

## A helping hand for a healthy start

As a new parent, whether going through pregnancy, in the first few days of looking after a new born, or knowing how to prepare your toddler for nursery and then all too soon school, you are bombarded with advice, which is often well meaning but at the same time it can be baffling.

The newly created Healthy Early Years – Your Child and You website and app is packed with top tips to support your little one to grow, from birth to five, to be happy, healthy and safe.

This 'one stop shop' of local information, advice and guidance developed with health professionals that you can trust, offers a helping hand to support your child and you through the early years.

Visit [www.healthyearlyyears.co.uk](http://www.healthyearlyyears.co.uk) or download the app for your Android or Iphone search for 'healthy early years'.

## What you say about our Children's Centres...

*"It's great to get out of the house and for my son to socialise with other children"*

Daddycation (Dad's group) at Jubilee Children's Centre Dec 2016

*"I feel very confident and the groups are excellent"*

Stay and Play at Little Stars Children's Centre Oct 2016

*"My son has started sharing, interacting and has become more confident with other children"*

Stay and Play at Jubilee Children's Centre Oct 2016

*"I really felt welcome and enjoyed coming, it was a good experience. I do feel more confident in cooking"*

Cook, Eat and Play at Sunshine Children's Centre May 2016

For more information about all our activities and services, visit our website:

[www.childrencentres.co.uk](http://www.childrencentres.co.uk)

## Upper and Central Calderdale Children's Centres



What's  
On?  
Spring  
Term 2017

**Sure Start**  
**Children's Centres**

Upper and Central Calderdale

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## Where's my nearest Children's Centre?

### Jubilee Children's Centre

Lightowler Rd  
Halifax, HX1 5NB  
01422 342552

### Jubilee at Beech Hill Children's Centre

Mount Pleasant Ave,  
Halifax, HX1 5TN  
01422 348874

### Little Stars at Parkinson Lane Children's Centre

Parkinson Lane,  
Halifax, HX1 3XL  
01422 252022

### Little Stars at Warley Road Children's Centre

Warley Road Primary School, Warley Rd,  
Halifax, HX1 3TG  
01422 252022

### Sunshine Children's Centre

Mount Pellon Academy,  
Battinson Rd,  
Halifax, HX1 4RG  
01422 385929

## What are Children's Centres?

Children's Centres offer a friendly one-stop shop for families with young children. They're welcoming places where there are activities for families and children, health services, training opportunities and support.

Our Centres are placed at the heart of communities to enable parents to access help if they need it and provide the best possible start in life for their children. They're a great place for children to play and parents to meet and chat with other parents. Children's Centres are free to join and most activities are free.



### Our values

In our Children's Centres we actively promote core British Values through:

Encouraging children to think about the feelings of others and help them to share, take turns, work and play together.

Helping children to keep each other safe, learn right from wrong and make good choices.

Helping children to understand, appreciate and respect their own culture and the culture of others.

Giving children time to speak, listen and learn, and to value and respect what others have to say.

Encouraging children to help each other.

## Courses Spring 2017

### Little Stars Children's Centre at Parkinson Lane

Course	Start Date	Time	Duration	Is there a crèche?	Creche settling in date
Food Safety	Tuesday 14th March	9.30—11.30am	3 weeks	Yes	Tuesday 7th March

### Little Stars Children's Centre at Warley Road

Course	Start Date	Time	Duration	Is there a crèche?	Creche settling in date
Advanced Sewing	Tuesday 24th January	9.30—11.30am	10 weeks	No	N/a

# VOLUNTEER

Could a few hours of your time change your life and the lives of others?

Find out how to volunteer by contacting Jubilee Children's Centre on 01422 342552 or ask at your local Children's Centre.

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# Courses Spring 2017

We have lots of **FREE** courses to keep you and your little ones busy this Spring term. Please see pages 2 and 3 for full descriptions of all the courses listed below. Book early to avoid disappointment!

## Jubilee Children's Centre

Course	Start Date	Time	Duration	Is there a crèche?	Creche settling in date
Basic sewing	Monday 16th January	9.30—11.30am	10 weeks	Yes	Monday 9th January
Mini Movers	Thursday 2nd Mar	1.00-2.00pm	4 weeks	No—Children in activity	N/a

## Jubilee at Beech Hill Children's Centre

Course	Start Date	Time	Duration	Is there a crèche?	Creche settling in date
Cook, Eat and Play	Thursday 2nd February	1.00—3.00pm	4 weeks	No—Children in activity	N/a
Food Safety	March - Dates TBC	TBC	3 weeks	TBC	TBC

## Sunshine Children's Centre

Course	Start Date	Time	Duration	Is there a crèche?	Creche settling in date
Paediatric First Aid	Wednesday 15th March	1.00—3.00pm	6 weeks	Yes	Wednesday 8th March

### How to book onto a course

Please contact the Children's Centre where the course is running to book a place. (Contact telephone numbers are on page 2 of this booklet). Please note that places are limited and you will be contacted to confirm your place.

# What's On in the Spring Term 2017



### ★ NEW! Mini Movers

An entertaining movement to music class for both babies and parents promoting positive touch, developmental play and overall - having fun together. The classes promote developing confidence, self esteem, language skills, increasing balance and co-ordination. Suitable for walking babies to pre-school age. Booking essential.

We have lots of activities for families, please see pages 4 and 5 for the full activity timetable.

### Cook, Eat and Play

Come along and join us at these fun and friendly cooking sessions and learn how to make healthy and delicious meals and snacks for the whole family. It's a chance for children to get involved with cooking and try new foods. For families with children aged 0—5 years. Booking essential.

