

What's available for me and my family?

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

Friends Groups

Meet other mums, get crafty and take part in relaxing activities, learn new skills and increase your confidence.



Family support

1:1 Support

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

Family Support Drop-ins

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.

Cook, Eat and Play

Hands on cooking sessions for parents and children aged 0-5 years. 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.

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, follow us on Facebook or visit our website:
www.childrencentres.co.uk

Where's my nearest Children's Centre?

Boothtown Children's Centre
01422 250365
Rawson Street North,
Boothtown,
HX3 6PU

New Road Children's Centre
01422 835614
New Road, Sowerby Bridge,
HX6 1DY

St Paul's Methodist Church,
Tower Hill, Sowerby Bridge,
HX6 2EQ

St Peter's Community Centre,
St Peter's Avenue, Sowerby
Bridge,
HX6 1HA

Siddal Children's Centre
01422 395501
Backhold Lane,
Siddal,
HX3 9DL

Southowram
Sure Start Centre
01422 395501
Law Lane,
Southowram,
HX3 9QL

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 and 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.

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.

We also run other activities for your toddlers and pre-school children on a termly basis please look out for these on our monthly timetables.

