

Giving your child the best start in life

# A guide to the Early Years



Mae'r ddogfen hon hefyd ar gael yn Gymraeg.  
This document is also available in Welsh.

## Family Information Service

Blaenau Gwent Family Information Service (FIS) is the first point of contact for the Children's Services Early Years Team. The service provides free and impartial advice, information and guidance for children, young people, and their families in Blaenau Gwent.

This includes advice on:

- > Registered childcare providers
- > Careers in early years, childcare and play
- > Help with the costs of childcare
- > Parent and Toddler groups
- > Local family friendly events/leisure activities
- > Information on Flying Start areas

**You can keep up to date with information shared by the Family Information Service on social media. Follow FIS on:**



@Blaenau Gwent Family Information Service



@Blaenau\_Gwent\_fis



@FIS\_BG

For more information about the services provided by the Family Information Service please visit:

**Website:** [www.bgfis.org.uk](http://www.bgfis.org.uk)

**Contact:** 01495 369610

**Email:** [fis@blaenau-gwent.gov.uk](mailto:fis@blaenau-gwent.gov.uk)



Scan here

## Aneurin Bevan Health Visitor

Health Visitors are part of community health services and work in locally based teams. Health Visitors support the well-being of all children throughout their growing years and are qualified nurses, experienced in child health, who work with a focus on health promotion within Aneurin Bevan's medical, social, education and voluntary services.

**Every family with children under five years of age has a named Health Visitor, who can advise parents/carers on a wide variety of health and social issues. The single point of access (SPOA) contact number for Health Visitors is 01633 431685.**

## **Flying Start**

Flying Start is the Welsh Government's targeted Early Years programme for families with children under 4 years of age that includes enhanced health visiting, parenting support, speech language and communication support and funded high quality, part-time childcare for 2-3 year olds. This is for 12 and a half hours per week from the term after the child's second birthday until the term after their third birthday. A focus on high quality provision underpins all aspects of Flying Start childcare. Quality childcare contributes to the acquisition of skills and abilities, socialisation, and the ability to play and concentrate. Most childcare settings in Blaenau Gwent are registered to be able to offer Flying Start childcare places.

**To find out if you live in a Flying Start area and may be entitled to a free childcare place, please telephone The Family Information Service on 01495 369610.**

## **Families First**

Families First is an innovation programme funded by the Welsh Government to help and support families who are facing difficulties through effective multi-agency systems and support. The Families First team in Blaenau Gwent offers different types of support to all families depending on their specific need with a clear emphasis on prevention and early intervention for families, particularly those living in poverty.

**In Blaenau Gwent the Families First programme has a centrally located team at Heart of the Valleys Integrated Children's Centre, High Street, Blaina, Gwent, NP13 3BN and can be contacted on 01495 369544.**



## Foster Wales Blaenau Gwent

Foster Wales Blaenau Gwent is the new name for your Local Authority fostering service. The team is part of the national network of all 22 Welsh Local Authority fostering services, working together to build better futures for local children. The Foster Wales Blaenau Gwent team is your local fostering provider and support network. As a not-for-profit organisation, the service is dedicated to working as a team with foster carers to help build brighter futures for local children in the Blaenau Gwent area, helping them stay in their familiar local environments, when it's right for them.

To find out more about fostering in Blaenau Gwent contact the Blaenau Gwent Placement Team on 01495 357792 or 01495 356037 or Email: [fostering@blaenau-gwent.gov.uk](mailto:fostering@blaenau-gwent.gov.uk)



## Parent and Toddler Groups

Parent and Toddler Groups are a great opportunity to meet with other parents/carers with children aged 0-4 years and can offer a range of opportunities for children such as developing early language, music and movement, messy play, craft and making new friends in a fun, friendly and relaxed environment.

Parent and Toddler Groups are generally low cost and there are a variety of groups that operate across Blaenau Gwent. Group details do sometimes change and new groups are often added. For more information contact the Family Information Service on 01495 369610.

### **Abertillery Parent & Toddler Group**

**Address:** Abertillery Flying Start Hub, Abertillery **Post Code:** NP13 1YL  
**Contact:** 01495 369610 **Session Times:** Tuesdays 1:00pm - 2:30pm

### **Baby Sensory - Little Ducklings**

**Address:** Rassau Resource Centre, School Road, Rassau, Ebbw Vale,  
**Post Code:** NP23 5PP **Contact:** 01495 306525  
**Session Times:** Thursdays 10:30am - 11:30am

### **Baby Yoga**

**Address:** Abertillery Sports Centre, Alma Street, Abertillery, Blaenau Gwent **Post Code:** NP13 1QD **Contact:** cymraegiblant@meithrin.cymru  
**Session Times:** Thursdays 1:00pm

**Address:** Ebbw Vale Sports Centre, Lime Avenue, Ebbw Vale  
**Post Code:** NP23 6GL **Contact:** cymraegiblant@meithrin.cymru  
**Session Times:** Thursdays 10:00am

