Nuffield Health

A healthy start for your little ones



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Welcome to Nuffy Bear Day Nursery

When it comes to finding the right nursery for your child, you want to make sure you've made the right choice. You want to find a welcoming, nurturing environment, where children are cared for by highly skilled professionals who are as knowledgeable as they are friendly.

Above all, you want to feel happy and reassured that your little one is going to be safe and actively exploring a rich environment where they can develop their sense of curiosity during some of the most important years of their life.

Welcome to a nursery that gives you all that and more.

Our vision

To provide a healthy start for your little ones through a happy, safe, warm and stimulating environment.

Nuffy Bear Day Nurseries vision is that children's early years are the most important years of their lives. We strive to provide high quality childcare and education for all children that is appropriate to their individual needs. Children's wellbeing is an essential part of the care provided for the children within the nurseries and this is developed through activity, mindfulness and nutrition. We pride ourselves on a 'home from home' feel and create strong bonds with each family.



Ofsted and quality childcare

As a trustworthy and responsible childcare provider, all of our Nuffy Bear Day Nurseries are registered and regulated by Ofsted, with all our nurseries Ofsted graded Good or Outstanding.

Read the full Ofsted report **here**.

A great team

Our nursery staff team is as caring as they are passionate, embodying everything that both Nuffield Health and Nuffy Bear Day Nursery stands for. We have a stringent recruitment process and all staff are thoroughly vetted prior to commencing employment including a DBS (Disclosure and Barring Service). They create a safe, educational, enjoyable environment where your child can play, learn and grow.

Our team strives for improvement in their personal development as well as the children we care for. We continually invest and develop our team to ensure we provide the best learning activities and environment for your children.



"The nursery is excellent – I feel safe and comfortable leaving my son there. The staff are amazing and it's like a small loving family."
J L Crawley

Child-led learning

Great for children's educational and developmental progress, child-led learning fosters a sense of being, belonging and becoming. As well as being a lot of fun, child-led learning feeds their creativity and imagination, encourages them to share their ideas and thoughts and constantly challenges their thinking.

Our vision in practice

Nuffy Bear Day Nurseries believe that children learn best when the environment reflects their interests and encourages child-led learning.

The Nurseries combine elements from a variety of educational philosophies including, Reggio, Montessori and Steiner to create a truly unique environment in which children take the lead on their learning. Our continuous provision is bursting with loose parts, authentic, and open-ended resources. We pride ourselves on a 'home from home' feel and create strong bonds with each family.



Delicious and nutritious meals

We know that feeding children's appetites is just as important as feeding their minds. That's why all our meals and snacks have been designed with support from a nutritional therapist and freshly prepared – providing your little ones with the right kind of nutrition to help maintain their energy levels throughout the day.

The right recipe for healthy kids

- Menus change daily and are displayed in the nursery for your information
- The variety of meals on offer will introduce your child to new tastes and textures in a supportive, reassuring environment
- We cater for a wide range of allergies and special dietary needs. Simply let us know what your child's requirements are.









Safe, stimulating spaces

We have a range of fully-equipped rooms by age group: Baby, Toddler and Pre-school. All rooms are filled with books, activities, toys and equipment to stimulate and engage young minds. Outdoor space lets little ones experience play in the fresh air, whilst a range of safety measures gives you the reassurance that your child will always be looked after in a secure, safe environment.

Settling in

Here at Nuffy Bear Day Nursery, we'll do all we can to make this time as exciting and stress-free as possible – for parents and children alike!

Every child is different. Some will settle in quickly, whilst for others it will take a bit more time.

We recommend you plan for two weeks when it comes to supporting your child, allowing them to get to know their key worker and develop a trusting relationship with them.

Child-led learning feeds their creativity and imagination.



School readiness

Starting school is an important milestone for every child and their parents.

