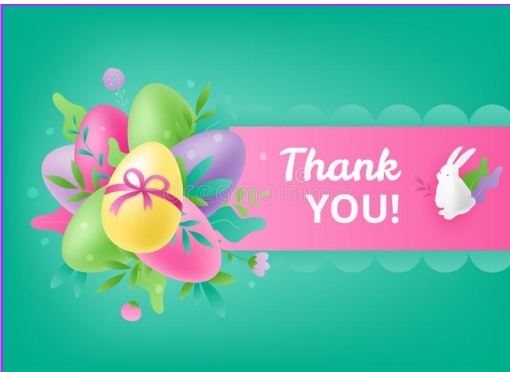


## Caerphilly Children's Centre Newsletter

May 2022 issue 32



There have been a number of very generous donations made to Caerphilly Children's Centre during April. A number of companies have kindly donated Easter Eggs to the Children's Centre, the eggs have been given to children who have visited the centre for an appointment or attended the Assessment Nursery.

A very big thank you to Stuart Robson and his colleagues at Welsh Water. As well as Jo at Tesco Crossways Caerphilly store, Hodge Bank and the customers of the Mason's Arms Caerphilly.

Each egg or Easter chocolate bar has been given out to children attending the Children Centre for an appointment during the Easter Holiday. They have been received with the biggest smiles.



# Hello!



A big Children's Centre Hello to our new receptionist Emily Sayer.

Emily will be sharing the reception office with Helen. Emily is looking forward to meeting you all.



A big Children's Centre Hello and welcome to Mike Charles. Mike is the Assistant Psychologist for the Helping Hands Team. Mike will be replacing Emily Shepard at Caerphilly Children's Centre. Mike is looking forward to meeting you.



## Sign of the month Spring



### SPRING

Working bunched hand (palm back, pointing in) behind supporting flat hand (palm back, pointing in); then working hand swivels at wrist to open hand (palm back, pointing up).

Diagram and description from Signalong

## Helping Hands Psychology Parent/ Carer Virtual Workshop

### Introduction to Sleep

Monday 23<sup>rd</sup> May 2021,  
10am - 12pm

We will share ideas about how to manage common sleep difficulties in children and young people.

Book by Tuesday 17<sup>th</sup> May 2022

### Eligibility Criteria for Workshop Attendance:-

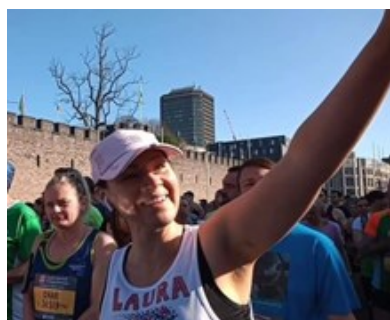
Open to parents and carers of children with additional needs who are accessing/ have accessed support or services at Serennu , Nevill Hall or Caerphilly Children's Centres. As well as professionals working within the Children's Centre. The workshops will take place online via video call.

To book a place on these workshops, please email [ABB.HelpingHandsTeam@wales.nhs.uk](mailto:ABB.HelpingHandsTeam@wales.nhs.uk) with details of: Your name, your local Children's Centre, and your relationship to the child or young person with additional needs. Spaces are limited so booking is on a first come, first served basis.



You did it!  
*Congratulations*

A huge congratulations to all that took place in the Cardiff Half Marathon last month. A huge thank you to those runners who took part and raised much needed funds for Sparkle .



If you would like to be kept up to date weekly with activities, events, forums and support groups being held at the Children's Centre and in the local area please contact our Family Liaison Officer Lisa George by email: [lisa.george2@wales.nhs.uk](mailto:lisa.george2@wales.nhs.uk) or call 02920 867447 to be included on our mailing list

**Caerphilly Children's Centre, Cwrt Llanfabon, Energlyn, Caerphilly, CF83 2WP**

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