**Address:** Tredegar Library, 10 Iron Street, Tredegar  
**Post Code:** NP22 3RJ **Contact:** cymraegiblant@meithrin.cymru  
**Session Times:** Tuesdays 10:00am and 12:00pm

### **Cefn Golau Parent & Toddler**

**Address:** Flying Start Hub, Attlee Way, Cefn Golau, Tredegar  
**Post Code:** NP23 3TD **Contact:** 01495 369610  
**Session Times:** Tuesdays 1:00pm - 2:30pm

### **Bethal Avenue Baptist Church**

Address: Bethal Avenue Baptist Church, Tredegar

Post Code: NP22 3JL

Contact: 01495 369610

Session Times: Thursdays 10:00am - 12:00pm

### **Coco's Mobile Playgroup**

Address: Dizzy Kids, Ashvale Industrial Estate, Tredegar

Post Code: NP22 3HA

Contact: 01495 369610

Session Times: Mondays 10:00am - 12:00pm

Address: Georgetown Community Centre, Tredegar

Post Code: NP22 4JF

Contact: 01495 369610

Session Times: Tuesdays 10:00am - 12:00pm

### **Clych Ti a Fi**

Address: Brynithel Flying Start Hub

Post Code: NP13 1ED

Contact: 01495 369610

Session Times: Thursdays 1:00pm - 2:00pm

### **Cwm Flying Start Group**

Address: Cwm Flying Start Hub, Cwm, Ebbw Vale

Post Code: NP23 5JX

Contact: 01495 369610

Session Times: Mondays 1:30pm - 3:00pm

### **Garnlydan Flying Start Group**

Address: Garnlydan Flying Start Hub, Garnlydan,

Ebbw Vale Post Code: NP23 5ER

Contact: 01495 369610

Session Times: Tuesdays 1:00pm - 2:30pm

### **'Baby Moo' with Maggie Moo & 'Mixed Moo' Parent & Toddler Group**

Address: Dizzy Kids, Ashvale Industrial Estate, Tredegar

Post Code: NP22 3HA Contact: 01495 369610

Session Times: Fridays 10:00am - 10:40am (**Baby Moo**)

Session Times: Fridays 11:00am - 11:40am (**Mixed Moo**)

Address: Blaina Integrated Children's Centre, High Street, Blaina Post

Code: NP13 3BN Contact: 01495 369610

Session Times: Mondays 1:00pm - 1:40pm (**Baby Moo**)

Session Times: Mondays 2:00pm - 2:40pm (**Mixed Moo**)

### **Noah's Ark Toddler Group**

Address: Castle Street, Church, Tredegar

Post Code: NP22 3DG Contact: 01495 369610

Session Times: Wednesdays (Term time) 10:00am - 12:00pm

### **Sirhowy Parent and Toddler Group**

Address: Flying Start Hub, Rhoslan, Tredegar

Post Code: NP22 4PG Contact: 01495 369610

Session Times: Mondays 1:00pm - 2:30pm

### **Ti a Fi**

Address: Stocktonville Hall, Tredegar

Post Code: NP22 3ER Contact: 01495 369610

Session Times: Thursdays 12:30pm - 2:00pm

### **Tower Tots**

Address: St. George's Church, Church Street, Tredegar

Post Code: NP22 3DU Contact: 01495 369610

Session Times: Mondays 9:30am - 11:00am

### **Tiny Sprout Parent & Toddler Group**

Address: Nantyglo Community Hall, Nantyglo

Post Code: NP23 4JS Contact: 01495 369610

Session Times: Wednesdays 9:30am - 11:00am

# Parent and Toddler Groups

## **Central Baptist Church**

Address: Queen Street, Tredegar Post Code: NP22 3QH

Contact: centralbaptisttredegar@gmail.com

Session Times: Wednesday 10:00am - 12:00pm

## **Dizzy Tots**

Address: Dizzy Kidz, Ashvale Industrial Estate, 1 Fair View, Tredegar

Post Code: NP22 3HA Contact: 01495 725850

Session Times: Tuesdays 10:00am - 12:00pm

## **Dizzy Baby**

Address: Dizzy Kidz, Ashvale Industrial Estate, 1 Fair View, Tredegar

Post Code: NP22 3HA Contact: 01495 725850

Session Times: Wednesdays 10:00am - 12:00pm

## **Ebbw Fawr Playgroup**

Address: Ebbw Fawr Primary School, Strand Annealing Lane, Ebbw Vale

Post Code: NP23 6AN Contact: 01495 357755

Facebook: Ebbw Fawr Playgroup

Session Times: Wednesdays 9:15am - 11:00am

## **Ebenezer Toddler Group & Ebenezer Dad's Club**

Address: Ebenezer Baptist Church, Park Place, Abertillery

Post Code: NP13 1ED Contact: 07960 730669

Session Times: Fridays 9:30am - 11:30am (Toddler Group)

Session Times: Saturdays 9:30am - 11:30am (Dad's Club)

