance, celebrating the history and culture of West Africa.



The event is especially designed for all families and children under five years old and will take place from 9.30am - 11.30 on Thursday, 22 October 2009.



Save a Life First Aid Courses

The British Red Cross will be running free first aid courses at The Weir Link. The session will focus on essential life saving skills and provides an opportunity to practice newly acquire skills. A must for all parents and carers. Courses will be held on Tuesday, 13 October and Tuesday, 17 November 2009.

Celebrate Family Learning Week with songs, rhymes and stories

The Weir Link Children and Community Centre in partnership with Lambeth Libraries will be celebrating Family Learning Week with a special visit from The Bookstart Bear.

The session will start at 10 am with songs, stories, Bookstart packs to give out and of course the star attraction the Bookstart Bear will come at 11am.

The event is free and open to families with children 0-5 and will take place in the Rowan Room at 10.00-12.00 on Tuesday, 20 October 2009. To book please contact Julie Reynolds on 020 8675 2481.



The Bookstart Bear

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



New Post-Natal Group at The Weir Link

Feeling overwhelmed after having a baby is not uncommon. Around 70% of new mothers experience depressed moods and feel significantly 'low' at times over the first twelve months.

Having a baby is tiring and stressful. Very few people are able to manage all the things they did before the birth.

Remember you are not alone, most new parents will experience some anxiety. Talking with somebody often helps. Post natal groups run every Wednesday at The Weir Link from 1.30 -3pm. Health visitors are also available to weigh baby and give support.

Contact Julie Reynolds - The Weir Link 020 8675 2481.
www.netmums.com
www.netmums.com www.mumsnet.com <http://www.apni.org> <http://www.pnisha.org.uk>
www.mothersbliss.com www.mind.uk

Contact Us

The Weir Link
 33 Weir Road
 London
 SW12 0NU

Tel 020 8675 2481
 Fax: 020 8673 5135
 Email
info@theweirlink.org
www.theweirlink.org

Opening Times
 Monday-Friday
 09.00-17.00

Weir Link Room Bookings

Are you planning a special event such as a birthday party, anniversary or christening? Do you need a venue for yoga classes, private tuition sessions or business meetings? Then why not consider hiring The Weir Link.

The Weir Link offers state of the art meeting spaces which are available for hire all day, during the evenings and at weekends. Our spacious nursery is suitable for parties of up to 60 people; the Rowan Room is available for meetings

and training sessions for up to 20 people; and the Willow Room is suitable for meetings two to six people.

For more information about hiring The Weir Link and details of our affordable rates contact us 020 8675 2481.