We believe it's crucial to support your child's transition to school by:

- Independent in toileting
- Dress themselves
- Understand expected levels of behaviour
- Build confidence and self-esteem
- Take turns and share
- Sit for short periods
- Separate from parents / carers
- Equipped with the skills needed to communicate needs and listen to others
- Actively learn and think creatively and critically.



Swim with Nuffy

As part of a family of UK-wide health and fitness clubs, there's no better place for your child to learn how to swim. That's why, at Nuffy Bear Day Nursery, we offer term time swimming lessons once a week for children aged three to five years old, with a fully qualified Swim England swimming instructor.

Our Nuffy Bear swim lesson will support your child with:

- Gain water confidence
- Stay safe in the water
- Learn a skill for life
- Fun, friendly instructors
- Gain Swim England certificates.















Thinking happy

myHappymind leverage the latest research, science, and technology to help children develop lifelong habits and learn to thrive. “Preparing today’s children for tomorrow’s world by building resilient, balanced and happy minds at Nursery and at home”.

It is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves. As children develop habits and learn a range of techniques such as “happy breathing”, “brain growth moments” and the celebration of each other’s individual characteristics it will help children understand themselves, build resilience and ultimately thrive as older children into adulthood.



A day in the life – 8am to 6pm

At Nuffy Nurseries, no two days are ever the same. That's because we believe in active play, which means we don't set stringent time schedules for the children to stick to. Want to know what your little ones will be getting up to during the day? Take a look below…

8am to 9am Nursery opens, and breakfast is served, including cereal, porridge, fruit salad and scrambled eggs.

9am to 12pm The children have the opportunity to explore, learn and develop using their imaginations and curious minds. Healthy snacks are available throughout the lesson. (Children aged 3 and over have access to swimming lessons with a qualified instructor).

12pm to 1pm Lunchtime, with freshly prepared meals, including chicken and butter bean tagine with peas or sweet potato lentil and green bean tagine, braised beef in Yorkshire pudding or vege bean chilli and fruit-topped sponge and custard or frozen mango yoghurt!

1pm to 4pm The children have the opportunity to explore, learn and develop using their imaginations and curious minds. Healthy snacks are available throughout the lesson.

4pm to 4:30pm Light Tea, for example tomato soup with wholemeal toast or crackers with cheese and veg sticks.

4:30pm to 5:30pm The children have the opportunity to explore, learn and develop using their imaginations and curious minds.

5:30pm to 6pm Home time.

Mindfulness is offered to all children throughout the day and we also explore the outdoor environment daily.



Opening hours

8am to 6pm Monday to Friday

Parent Partnership

Naturally, you want to know how your child is getting on whilst you're away from them during the day. That's why we have a range of key measures to keep you in the loop:

- An assigned key worker for your child
- Learning journal – highlighting your child's development and interests
- Feedback on a daily basis
- Parents evenings
- Newsletters
- Events





"My son feels happy and confident at the nursery and that is due to the care shown by the staff. You couldn't ask for more attention to be shown to your child's learning and emotional needs."

K Elliott

"Our daughter has learnt so much through play and encouragement from the teachers. The environment is nurturing, warm and caring and the teachers provide emotional support to the children's personal development."

Julie V

Our fees

At Nuffy Bear Day Nursery in Bromley, we offer morning, afternoon and all day sessions.
You can find all the details you need below:

Our Nursery Fees are based on 51 weeks of the year.

Session	Hours	Session price
AM session	8am to 1pm	**£40.50**
PM session	1pm to 6pm	**£40.50**
All day session	8am to 6pm	**£65**

Deposit	£250	To secure the nursery place per child
*Sibling discount	10%	Applied to the eldest child only
*Emergency Services discount	10%	Available to non-funding clients 3 months to 3 years
*Refer a friend	£100 – £250	Refer a friend to the nursery and receive up to £250
Late fees	£20	First 10 minutes £20, £2 for every minute thereafter

*Terms and Conditions are applied, please discuss with a member of the Nursery Management Team for more information. Prices are reviewed annually and subject to change. Government Funding sessions are limited and subject to availability. Due to high demand the nursery operates an Allocation Policy, for more information please contact the nursery team. Emergency Service nursery session 10% discount applies only to children whose parents are either employees of the NHS, police, armed forces, fire services or teachers (proof required to obtain discount). Children must be aged from 3 months to 3 years old.