## **Libanus Parent & Toddler Group**

Address: Libanus Presbyterian Church, 58 Beaufort Street, Brynmawr

Post Code: NP23 4EY Contact: 07791 302959

Session Times: Wednesdays 9:00am - 11:00am

## **Little Pips**

Address: Eden Centre, Unit 7 Glandwr Industrial Estate, Aberbeeg

Post Code: NP13 2LN Contact: 01495 212722

Session Times: Monday - Fridays



# Parent and Toddler Groups

## Mini Movers

**Address:** Beaufort Hill Miners Welfare Hall, Beaufort Hill, Beaufort Ebbw Vale **Post Code:** NP23 5QW **Contact Details:** 07977 646490  
**Session Times:** Fridays 10:00am -10:45am

**Address:** Bedwellty House & Park, Morgan Street, Tredegar  
**Post Code:** NP22 3XN **Contact:** 07977 646490  
**Session Times:** Wednesdays 1:30pm -2:15pm

**Address:** Tabor Centre, 18 Davies Street, Brynmawr  
**Post Code:** NP23 4AD **Contact:** 07977 646490  
**Session Times:** Mondays 10:00am -10:45am



# Parent and Toddler Groups

## **Mount Pleasant Tots**

Address: Mount Pleasant Church, Mount Pleasant Road, Ebbw Vale

Post Code: NP23 6JJ Session Times: Mondays & Thursdays 10:00am -12:00pm

## **Rainbow Tots**

Address: The Christian Centre, Ebbw Vale Post Code: NP23 6YB

Contact: 07783 501266

Session Times: Mondays & Tuesdays 10:00am -12:00pm



# Parent and Toddler Groups

## Sunbeams Toddler Group

**Address:** Blaenau Gwent Baptist Church, 11 Victoria Street, Abertillery  
**Post Code:** NP13 1PG **Facebook:** Blaenau Gwent Baptist Church  
**Session Times:** Mondays 9:45am - 11:30am

## Ti a Fi

**Address:** Rassau Resource Centre, School Road, Rassau, Ebbw Vale  
**Post Code:** NP23 5PP **Contact:** 07854 559503  
**Session Times:** Mondays 10:00am - 11:00am

**Address:** Abertillery Library, Trinity Chapel, Church Street, Abertillery  
**Post Code:** NP13 1DB **Contact:** 07854 559503  
**Session Times:** Thursdays 10:00am - 11:00am

## Wild Tots

**Address:** Augusta Park, Ebbw Vale **Post Code:** NP23 8DN  
**Contact:** 07583 130447  
**Session Times:** Wednesdays 10:30am - 12:00pm

**Address:** Bedwellty House & Park, Morgan Street, Tredegar  
**Post Code:** NP22 3XN **Contact:** 07583 130447  
**Session Times:** Fridays 10:30am - 12:00pm



# Choosing Childcare

As a parent/carer you may be looking for childcare so that you can return to work or access training, or you may be choosing childcare because of the benefits attending a setting can offer your child. Whatever the reason, it is important that you choose the right setting for your child. For advice on choosing childcare visit the Dewis website on: <http://choosingchildcare.childcareinformation.wales/choosingchildcare> there is also a QR code below.

- Red - Wraparound
- Yellow - Early Education Provider
- Orange - Flying Start
- Green - After School Club
- Purple - Holiday Club
- Blue - Childcare Offer



Scan here

## Day Nurseries

Day Nurseries provide childcare for children from birth onwards, either for the whole day or part-time. Many Day Nurseries offer a wraparound service to nursery classes in schools as well as offering before/after school and holiday childcare for older children. Day Nurseries must be registered with the Care Inspectorate Wales (CIW) who are the regulatory body ensuring the National Minimum Standards for regulated childcare are met.

