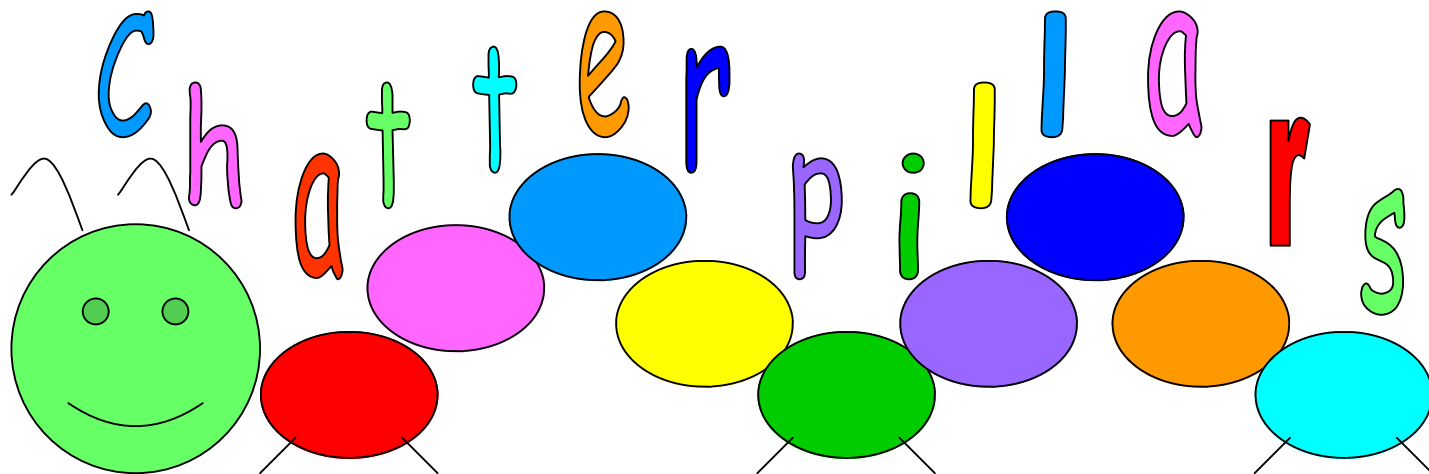


West Cornforth Children's Centre  
West Cornforth Primary School  
High Street  
County Durham  
DL17 9HP  
Tel: 01740 657722  
February 2009

West Cornforth  
**SureStart**  
Children's Centre

★ **NEW!** ★

**Term-Time only**



Play-Doh

Nursery

Rhymes

Stories

Messy

Play

**BRAND NEW  
CHATTERPILLARS!**  
Come and join in the fun!  
Different sessions every  
week.  
Lots of things for children to  
do while parents and carers  
have a chance to meet up and  
have a chat.  
For children aged 0-5 years.  
All Parents & Carers Welcome  
and  
It's FREE!!!!

Painting

Singing

Run by

Lija Steel

&

Emma Aitken

**Every Wednesday 1.30pm - 3.00pm**

Children and  
Young People's Services  
**SureStart**  
County Durham



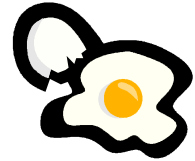
Making a difference where you live

# Shrove Tuesday (Pancake Day) 24th February 2009

## The Perfect Pancake Recipe



100g (4oz) plain flour  
1 egg  
300ml (1/2 pint) milk  
optional pinch salt  
oil for frying



Sift the flour and salt into a bowl.  
Add the egg and beat well.  
Then add the milk gradually and beat to make a smooth batter.  
Heat a little oil in a large frying pan until hot and then pour enough batter to thinly coat the base of the pan.  
Cook for a couple of minutes each side.

### Classic Pancake Toppings

Golden Syrup  
Lemon & Sugar  
Strawberry Jam  
Butter & Sugar  
Chocolate Sauce

### Modern Favourite Toppings

Banana & Honey  
Strawberries, Raspberries & a dusting  
of sugar  
Golden Syrup & Walnuts

### Special Toppings

Golden Syrup & Vanilla Ice Cream  
Chocolate Spread & Bananas  
Golden Syrup & Blueberries  
Whipped Cream & Fresh Strawberries



# Coming Soon.....

## Recipe Page

Next month there will be a recipe page added to the 'What's On'.

It will have different recipes every month for children that are healthy, tasty and fun to make.

If you have any recipe suggestions please feel free to drop them into the Children's Centre and we can add them to the page for other parents and carers to try.

West Cornforth Children's Centre would like to welcome our new Volunteers -

**Lija Steel**

&

**Emma Aitken**

They will be running the new activity Chatterpillars on a Wednesday 1.30pm - 3.00pm.

If you are interested in becoming a Volunteer or a Parent Representative for the Children's Centre then call in for information or you can give Wendy or Geraldine a call on 01740 657722.

We are hoping to start a new activity on a Monday at the Children's Centre.

If anyone has any suggestions and ideas on the types of thing you want for your child please feel free to drop into an activity and have a chat with a member of staff or one of our Volunteers.

They will be pleased to have your input.

Day	Time	Activity	Details
Monday			
Tuesday	9.30am-11.30am	Citizens Advice Drop In	Someone for you to talk to in private if you need advice on anything.
Wednesday	1.30pm-3.00pm	NEW! Chatterpillars <b>FREE!</b>	A group for children aged 0-5 years. Different sessions every week. Lots of things for children to do while parents and carers have a chance to meet up and have a chat.
Thursday	10.30am-11.45am	Toddler Talk <b>FREE!</b>	A fun and friendly group to encourage your child's social, language and communication skills.
	1.00pm-2.00pm	Twinkle Time <b>FREE!</b>	A stimulating session for babies aged 0-8 months, using sensory toys and equipment.

<b>Friday</b>	10.00am- 12.00pm	Health Visitor Drop In	Friendly and relaxed health professionals on hand to offer health advice and support. Opportunity for baby weigh ins and health checks.
	1.00pm- 2.00pm	Jabadao <b>FREE!</b>	For 0-4 years this is an opportunity for your child to develop movement and physical play.