Helping you budget

Government funded hours

The government has supported 15 or 30 hours of funded nursery education a week in England to three and four-year-old children whose parents work. To be eligible for the scheme, families must have a child between the ages of three and four, and the parents – or parent in a single parent family – will need to earn at least the equivalent of 16 hours per week on the National Minimum or National Living Wage.

Government tax-free scheme

Under this scheme, eligible families will get 20% of their annual childcare costs paid for by the government. For every 80p you pay into a newly-created childcare account, the government will contribute 20p.

The scheme is open to single parents/couples who work eight or more hours a week, including self-employed, and who pay for Ofsted-registered childcare for a child under the age of 12, or under 17 if the child is disabled.

Childcare vouchers

If you are a working parent, you may be eligible for childcare vouchers, which can mean savings of up to £2,392 per year in National Insurance and Tax. Childcare vouchers are issued through your employer and are usually part of an employee benefit scheme.

You can find out more about funding and how to apply here.

More for the whole family

When your child joins Nuffy Bear Day Nursery, the whole family benefits. Here's how:

- 10% sibling discount
- Priority funding spaces for parents of children currently enrolled with us
- Refer a Friend scheme – rewarding you with £100-£250 off nursery fees*
- Free Nuffield Health gym membership for a parent of a child with a full-time place at Nuffy Bear Day Nursery.

*Terms and conditions apply.



Nuffield Health gyms are designed all around you – and your fitness goals:

- Fully equipped gyms and studios
- Free health MOTs
- Exercise classes for everyone – from high-intensity interval training to yoga and Pilates
- Swimming pools including Family Splash.

FREE GYM PASS







Choosing the right Nursery



Leaving your child in the care of other people is never easy. However, the reassurance that comes from selecting the right nursery can make the process much easier. Sam Othen, National Children's Services Manager at Nuffield Health, provides top tips to consider when picking a nursery.

- All nurseries should be able to provide you with a tour of the facilities. Look out for happy and engaged children, plenty of toys, games and educational resources, entry systems, cleanliness, and professional, friendly staff.
- A nursery should be a dependable and familiar place for children. Ask questions about staff turnover to give you an indication of stability within the team and reassurance that your child will have a consistent key worker.
- If your child is having mealtimes at nursery find out all you can about the food that is provided. Is it nutritionally balanced? Where is it prepared? Can they accommodate children with food allergies? This way you can feel confident that your child is enjoying the same level as nutrition as they would at home and that their dietary requirements are being met.
- It is important that children have access to an outdoor space to encourage them to be active. Check that the nursery has either its own outdoor space, or easy access to outdoor space nearby, that your child can enjoy.
- Check its Ofsted rating. An Ofsted rating takes into account factors such as standards of care, safety, the nursery environment and child development and can provide a snapshot of a nursery and further information.

Book your nursery visit today!

If you would like to come and see your nearest Nuffy Bear Day Nursery for yourself? We'd love to show you around!

Find your local nursery here.



Contact us

To ask us a question, find out more or just have a chat, give us a call or drop us a line.

call us on 0208 4662848

email us nursery.enquiry@nuffieldhealth.com

visit nuffieldhealth.com/nursery

Opening hours – **8am to 6pm Monday to Friday**

Building a healthier nation

Nuffy Bear Day Nursery isn't like other childcare providers. We have a long, proud history as part of Nuffield Health, the UK's largest healthcare charity, whose purpose for the last 60 years has been to make the nation fitter, healthier, happier and stronger.

Nuffield Health invest all their income back into their award-winning hospitals, fitness and wellbeing clubs and nurseries, as well as developing charitable activities which support local communities too.