### **Buds to Blossoms Day Nursery** ● ● ●

**Address:** Park Place, Beaufort, Ebbw Vale **Post Code:** NP23 5JX

**Contact:** 01495 306122 **Email:** budstoblossoms@outlook.com

**Session Times:** Monday to Friday 8:00am - 6:00pm

### **Eden Nursery Aberbeeg** ● ● ● ● ●

**Address:** Unit 6 Glandwr Ind Est, Aberbeeg **Post Code:** NP13 2LN

**Contact:** 01495 212722 **Email:** info@theedenursery.co.uk

**Session Times:** Monday to Friday 8:00am - 6:00pm

### **Eden Nursery Tredegar** ● ● ● ● ●

**Address:** Unit J&K Crown Business Park, Tredegar **Post Code:** NP22 4EF

**Email:** info@theedenursery.co.uk

**Session Times:** Monday to Friday 7:00am - 6:00pm

# Day Nurseries

## Little Stars Day Nursery ●●●●●

Address: Ebbw Fawr Learning Community, Strand Annealing Lane,

Ebbw Vale Post Code: NP23 6AN Contact: 01495 357840

Email: littlestarsnurseryebbwfawr@gmail.com

Session Times: Monday to Friday 7:30am - 6:00pm

## Mrs Puddleducks Day Nursery ●●●●●

Address: Rassau Resource Centre, School Road, Rassau, Ebbw Vale,

Post Code: NP23 5PP Contact: 01495 306525

Email: mrspuddleducks@yahoo.co.uk

Session Times: Monday to Friday 8:00am - 6:00pm

## Tiggysnursery Day Nursery ●●●

Address: Stone Lodge, Merthyr Road, Tafarnaubach, Tredegar

Post Code: NP22 3AG Contact Details: 01685 844619

Email: tiggysnursery@hotmail.com

Session Times: Monday to Friday 7:30am - 6:00pm

## The Pontyogof Playhouse ●●●●●

Address: Station Approach, Ebbw Vale Post Code: NP23 5AZ

Contact Details: 01495 302487

Email: thepontyogofplayhouse@gmail.com

Session Times: Monday to Friday 8:00am - 6:00pm

## Tŷ Chwarae ●●●●●

Address: Badminton Grove, Ebbw Vale Post Code: NP23 5UL

Contact Details: 01495 302487

Email: thepontyogofplayhouse@gmail.com

Session Times: Monday to Friday 8:00am - 6:00pm



## Playgroups and Cylchoedd Meithrin

Playgroups mainly look after children aged 2-4 years, usually for 2-3 hours in the morning or afternoon and mainly during term time. Cylchoedd Meithrin are Welsh Medium playgroups which give children an opportunity to experience play through the medium of Welsh, this would benefit your child if you are considering Welsh Medium education for your child, giving them a head start to being bilingual. Playgroups and Cylchoedd Meithrin's if operating for 2 hours or more must be registered with the Care Inspectorate Wales (CIW). CIW is the regulatory body responsible for ensuring the National Minimum Standards for regulated childcare are met. Some playgroups are registered to operate for full days and can offer breakfast clubs, wraparound provision, and after-school care.

### **Acorns Nursery** ●●●●

**Address:** Rhos-y-Fedwen Primary School, Honeyfield Road, Rassau Ebbw Vale **Post Code:** NP23 5TA **Contact:** 07534 927264

**Email:** acornsnursery@aol.co.uk

**Session Times:** Monday to Friday 9:00am - 11:30am & 12:30pm - 3:00pm

**Wraparound:** 11:30am - 12:30pm

### **Brighter Minds, Swffryd** ●●●

**Address:** Flying Start Hub, Swffryd Primary School, Swffryd

**Post Code:** NP11 5DW **Contact:** 07490 262652

**Email:** brightermindschildcare@outlook.com

**Session Times:** Monday to Friday 8:50am - 11:20am & 12:30pm - 3:30pm

**Wraparound:** 11:30am - 3:00pm

### **Brynmawr Preschool** ●●●

**Address:** St. Marys RC Primary School, Catholic Road, Brynmawr

**Post Code:** NP23 4EF **Contact:** 07496 067509

**Email:** brynmawrpreschool@gmail.com

**Session Times:** Monday to Friday 9:00am - 11:30am & 1:00pm - 3:30pm

**Wraparound:** 11:30am - 1:00pm

### **Buds to Blossoms Cwm Nursery** ●●●●

**Address:** Cwm Flying Start Hub, Canning Street, Cwm, Ebbw Vale

**Post Code:** NP23 7RD **Contact:** 01495 355012 / 354700

**Email:** budstoblossoms@outlook.com

**Session Times:** Monday to Friday 8:45am - 11:15am & 12:30pm - 3:00pm

**Wraparound:** 11:30am - 12:30pm

# Playgroups and Cylchoedd Meithrin

## **Cylch Meithrin Gwdi-Hw** ● ● ●

Address: Brynithel Flying Start Hub, Penrhiw Estate, Brynithel

Post Code: NP13 2QZ Contact: 01495 355324

Email: cylchmeithrinbrynithel@meithrin.cymru

Session Times: Monday to Friday 9:15am – 11:45am & 12:30pm – 3:00pm

Wraparound: 11:45am - 12:30pm

## **Cylch Meithrin Helyg Bychan** ● ● ● ● ●

Address: Ysgol Gymraeg Bro Helyg, Rising Sun Industrial Estate, Blaina

Post Code: NP13 3DQ Contact: 07756 766423

Email: Helyg.bychan31@gmail.com

Session Times: Monday to Friday 9:00am – 11:30am & 12:30pm – 3:00pm

Wraparound: 11:30am - 12:30pm Afterschool Club: 3:00pm - 5:00pm

## **Cylch Meithrin Tredegar** ● ●

Address: Stocktonville Senior Citizens Hall, Tredegar, Gwent

Post Code: NP22 3ER Email: cylchmeithrin-tredegar@outlook.com

Session Times: Monday to Friday TBC



# Playgroups and Cylchoedd Meithrin

## **First Friends** ● ●

**Address:** Flying Start Centre, Attlee Way, Cefn Golau, Tredegar

**Post Code:** NP22 3TE **Contact:** 01495 355171

**Email:** amy.weaver@blaenau-gwent.gov.uk

**Session Times:** Monday to Friday 9:15am – 11:45am & 12:30pm – 3:00pm

## **Jack & Jill Playgroup** ● ● ●

**Address:** Learning Action Centre, Abertillery Comprehensive School, Alma Street, Abertillery, Gwent **Post Code:** NP13 1YL

