

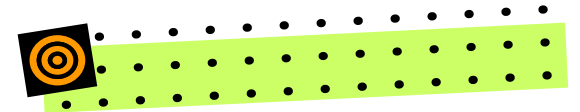
## Other Info

- ▶ Our amazing volunteers (those wearing a badge with their names on) are happy to help you if you need anything. Contact us at [RiseandShine@smbr.org.uk](mailto:RiseandShine@smbr.org.uk) if you have concerns, questions or feedback.
- ▶ We have a NO PHOTOGRAPHY policy.
- ▶ In case of an emergency our fire exits are the glass doors onto the Common, just push them open.
- ▶ Visit [www.smbr.org.uk](http://www.smbr.org.uk) for more information about activities on offer for children and families.



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SW11 1EJ

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## All about



St Mark's, Battersea Rise, London, SW11 1EJ

# Welcome to Rise & Shine

Rise & Shine is a church-based playgroup run by volunteers on **Wednesday** and **Thursdays** from **10am to 11:30 am** in school term time. Our purpose is to provide a caring environment where families from the community can meet and enjoy a free play time.

We aim to provide a safe place for children to play and build their confidence and social skills, whilst also offering parents and carers the opportunity to expand their social circles and build positive relationships.

Our sessions are structured as follows:



- 10 - Registration
- 10.15 - Snack time (coffee & cake for adults and healthy snacks for the children)
- 10.30 - Free play/ Craft
- 11.05 - Tidy up time
- 11.15 - Singing
- 11.30 - End of session

If you want to be part of our Rise & Shine community, and access the playgroup, ask for a registration form at the reception desk. Once you have filled it in, and we have your details, you will receive a weekly email through which you will be able to book your online ticket.

We hope you enjoy your time with us!

The Rise & Shine team

## Member Guidelines

### Active participation:

We welcome mums, dads and carers who truly want to be active members of the Rise & Shine community and make the experience fun! We would love it if you could help by **tidying up, serving the snacks** and **bringing a cake** from time to time as well as **participating during the singing time** (please avoid chatting with other adults and join us singing).



### Looking after your child:

Parents and carers are responsible for their children at all times. Please supervise your child(ren) so that everyone can play safely.



### Let's stay healthy:

If you or your child has been unwell, we would kindly ask you to behave as you would for a day nursery, leaving a minimum of 48hrs after the end of diarrhoea and vomiting episodes; or until spots have cleared up from chickenpox, for example.



### Leaving early:

We encourage people to stay until Rise & Shine finishes at 11:30. We understand that sometimes this is not possible. If you have an urgent reason and need to leave early please do it after snack time, and before the singing.



### Fees:

We asked for a small fee to help towards the cost of running Rise & Shine, payable on the door.



## Golden Rules for Children

### Kind Hands and Feet:

Using our hands and feet to be kind to others, not to hurt our friends



### Participating:

Helping the adults to tidy up before snack time and sing along to the rhymes.



### Listening Ears:

Making sure we listen to others, and when we need to hear something



### Sharing and Taking Turns:

Playing and eating together nicely, letting others have a go with play equipment.



### Indoor Voices:

Remembering not to shout, or raise our voices, indoors.



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