

May 2024



Early Years news, advice and guidance for Square Mile families and settings

Hello...

Welcome to our monthly newsletter.

Our aim is to share regular local and national Information for families in the city.

If you would like to find out anything further on any items or like more advice or information, please contact the Family Information Service.

EEYService@cityoflondon.gov.uk

Book Club Free books for children under 5!

Dolly Parton's Imagination Library is a book gifting programme devoted to inspiring a love of reading in children everywhere.

Enrolled children from birth to five can receive high-quality books, sent via the post and best of all it is free of charge.

To register please click here:

<https://www.fis.cityoflondon.gov.uk/education-and-schools/early-years-0-5-education/dpil>



Top Tips for supporting reading!

Include books that reflect various cultures and interests. This helps children see themselves and others in stories, fostering inclusivity and curiosity.



Incorporate reading into daily activities.

Whether it's before bedtime, after meals, or during a quiet time of the day.

Reading aloud with your children, regardless of their age, is a great way to share stories and discuss them.

Digital books and reading apps can supplement traditional reading materials. However, balance is key, so ensure there's a mix of digital and print reading.

Regular visits to libraries can be exciting for children. They can explore new books, participate in events, and discover a broader reading community!

'Day In The Life' of Paul Ricketts – Co-FIS Officer



I wake up around 6am, again at 6.30am and finally get out of bed at 7am. I have coffee and I'm out the door by 7.40am and it takes 30 minutes to commute to work.

I work 2 days a week based in the City of London, Guildhall office, job sharing alongside the other Family Information Service (FIS) Officer, Laura Ratling.

But what is a Family Information Officer? I'm glad you've asked as answering that sort of question is my job! A key part of the role is providing information and resources to families on various topics such as education, health, social services, and other relevant services. Plus, conducting outreach and community education to raise awareness about available resources and services for families.

In practical terms that involves effectively communicating information to families through the design and distribution of timetables, posters, booklets and flyers, which can help families access the resources and support their needs in a timely and efficient manner.

Several decades ago I retrained, taking a course in Periodical Journalism, just in time to see the demise of the publications industry! But my skills are fully utilised in this role with the added advantage that I get much greater satisfaction helping City of London families and community members. I couldn't say the same about writing articles on brushes for DIY Week Magazine - which of course came out fortnightly.

I'm regularly liaising with educational settings and City of London libraries ensuring that information provided is accurate, up-to-date, and relevant to the needs of families.

I make certain that I monitor and evaluate the impact of FIS informational offerings and that they are reaching and engaging with families and community users. That involves collecting feedback on the effectiveness of FIS materials and making necessary adjustments to improve their relevance and engagement.

Another important part of my role is to make informative audio visual content which is posted up on the FIS social media sites - follow @sqmilefamilies on Facebook, Instagram, and X. These short videos provide help and advice on improving your child's speech and language skills as part of the Coltale (City of London Talks and Listens Enthusiastically) Project.

"If you see me around, ask me a question!"

Coltale the Dragon presents his top tips on improving communication skills every Monday. Makaton Wednesday teaches useful Makaton signs which supports the development of attention, listening, comprehension, memory and expressive speech and language skills. Each Friday there are Rhyme Time videos which give parents/carers the chance to recite and sing well known nursery rhymes with their children. I particularly enjoy making the Rhyme Time videos as on many occasions I will record the musical accompaniments myself.

So if you see around, ask me a question, as it's my job to do my best to answer it!

National Sun Awareness Week

Here are some tips to help ensure children stay safe while enjoying outdoor activities:

1. Apply a broad-spectrum sunscreen with an SPF of at least 30 to all exposed skin.
2. Choose Protective Clothing.
3. Seek Shade.
4. Keep Infants Out of Direct Sunlight.
5. Covering a pram or pushchair with plastic covers, canopies, or even lightweight muslin can reduce airflow and dramatically increase the temperature inside.



City of London Services and Activities for Children & Families April to July 2024



Education and Early Years Service, Department of Community and Children's Services 020 7332 1002 | EEYService@cityoflondon.gov.uk
 Follow us on X, Facebook and Instagram @SquareMileFamilies
 For the latest information about services, activities and events, visit: <https://www.fis.cityoflondon.gov.uk/>

