

November 2011 Newsletter

1. Children's Christmas Party

Ok, there's no denying it anymore! Christmas is but a few weeks away and most importantly so are the twins club Christmas events. The first date for your diary (for those of you who's dog ate last month's newsletter) is Saturday 10th December. This will be the children's party for twins and their siblings, held at Charlton Kings Baptist Church from 2.30pm-4.30pm.

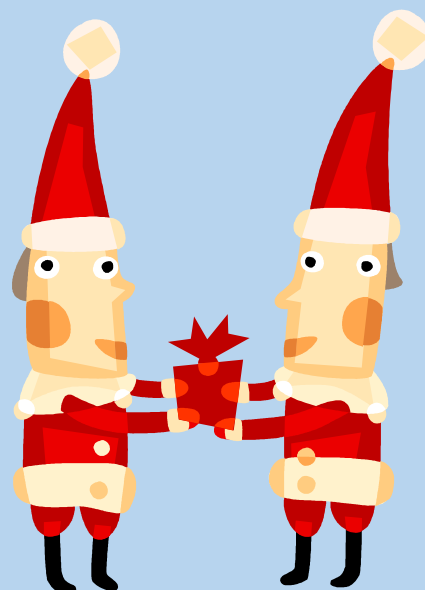
Entertainment will be kindly provided by the Play Rangers and will include a staffed bouncy castle and Christmas crafts. There will of course be a separate area for babies away from the rambunctious toddlers!

Food and drink will also be provided for the children.



Now, sit down for this and try to curb your excitement...I hear a rumour that a certain Santa Clause may well pop in and visit with a few little presents. Just for the good boys and girls I must add! So, if you know of any good boys and girls, who may like to attend the party, please could you email [Paula Howard](mailto:Paula.Howard@ctg.org.uk), with their names, gender and ages so she can pass on the information to Santa's little Elves.

Entry to the party will be totally **FREE** to CTG members, and £5 per family for non-members.



2. Ladies Night Out

For those of you who are in the need for a good night out, come and join us at Montpellier Wine Bar on Saturday 3rd December at 8pm. There will be a set menu to choose from and a deposit required—further info to follow.

If you are interested in coming along, or would like any further information, please contact [Stella](mailto:Stella@ctg.org.uk), so we can book the table accordingly.



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Editor's Note:



Welcome to the November edition of the Cheltenham Twins Group newsletter.

Here I am, writing this and cursing the daylight saving idea! The upside is that the extra weekend hour will give me time to cobble together my blathering's and

create a semi-readable newsletter this month. The downside being, I was being batted over the head and screeched at by hyperactive twins at 5am, knowing full well they are going to be a grumpy and overtired for the rest of the day! A bit like Mummy and Daddy...

If you have anything you'd like to see included in future newsletters, please feel free to get in touch, I am always open to suggestions!

news@cheltenhamtwins.org

Don't forget for the latest news and updates, check out our [website](#) and join us on [Facebook](#) and [Twitter](#) @chelt_twins.

3. Friday 4th November—Photographer

There will be a professional photographer present at this Friday's group to take portrait and family shots, just in time for Christmas!

For every set of twins photographed, the group will receive £2—so even if you don't purchase the end result, just come along and pose!

As there is another event happening later in the morning, early photo slots will be given to those going on to the soft play session. Please contact [Ellie](#) for further information on prices and to book your slot (don't worry if you miss it, we just need to roughly organise the morning).

4. Friday 4th November—Soft Play Session

The Cheltenham Play Rangers have kindly arranged for the twins group to have a free soft play session at Leisure@Cheltenham this Friday from 11.30am-12.15pm. For those of you who are unfamiliar with Leisure@, this is the leisure centre in Tommy Taylor's Lane.

This will be the first of four free sessions which are to be held every 6 weeks.

After the free four weeks, twins group members will be welcome to go along at the hugely discounted rate of 50p per child.

Please note, our normal sessions in Charlton Kings will go ahead as normal.