**Contact:** 07538 618568 **Email:** jackandjillplaygroupplac@gmail.com

**Session Times:** Monday to Friday 9:00am - 11:30am & 12:30pm - 3:00pm

**Wraparound:** 11:30am - 12:30pm

## **Little Teddy Playgroup** ● ● ● ●

**Address:** Deighton Primary School, Stockton Way, Tredegar, Gwent

**Post Code:** NP22 3ES **Contact:** 07949 743757

**Email:** littleteddyplaygroup@gmail.com

**Session Times:** Monday to Friday 8:45am -11:15am & 12:15pm - 3:15pm

**Wraparound:** 11:15am - 12:15pm

**Afterschool Club:** 3.15pm – 5.15pm

## **Mini Me's Person Bach Fel Fi Ltd** ● ● ● ●

**Address:** Roseheyworth Millennium Primary School, Roseheyworth Road Abertillery **Post Code:** NP13 1SR **Contact:** 07890 165529

**Email:** minimes20@yahoo.com

**Session Times:** Monday to Friday 9:00am -11:30am & 12:00pm - 3:00pm

**Early Entry:** 8:15am - 9:00am

**Wraparound:** 11:30am - 12:30pm

**Afterschool Club:** 3.15pm – 5.15pm

## **Pobl Bach South Wales C.I.C** ● ● ● ●

**Address:** Sirhowy Flying Start Hub, Rhoslan, Tredegar

**Post Code:** NP22 4PG **Contact:** 01495 355888

**Email:** poblbachsouthwales@gmail.com

**Session Times:** Monday to Friday 8:45am -11:15am & 12:30pm - 3:00pm

**Early Entry:** 8:15am - 9:00am

**Wraparound:** 11:30am - 12:30pm

**Afterschool Club:** 3.00pm - 5.00pm



# Playgroups and Cylchoedd Meithrin

## **Tiggy's Day Care** ●●●●●●

Address: Bryn Bach Primary School, Merthyr Road, Tredegar

Post Code: NP22 3RX Contact: 07561 601642

Email: Tiggysafterschoolclub@hotmail.com

Session Times: Monday to Friday 7:00am - 6:00pm

## **Tweenie Tots Playschool Ltd** ●●●●

Address: Flying Start Hub, Recreational Ground, Hilltop, Ebbw Vale

Post Code: NP23 6NE Contact: 01495 355338

Email: tweenietots28@gmail.com

Session Times: Monday to Friday 9:00am - 11:30am & 12:45pm - 3:15pm

Wraparound: 11:30am - 12:45pm

## **Twinkle Tots** ●●

Address: Garnlydan Community Hub, Commonwealth Road, Garnlydan

Post Code: NP23 5ER Contact: 01495 354611

Email: paula.adams@blaenau-gwent.gov.uk

Session Times: Monday to Friday 9:15am - 11:45am & 12:30pm - 3:00pm

Wraparound: 11:30am - 12:45pm



# Childminders

Childminders are childcare providers who work in their own homes providing a safe and stimulating environment for children to learn and grow, and often provide a wraparound service to Preschool Playgroups, Cylchoedd Meithrins and nursery classes in school.

Childminders are regulated by the Care Inspectorate Wales (CIW) who ensure they meet the National Minimum Standards and Childminders can be registered up to a maximum of 10 children up to the age of 12 years. Of those 10 children, no more than 6 may be under 8 years of age, of those 6 no more than 3 may be under 5 years of age and of those 3 children no more than 2 may be under 18 months (although exceptions can be made for siblings).