### Paediatric First Aid

This 6 week course will provide you with knowledge and practical skills on how to give first aid/assistance to babies or young children and deal with minor illnesses. Booking essential. Crèche available.



### Basic and Advanced sewing classes

These courses will help you develop practical sewing skills and techniques so that you can create your own crafts, gifts and clothes. Booking essential.

For full details of courses, including when and where they are running, and how to book a place, please turn to pages 6 and 7.

### Food Safety

This 3 week course teaches you the important factors that need to be considered when preparing and serving food, including hygiene, contamination and food hazards. You will receive a certificate on completion and this course can help when you are applying for jobs. Booking essential. Crèche available.

# Park Ward Children's Centres Activity Timetable Spring Term 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Jubilee Children's Centre</b> 01422 342552	<b>Family Support Drop-In</b> 9.30 - 11.30am  <b>Antenatal Clinic</b> 9.00—5.00pm For information, please call 01422 261364/01422 360336  <b>Basic Sewing</b> 9.30 - 11.30am 16th Jan— 3rd April Booking essential	<b>Family Support Drop-in With Czech/Slovak Family Support Workers Available, and Citizen advice Bureau</b> 12.30—2.30pm  <b>Stay and Play</b> Term time only For children 0 - 5 years 1.30 - 3.00pm	<b>Antenatal Clinic</b> 9.00am—5.00pm For information, please call 01422 261364/01422 261360 <b>Breastfeeding peer support available</b> Term Time only 10:00am—12:00pm <b>Family Support Drop-in with a Polish family support available</b> 9.30 - 11.30am <b>Friends</b> 9.30 - 11.30am Self referral/referral only /Term time only  <b>Parent and Toddlers with Polish speaking worker</b> Children aged 0 - 4 years 1.00 - 2.30pm <b>Toddler Talk (1st and 3rd Weds of each month)</b> 1.00 - 4.00pm (appointment only) <b>Smoking cessation</b> 1.00—4.00pm	<b>Dad's Group 'Daddycation' For Dads/Male Carers and their children</b> 3.30 - 5.30pm every other Thursday (12th Jan, 26th Jan, 9th Feb, 23rd Feb, 9th Mar, 23rd Mar)  <b>Mini Movers</b> 1:00—2:00pm 2nd Mar —23rd Mar <b>(Walking babies to pre—school children)</b> <b>Booking Essential</b>	<b>Baby Clinic Drop-In</b> Run by Health Visitors 9.30 - 11.00am  <b>Beenies</b> Term time only (for children aged 0 -24 months) 9.30—11.00am
<b>Jubilee at Beech Hill</b> 01422 348874	<b>Aromatherapy Course</b> 9:30—11:30am 13th Mar—22nd May Booking Essential  <b>Beenies</b> Term time only (for children aged 0-24 months) 1.30 - 3.00pm	<b>Baby Massage</b> Morning Session 7th Mar —28th Mar Booking Essential	<b>Stay and Play</b> Term time only For children 0 - 5 years 1.30 - 3.00pm	<b>Bangladeshi Coffee morning</b> 2nd Thursday of every month term time only 8.45 - 10.30am  <b>Cook, Eat and Play</b> 1.00—3.00pm 2nd Feb—2nd Mar Booking Essential	
<b>Little Stars Parkinson Lane Children's Centre</b> 01422 252022	<b>Antenatal Booking Clinic</b> 9.00am - 5.00pm For first appointment please contact 01422 261364/01422360336  <b>Friends</b> 9.30 - 11.30am Self referral/Referral only/Term time only Contact the centre for more information  <b>Breastfeeding peer support available</b> Term time only 12.45—2.45pm	<b>Family Support Drop-in</b> 9.30 - 11.30am  <b>Beenies</b> (for children aged 0-24 months) 1.30 - 3.00pm  <b>Food Safety</b> 9:30—11:30am 14th Mar—28th Mar Booking essential	<b>Stay and Play</b> Term time only For children 0 - 5 years 1.30 - 3.00pm	<b>Baby Massage</b> 9:30—10:30am 19th Jan—9th Feb Booking Essential	<b>Antenatal Booking Clinic</b> 9.00am - 5.00pm For first appointment please contact 01422 261364/01422 360336  <b>Referral Crèche</b> 9.30 - 11.30am Term time only Referral by Health Visitor, contact the centre for more information on 01422 252022
<b>Little Stars Warley Road Children's Centre</b> 01422 252022		<b>Advanced Sewing</b> 9.30—11.30am 24th Jan –4th April Booking essential		<b>Stay and Play</b> Term time only For children 0 - 5 years 9.30 - 11.00am	
<b>Sunshine Children's Centre</b> 01422 385929	<b>Beenies Group</b> For children 0 - 24 months 1.30 - 3.00pm Term time only	<b>Postnatal Clinic</b> By appointment only 01422 360336 9.00am - 1.00pm	<b>Family Support Drop in</b> 9.30 - 11.30am  <b>Paediatric First Aid</b> 1:00 - 3:00pm 15th Mar - 3rd May Booking Essential	<b>Stay and Play</b> Term time only For children 0 - 5 years 9.30 - 11.00am <b>Parent &amp; Toddler</b> With Czech speaking worker Children 0 - 4 years 1.00 - 2.30pm <b>Czech ESOL</b> 12:00 - 2:00pm Term Time only <b>Family Support Drop-in</b> With Czech/Slovak Worker 1.00 - 4.00pm	