

What's available for me and my family?

Services to support all of your family's health and wellbeing

Friends Groups

A weekly group where you can meet other mums, take part in relaxing activities, learn new skills and increase your confidence.

Cook, Eat and Play

Cooking sessions for families with children aged 0-5. Make new recipes, encourage your child to try new foods and get healthy eating tips for the whole family.

Yummy Tummies

These sessions will give you advice about how to support your child to eat healthily and to try new foods. Ideal for fussy eaters, contact your nearest centre to find out more.

Family support

1:1 Support

For families with children aged 0-19, our support workers can help with managing behaviour, housing, debt and benefits, relationship issues, emotional support and referral to other agencies.

Family Support Drop-ins

For families with children aged 0-19. Informal drop-ins with our family support workers. No appointment necessary.

Parenting Courses

Courses to increase parental confidence and to help give parents a better understanding of child behaviour and development.

For more details of all our services, please see our monthly timetables.

Healthy Eating Courses

Look out for our cooking courses where you can improve your cooking skills, learn new recipes and get lots of healthy eating ideas for the whole family.

Smoking Cessation

Support available to stop smoking. Please see timetable for details.



Services for you

Training Courses/Adult Learning

We offer various training courses to improve your skills and confidence which can help you to go onto further training or employment.

Employment Support

1:1 service for parents with children aged 0-19 years. Support with CV writing, job search, enrolling on training courses, planning a career change and interview skills.

Volunteering Opportunities

Increase your confidence and skills and help to improve the lives of others. We have a wide range of volunteering opportunities in our centres.

Activities for Dads and Male Carers

Dads are welcome at all our activities. Take part in our Dads groups for lots of fun activities with your children and to meet other Dads/Male Carers.

What is a Children's Centre?



**Sure Start
Children's Centres**

Upper and Central Calderdale

halifax
opportunities
trust

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.



To find out more, you can call into one of our Centres, phone us or visit our website:

www.childrencentres.co.uk

Where's my nearest Children's Centre?

Jubilee Children's Centre
01422 342552
Lightowler Road
Halifax
HX1 5NB

Jubilee at Beech Hill
Children's Centre
01422 348874
Mount Pleasant Ave, Halifax
HX1 5TN

Little Stars at Parkinson
Lane Children's Centre
01422 252022
Parkinson Lane, Halifax
HX1 3XL

Little Stars at Warley Road
Children's Centre
01422 252022
Warley Road Primary School,
Warley Road, Halifax
HX1 3TG

Sunshine Children's Centre
01422 385929
Mount Pellon Academy
Battinson Road, Halifax
HX1 4RG

What's available for me and my family?

During pregnancy and after your baby is born

Midwife Appointments and Post-natal Clinics

Please see our timetable for details.

Getting Ready for Baby

A 4 week course run by Health Visitors and Midwives to give you information and advice about what to expect from pregnancy and birth.

Breastfeeding Support and Advice

We have trained Breastfeeding Peer Supporters who can offer support and guidance. Please contact your nearest centre for details .

Baby Groups

Weekly groups for you and your baby, a chance to meet other parents and get advice and support in the early stages of parenthood. Topics covered include weaning advice and support.

Health Visitor Clinics

Drop-in and meet your Health Visitor for baby weighing or to discuss your baby's health.

Beenies/Tweenies Groups

For babies aged 0-24 months, lots of fun activities planned so your child can learn, play and explore.

Baby Massage Courses

Massage can help support baby's immune system, aid digestion, relieve colic and constipation, and promote good sleep.



For your toddlers and pre-school children

Stay and Play

For children aged 0-5, this weekly group offers varied themed activities to help your child learn, develop and have fun! Sessions include messy play, singing, stories and active games.

Parent and Toddler groups

For families with children aged 0-5, these groups offer lots of play based activities to help with your child's development and help prepare them for the nursery/school setting. Czech and Polish speaking workers support our Parent and Toddler groups, please see timetables for full details.



Speech and Language Support

All our pre-school activities support your child's speech and language development. We also offer a session run by a Speech and Language therapist.

Ready Steady Nursery/School

A course that supports you and your child to ensure that you are both prepared for the nursery/school setting.