# Childminders

## **Abigail Cox - Cheeky Monkeys** ● ● ● ● ●

Address: Ebbw Vale Contact: 07800 998356

Email: paul\_abby@btinternet.com

## **Amanda Williams - Muddy Puddles** ● ● ● ● ●

Address: Abertillery Contact: 07527 393529

Email: amandawilliams71@hotmail.co.uk

## **Belinda Taylor - Taylor's Tots** ● ● ● ● ●

Address: Tredegar Contact: 07866 050074

Email: belindataylor0405@outlook.com

## **Bethany Shirley - Little Lovely's** ● ● ● ● ●

Address: Nantyglo Contact: 07811 959062

Email: bess.love15@hotmail.co.uk

## **Janet Suter** ● ● ● ● ●

Address: Cwm Contact: 01495 371152

Email: jansuter2080@live.co.uk

## **Charlotte Davies** ● ● ● ● ●

Address: Ebbw Vale Contact: 07527 393529

Email: lottielizzie@live.co.uk

## **Eleanor Dowding - Tiny Tots** ● ● ● ● ●

Address: Nantyglo Contact: 07886 833034

Email: tinytots2010@live.com

## **Emily Johnson - Em's Miles of Smiles** ● ● ● ● ●

Address: Brynithel Contact: 07854 581997

Email: emsmilessofsmiles@gmail.com

## **Geraldine Monk - Jellybeans Childminding** ● ● ● ● ●

Address: Brynithel Contact: 07971 844594

Email: germonk73@gmail.com

## **Hannah Poole - The Butterfly Patch** ● ● ● ● ●

Address: Nantyglo Contact: 07983 624092

Email: hannahpoole1902@gmail.com

# Childminders

**Karl & Tania McCarthy - Moonbeams Daycare** ●●●●●

Address: Tredegar Contact: 07875 958582

Email: taniamccarthy28@gmail.com

**Kelly Davies - Kelly's Explorers Childminding** ●●●●●

Address: Nantyglo Contact: 07792 889875

Email: kellylouise2007@hotmail.co.uk

**Kristy Phelps - Dinky Winks Childminding** ●●●●●

Address: Swfrydd Contact: 07794 225875

Email: kristyphelps@aol.com

**Pauline Paul** ●●●●●

Address: Six Bells Contact: 07961 929934

Email: paulinepaul@live.co.uk

**Samantha Liddington - Mini Explorers Childminding** ●●●●●

Address: Abertillery Contact: 07496 032252

**Sarah Scourfield - Jelly Tots** ●●●●●

Address: Brynmawr Contact: 07791 302959

Email: sarahscourfield@hotmail.co.uk

**Tracey Davies** ●●●●●

Address: Brynmawr Contact: 07851 279841

Email: traceydavieschildminderservice@gmail.com

**Wendy Phelps** ●●●●●

Address: Abertillery Contact: 07794 006321

Email: wendyphelps1210@gmail.com



# Let's get Blaenau Gwent Breastfeeding We're Here for You!

At Blaenau Gwent Flying Start, we understand that feeding your baby is a big decision. Unfortunately, our area has some of the lowest breastfeeding rates in Wales, but we're here to change that. Breastfeeding offers amazing benefits for both you and your baby, like boosting your baby's immunity and reducing the risk of obesity and diabetes. Plus, it's convenient, always available, and can save you between £44 and £89 per month by not needing to buy formula.

We know breastfeeding isn't always easy, so we've launched our 2024 campaign to provide all the support you need. We offer local support groups where you can connect with other mums, workshops to help you get started, and trained professionals to assist with any challenges. Whether you're just considering breastfeeding or have already started, we're here to support you every step of the way.

Remember, we're here to help you make the best choice for your family. To find out more or join one of our groups, visit Eventbrite or call Family Information Services at 01495 369610.

**Let's get  
Blaenau Gwent  
Breastfeeding**

**Gadewch i Ni Annog  
Bwydo ar y Fron ym  
Mlaenau Gwent**

**Anytime, anywhere...**

**Unrhyw bryd, unrhyw le...**

**Breastmilk provides food,  
protection and comfort  
on the go.**

Find out more about infant feeding support in Blaenau Gwent call 08000 323339 or email FIS@blaenau-gwent.gov.uk

**#GetblaenauGwentBreastfeeding**

**Mae laeth y fron yn darparu  
bwyd, amddiffyniad a  
chysur wrth fynd.**

Cewch wybod mwy am gymorth bwydo babanod ym Mlaenau Gwent ffoniwch 08000 323339 neu e-bostiwch FIS@blaenau-gwent.gov.uk

**#AnnogBwydoArYFronYmMlaenauGwent**



## Is your child registered with a dentist?

Children under the age of 5 need adult assistance to brush their teeth twice a day using fluoride toothpaste. Establishing good oral hygiene practices early helps children develop strong, healthy teeth. Limiting sugary snacks and drinks, and providing a balanced diet with plenty of fruits, vegetables, and water, also contributes to their oral health.

Baby teeth are prone to decay, which can cause pain, infection, and even impact the development of permanent teeth. Schedule your child's first dental visit by their first birthday and continue with regular check-ups every six months.

**If you have difficulty accessing dental services, please contact our Family Information Service for advice or Flying Start Programme Manager: [sherelle.Jago@blaenau-gwent.gov.uk](mailto:sherelle.Jago@blaenau-gwent.gov.uk)**



# Play

Playing is central to children's physical, mental, social, and emotional health and wellbeing and is enshrined in the United Nations Convention on the Rights of the Child (UNCRC). Through play, children develop resilience and flexibility, contributing to physical and emotional wellbeing. Play during the early years of a child's life offers a wide range of benefits and is crucial for well-rounded child development across physical, cognitive, social, and emotional aspects and includes:

