

Dunmow St. Mary's Primary School PTA

QUIZ NIGHT

Friday 8th March 2019 at 7.30pm

£5 per person

* Bring your own food/nibbles, drinks & glasses *

* Game of Heads and Tails *

* 'Wine or Water?' Game *

Maximum of 8 people per table

Team Name (if you have already decided):

Team members:

1

2

3

4

5

6

7

8

Please return with money in an envelope to the school office ASAP to avoid disappointment as spaces are limited!

For further information please email
dunmowstmarysprimarypta@hotmail.co.uk
or contact Rowan Maguire on 07921 713518

CAVS Essex Children and Young People's Service

There's no guide book on being a parent or carer. Facing challenges on a daily basis is part of everyday life but when they become overwhelming you may need a helping hand.

The CAVS Essex Children and Young People's Service provides a network of support to children, young people and their families through the allocation of a non-judgemental support worker and trained volunteer.

A CAVS co-ordinator will arrange a level of care that suits you, from general support in coping with daily life to bespoke programmes or one to one mentoring.

The aim of the service is to help children, young people and their families to make positive lifestyle choices, to feel connected and included in the community and ready for developments in their life

Do you need support with any of the following?

- Employment or training
- Isolation
- Self - Confidence
- Anxious/worried
- Drugs/alcohol
- Friendships/relationships
- Family life
- Bullying
- Managing my behaviour
- Self-harming
- Loneliness
- In a situation I can't deal with
- Information on clubs or activities in your local community.
- Other

"As a teacher, with consent, I can refer a family into the service"

"If 13 and over I can refer myself into the service".



CAVS Essex Children & Young People's Service

Providing personalised care and support to children, young people and their families to lead safer, happier and healthier lives across Essex.



How to contact us

Tel: 01268 214000

The White House
Kiln Road
Benfleet
SS7 1BU

@ cavssexscyp@castlepointavs.org.uk

www.castlepointavs.org.uk

Head Office:
Castle Point Association of
Voluntary Services Ltd (CAVS)
The Tyrells Centre, 39 Seamore Avenue
Thundersley, Essex, SS7 4EX

Registered Charity No. 1103968



Better together...



School Nurse Drop In

Please come to any drop in session for advice and support for Health issues including

Bedwetting.

Behaviour.

Hearing tests.

Growth checks.

Confidential advice.

**South Uttlesford
School Nurse Team
01371 202200**

**Little Goslings,
Children's Centre,
Great Dunmow,**

CM6 1AZ

3.30 – 4.30

19/03/2019

30/04/2019

11/06/2019

23/07/2019

**Spangles,
Children's Centre,
Stansted,
CM24 8LR**

3.30 – 4.30

26/02/2019

02/04/2019

14/05/2019

25/06/2019

www.essexfamilywellbeing.co.uk

**North Uttlesford School
Nurse team 01799 642300**

**Saffron Walden,
Community Hospital,
CB11 3HY.**

Room A,

3.30 – 4.30

05/03/2019

23/04/2019

04/06/2019

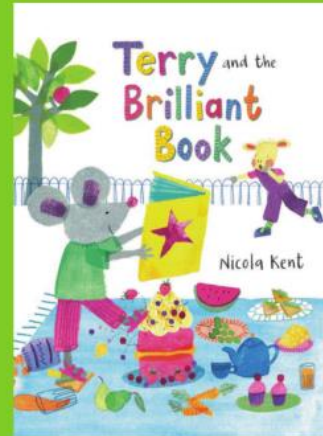
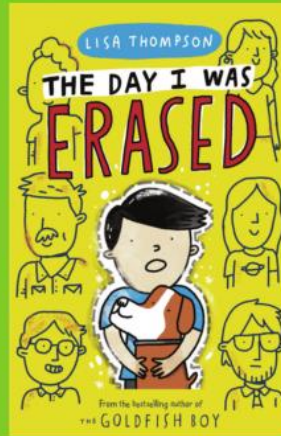
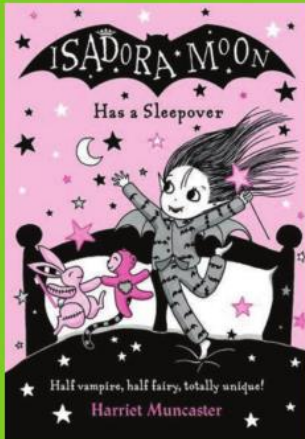
09/07/2019



Services commissioned by:



HALF TERM EVENTS



Saturday 16th February, 2-3pm

Join **Harriet Muncaster** for an afternoon packed with activities - approved for all fairies and vampires out there by **Isadora Moon** herself!

Monday 18th February, 1-2pm

Join bestselling author **Lisa Thompson** as she signs copies of her new book '**The Day I Was Erased**'

Wednesday 20th February, 2-3pm

Nicola Kent and '**Terry and the Brilliant Book**' - come and make your very own brilliant book covers with the author herself!

Friday 22nd February, 2-3pm

Make a **wintery paper mobile**, with clouds and snowflakes

Tuesday 19th & Thursday 21st February at 2pm

Story time with Story Tim - gather by the stage to hear Story Tim's choice of book for the day!

Children's
at
heffers

For more information and free tickets please visit heffers.co.uk/events or ask inside the shop

heffers.co.uk/childrens

FREE FAMILY FITNESS HALF TERM CLASSES

at Thaxted Primary School Hall



Clubbercise

Tuesday 19th Feb

5.30-6.00pm ages 6+

6.15-7.00pm ages 11+

[www.bookwhen.com/
thaxtedclubbercise](http://www.bookwhen.com/thaxtedclubbercise)

POUND

Friday 22nd Feb

10.30-11.00am ages 6+

11.15-12.00pm ages 11+

[www.bookwhen.com/
thaxtedpound](http://www.bookwhen.com/thaxtedpound)



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www.peace-within.uk www.wellnesswarriors.uk