Venue Colour Key:	City Child & Family Centre, St James's Passage, Duke's Place EC3A 5DE T: 020 7283 1147 E: ccfco@theadgateschool.org	Arizan Street Library, 1 Arizan Street E1 7AF T: 020 7332 3810 E: arizanlib@cityoflondon.gov.uk	Shoe Lane Library, 1 Little New Street EC4A 3JR T: 020 7383 7178 E: shoelane@cityoflondon.gov.uk	Barbican Library, Barbican Centre EC2Y 8DS T: 020 628 9447 E: barbicanlib@cityoflondon.gov.uk	Golden Lane Community Centre, Fann Street EC1Y 0S T: 0207 608 2753/0207 332 1231 E: adulteducation@cityoflondon.gov.uk	Guildhall West Wing, 71 Basinghall Street EC2V 7HH T: 0207 608 2753/0207 332 1231 E: adulteducation@cityoflondon.gov.uk
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Baby & Toddler Orchestra Time 9.30 - 10.00am	Stay & Play Contact staff for more info. AM or PM session 9 - 11 am or 1 - 3.15 pm	Speech & Language Therapist Appointments via the SALT team Call 020 7683 4587 1st Wednesday of month 1.30 - 3.30 pm	Baby Massage Four sessions. Booking required. 10 - 11 am	Stay & Play Contact staff for more info. AM or PM session 9 - 11 am or 1 - 3.15 pm	Bookstart Rhyme Time 0 - 5 years old 10.45 - 11.15 am
Baby Clinic - Appointment Only With City Health Visitor (02076834151) Last Monday of the month 1 - 3 pm	Family Lives Parenting Advice For appointments email Georgina Family Support & Outreach Worker gpoulais@theadgateschool.org	Breast & Infant Feeding Group 1st Wednesday of the month 11 am - 1 pm	Sensory Room Booking Essential - Three 20 mins slots Contact staff via details above 10.15 - 11.15 am	Bookstart Rhyme Time 0 - 5 years old 10.45 - 11.15 am	Saturday Monster Art Club All welcome 2 - 3.30 pm
Sensory Room Booking Essential - Three 20 mins slots Contact staff via details above 10 - 11.15 am	Rhyme Time Ages 0 - 5 10.30 - 11.30 am	Family & Adult Learning (Enrolment required) Certificate in Supporting Teaching & Learning Level 2, 9.30 am - 3 pm	Rhyme Time Ages 0 - 5 10 - 10.30 am	Friday Monster Art Club All welcome 4 - 5 pm	Adult Skills & Education: ESOL Entry 2 (A2) Speak, read and write English (Enrolment required) 9.30 am - 2 pm
Family & Adult Learning (Enrolment required) Sewing 9.30 - 11.30 am (with creche) Community Sewing Group 1 - 3 pm	Pick and Play Puzzles All welcome Ages 0 - 9 2 - 6 pm	Calm Colouring All welcome 3.30 - 5 pm	Stay & Play Ages 0 - 5 10.30 - 11.30 am	Family & Adult Learning Exploring Drawing (Enrolment required) 1.30 - 4 pm	 Childcare If you need to know more about childcare options and funding, please visit: https://www.fis.cityoflondon.gov.uk/children-and-families/childcare
Calm Colouring All welcome Ages 5+ 3 - 5 pm	IT Help Drop-in All welcome 5.30 - 7 pm	Rhyme Time Ages 0 - 5 10.30 - 11.30 am	Messy Play for under 5s Ages 0 - 5 Last Thursday of the month 10.30 - 11.30 am	Adult Skills & Education: ESOL Entry 2 (A2) Speak, read and write English (Enrolment required) 5 - 7.30 pm	
Bookstart Rhyme Time Ages 0 - 5 10.45 - 11.15 am	Adult Skills & Education: ESOL Entry 1 (A1) Speak, read and write English (Enrolment required) 4.30 - 7 pm	Breast & Infant Feeding Group 3rd Wednesday of the month 10 am - 12 pm	Games Club All welcome 5.30 - 7 pm		
Bookstart Story Time Ages 3+ 4 - 4.30 pm	Adult Skills & Education: Adult Social Care Level 1 NCFE (Enrolment required) 10 am - 1.30 pm	Toy Time Ages 0 - 5 12 - 2 pm	Family & Adult Learning: Sewing and Textiles (Enrolment required) 1 - 3 pm		
Pick And Play Puzzles Ages 0 - 11 3 - 6.30 pm	Adult Skills & Education: ESOL Entry 3 (B1) Speak, read and write English (Enrolment required) 5 - 7.30 pm	Adult Skills & Education: ESOL Entry 2/3 (A2/B1) (Enrolment required) 2.30 - 4.30 pm	Adult Skills & Education: ESOL English Level 1 Speak, read and write English (Enrolment required) 9.30 am - 3.30 pm		

Toynbee City Advice Surgeries are on local estates. For more information please go to: <https://www.toynbeehall.org.uk/whats-on/>

DISCLAIMER: Please note that times of sessions may change due to unforeseen circumstances. The City of London Corporation and providers cannot accept responsibility for such changes.

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