- > **Cognitive Development:** Play enhances thinking, problem-solving, and decision-making skills through activities like puzzles and imaginative play.
- > **Social and Emotional Development:** Children learn to interact, share, and empathize while building relationships and understanding emotions.
- > **Language Development:** Play encourages communication, expanding vocabulary and language skills as children interact and tell stories.
- > **Physical Development:** Physical play, such as running and climbing, supports motor skills, coordination, and overall physical health.
- > **Imagination and Creativity:** Engaging in imaginative play and storytelling fosters creativity and innovative thinking.
- > **Problem-Solving Skills:** Play involves overcoming challenges, promoting adaptability and problem-solving abilities.
- > **Self-Regulation:** Children practice managing behaviour, following rules, and coping with frustration during play.
- > **Confidence and Self-Esteem:** Successful play experiences boost confidence and self-esteem, supported by positive feedback.
- > **Cultural and Social Understanding:** Play exposes children to diversity, broadening their perspective on cultures and roles.
- > **Bonding and Relationships:** Playtime strengthens bonds with caregivers, siblings, and peers, creating a sense of belonging.
- > **Stress Relief:** Play provides an outlet for stress, helping reduce anxiety and promoting emotional well-being.
- > **Brain Development:** Play stimulates various brain areas, enhancing creativity, problem-solving, and emotional processing skills. The Early Years Childcare and Play Team are committed to deliver play opportunities and events to children throughout Blaenau Gwent which includes Wild Tots and Wild Camps, Open Access Play session during the holiday periods, celebration events such as National Play Day and Santa's Grotto, as well as supporting schools and childcare providers to deliver play within their establishments.

**For more information on Play in Blaenau Gwent contact the Family Information Service on 01495 369610.**

## After School and Holiday Clubs

After School Clubs care for children outside of the child's full-time school day and can include care provided before school, after school and during the school holidays for children aged 3-12 years. Holiday Clubs offer a wide range of play activities for children during the school holidays.

### Big Stars After School & Holiday Club

**Address:** Ebbw Fawr Learning Community, Strand Annealing Lane, Ebbw Vale **Post Code:** NP23 6AN **Contact:** 01495 357840

**Email:** [littlestarsnurseryebbwfawr@gmail.com](mailto:littlestarsnurseryebbwfawr@gmail.com)

**After School Club Session:** Monday to Friday 3:15pm - 5:30pm

**Holiday Club Session:** Monday to Friday 8am - 5:30pm





# Quality in Childcare Settings

All childcare settings are able to access support, advice and guidance from the local authority. This includes access to bespoke professional learning and visits from local authority officers.

The Early Years Childcare and Play Team and the Flying Start Advisory Team have worked with a range of early years professionals and the childcare settings to develop a tool called 'Quality Matters'. They use this tool to monitor the quality of provision that settings offer and provide support to make any improvements.

We know that high-quality early years childcare provision is essential to children's development. This monitoring and guidance provided by the local authority supports the work the childcare settings do with children at the very beginning of their learning journey, to ensure they have the best possible start.

High quality childcare supports children's:

- > Need to play
- > Natural curiosity to explore and discover new things
- > Sense of belonging and well-being
- > Speech, language and communication skills
- > Physical development through opportunities to move around a safe and secure environment
- > Social and emotional skills develop as they form new relationships
- > Thinking skills and deepening understanding
- > Creative and problem-solving skills



## Part-Time Early Education for 3 and 4 year olds

All children are entitled to a free part-time early education place at an approved education setting from the term after their third birthday until they go into reception class in school. Many parents choose for their children to attend a nursery class in a school, but there is the option to use childcare providers outside of the school base if they are registered education providers.



## Healthy and Sustainable Pre Schools Scheme

The Healthy and Sustainable Pre-school Scheme is a national accreditation scheme which acknowledges pre-school settings as contributors to children's health and well-being.

Settings are recognised for their endeavours in promoting nutrition and oral health, physical activity, mental, social and emotional health and wellbeing and are accredited in the following areas called phases.

- > Preliminary
- > Nutrition and Oral Health
- > Physical Activity and Active Play
- > Mental and Emotional Health, Wellbeing and Relationships
- > Environment
- > Safety
- > Hygiene
- > Workplace Health and Wellbeing

## The Gold Standard Snack Award

The Gold Standard Snack Award recognises and celebrates a quality snack provision within childcare settings. The award is aimed at all the childcare providers across all local authorities in Aneurin Bevan University Health Board. Settings are supported by Aneurin Dietetics and the local Healthy and Sustainable Pre-Schools Officer to achieve the award by considering the following areas:

- > Snack provision and menu planning
- > Food hygiene and safety
- > The eating environment
- > Food and drink policy

Promoting a whole setting approach to healthy eating including foods provided during celebrations and regular activities. Achieving the award also helps settings meet the Care Inspectorate Wales standards and allows parents and carers to feel confident that the setting they choose for their child is providing the best start in life with regards to high quality food and nutrition. For more information, contact: **Blaenau Gwent HSPSS Officer Judith James** Email: [judith.james@blaenau-gwent.gov.uk](mailto:judith.james@blaenau-gwent.gov.uk)

## **Toileting Support**

The Early Years Team is dedicated to supporting parents and childcare providers with toileting assistance to help children learn to use the toilet, an important developmental milestone for toddlers. Childcare providers help children with this learning process by knowing the signs of toilet learning readiness, keeping toileting routines as consistent as possible in their care while children learn how to use the toilet and support parents with any toileting concerns. The Early Years Team has a dedicated ALN Support Officer Lorna Sulway who provides support to both childcare providers and parents. For more information contact ERIC The Children's Bowel and Bladder Charity on 0808 1699949 or email [www.eric.org.uk](http://www.eric.org.uk)

## **Speech & Language**

Children accessing a childcare setting will experience a language-rich environment, where the development of talk and communication is at the heart of provision. Every setting has a member of staff trained in Elklan Speech & Language Support for 0-3's and they will be able to monitor how your child's speech, language and communication is developing, discuss this with you and put evidence-based strategies in place to support them where needed. Some settings have also accessed Signalong training, which is a sign system that supports spoken language development. The childcare setting may contact a Speech and Language Therapist for further advice and guidance and will discuss accessing additional support if needed with you. If you have any concerns about your child's speech, language and communication development, you can discuss this with childcare setting staff and your Health Visitor.