Please note: We have a Bournside Sixth form student who will also be visiting the group on Friday. Keziah Warne has recently applied to the Norland Nanny College in Bath and would like to talk to some parents about their experiences of life with multiples and meet some twins. I am sure she will be a very useful extra pair of hands with the photographer being present!



5. Nearly New Sale Success!

Well what a success our nearly new sale was this year! Huge thanks to everyone who supported us, we made a whopping £1000 which is a fantastic amount and will most definitely see the group through the next year. For all those of you who have a lot of left over's, the Netmum's website is a good place to sell unwanted items locally, particularly bundles of clothes as there is a dedicated North Glos board—so if you haven't yet discovered the

site it's: www.netmums.com.

For those of you who sold goods at the sale, your money will be with you very soon. Family illness and a cheque signatory complication has delayed the treasurer a little—but it's on it's way! For those going to the group on Friday, Judy will be able to give you cash if you prefer. Please contact [Judy](#) if you have any questions or need further information.

6. Bronchiolitis Awareness

With the onset of cold weather comes the onset of nasty bugs.

Bronchiolitis, for those of you who have not come across it, causes inflammation within the lungs and reduces the amount of oxygen that the body can take in. It is also known as Croup.

Symptoms in young babies include cold-like symptoms, a fever, a cough, difficulty feeding and difficulty breathing.

It is often a scary illness to witness—so being aware of the signs and symptoms is very important. If you are in any doubt—seek medical advice. Most babies can be managed quite well at home, but in severe cases hospitalisation may be needed.

Cheltenham Twins Group has recently created a [press release](#) to highlight the illness and Paula Howard has shared her [experience](#) with the Gloucestershire Echo.

7. Expecting Twins Evening Co-ordinator

We are very pleased to welcome **Gemma Curtis** to the role of ETE coordinator!

After many years of doing such a wonderful job, **Terri Harvey** has decided that she would like to step down from the role. Terri has been a huge help to many of us when we were new and a little apprehensive and has been a huge source of support to the group. We would like to take this opportunity to say "Thank You" Terri, your dedication has been greatly appreciated and you will be missed.

Thank you for stepping in Gemma!

Thank You!

A big thank you to all of you who have been kindly helping to set up and tidy away during the Friday sessions. The extra help is hugely appreciated.





Contacts

In order to make contacting the current committee of CTG that little bit easier we now have a new email address system which can be accessed via our website:

www.cheltenhamtwins.org

If all goes to plan it should mean enquiries are dealt with faster as they will end up in the right person's inbox!

So, they are as follows:

- Info
 - Admin
 - Membership
 - PayPal
 - President
 - PR
 - News
 - Committee
- @cheltenhamtwins.org

8. Just for Fun: Messy Food Play!

I already hear the gasps of horror!!! However, for a cheap and easy way to let children enjoy some sensory stimulation here are some ideas. The children will be able to make these themselves, they're that easy!

Magic Gloop:

You will need:

Cornflour or custard powder
Water
A high sided tray (a cheap cat litter tray is perfect)

Mix the two together in your hands, roll into a firm ball and watch as it magically turns back to a liquid.

I have it on good authority that this is relatively easy to clean, as it simply dries out into a powder again and can be vacuumed up!

Uncooked Playdough:

You will need:

1/2 cup water
1/2 cup salt
1 cup flour

Mix together until doughy!

The dough will keep for a week or so in an airtight container.

For alternative mixtures try adding food colouring to the water, or mix in some glitter.

Roll out dough and cut into shapes—bake in oven to make cheap tree decorations.

9. Twins Family Support

If you are a parent or carer for twins or more, and need an extra pair of hands, Cheltenham Twins Group can put you in touch with CCP, a charity that helps to improve the lives of children, young peo-

ple, families and vulnerable adults, with multiple and complex needs. You can request that a volunteer comes to give you a hand, a couple of hours a week. Please email CTG Chair, Ellie Bolton,

at twinsfamilysupport@chelt.com, if you would like further details. All information received is treated confidentially.