## **Welsh Language Childcare Provision**

Cylch Meithrin's provide education, learning and development for children from 2 years old to school age, where they have the opportunity to play, learn and grow through the medium of Welsh.

**Immersing your child into bilingualism at an early age will give your child the best start along with the valuable skills to adapt to learning other languages and opening doors to different cultures. For more information visit <https://meithrin.cymru/cylchoedd-meithrin/?lang=en>**

## Additional Needs

As a local authority, we are committed to providing support for preschool children who have additional needs. We recognise that early intervention is crucial for ensuring that these children have the best possible start in life. To this end, we discuss the support needs of a child at the Early Years Additional Needs Support Panel. The panel includes a range of professionals such as health visitors, educational psychologists, local authority experts, and advisory teachers.

The support agreed for children may consist of some additional staffing support for 2-3 year olds to promote school readiness (and for 3-4 year olds if the child receives Childcare Offer), equipment/resources to support their physical and developmental needs or training for staff. Staffing support is provided by skilled childcare practitioners who work with children on an individual or small group basis, for a few hours a week, with the aim of improving their individual needs and reducing the amount of support they may need in school.

We tailor our support in accordance with the Additional Learning Needs Bill in Wales, and we develop individualised support plans called person-centred plans, or PCPs that contain SMART targets, which are reviewed regularly. Our AN Support Officer also offers home and setting visits to offer guidance and advice to ensure that each child receives the best possible support.



## **Welsh Government Childcare Offer for 3 to 4 Year Olds**

Under the Childcare Offer for Wales, you could claim up to 30 hours of early education and childcare per week, for up to 48 weeks of the year. This Welsh Government funded childcare scheme aims to lessen the burden of childcare costs so that you can spend the money you've saved on the things that matter most to you and your family.

The Offer has already helped parents from all over Wales to return to work, increase their hours or work more flexibly. If you're looking for work or thinking about going back into education or training but are worried about childcare costs, this support could make all the difference. Whatever the Offer means for you and your family, don't miss out on your share of this childcare funding.

**For further information on eligibility and the application process, please contact the National Childcare Offer helpline on 03000 628 628 or the Blaenau Gwent Family Information Service on 01495 369610.**

## **Universal Credit**

If you pay for childcare while you go to work, you may be able to claim back up to 85% of your childcare costs if you are eligible for Universal Credit. This also includes holiday clubs, after school clubs and breakfast clubs. For further information visit: Help paying for childcare: Universal Credit and childcare - GOV.UK ([www.gov.uk](http://www.gov.uk))

## **Flexible Support Fund**

You maybe able to get help from the Flexible Support Fund if you have to pay upfront childcare costs if you are starting work or increasing the hours you work. For further information visit: Universal Credit childcare costs - GOV.UK ([www.gov.uk](http://www.gov.uk))

## **Tax-Free Childcare**

This provides working parents with help towards the cost of childcare. If you are eligible to receive Tax-Free Childcare you will set up an online account. For every £8 you pay into this account, the UK Government will

pay in £2 to use to pay your childcare provider. To find out if you are eligible for Tax-Free Childcare visit the Welsh Government website <https://www.gov.uk/get-tax-free-childcare>

## **Support for Students**

You can apply for Childcare Grant (CCG) to help cover your childcare costs if you're an undergraduate student who has children.

How much you receive depends on your household income. You do not have to pay it back. For further information visit: <https://www.student-financewales.co.uk/undergraduate-finance/full-time/welsh-student/what-s-available/childcare-grant/>

## **Useful Links**

<https://www.dewis.wales>

<https://www.gov.wales/childcare-offer-for-wales-campaign>

<https://choosingchildcare.childcareinformation.wales/choosingchildcare>

<https://www.childcareinformation.wales/fis/W06000019>



**Blaenau Gwent Family Information Service**  
Heart of the Valleys Integrated Children's Centre  
High Street, Blaina. NP13 3BN

**Tel: 01495 369610**

**Email:** [fis@blaenau-gwent.gov.uk](mailto:fis@blaenau-gwent.gov.uk)

**Website:** [www.blaenau-gwent.gov.uk](http://www.blaenau-gwent.gov.uk)

A version of this booklet is also available in Welsh  
Mae fersiwn o'r llyfryn hwn hefyd ar gael yn Gymraeg

