

What's On Guide – January 2019

Please call 01422 434006 for more information

MONDAY

Crafty Ladies!

Starting 07.01.19

4:00pm – 6:00pm

Come along every fortnight to indulge your hobby and make new friends.

Phone 01484 714768 to check dates.



Discovering the breath

7th 14th 21st 28th January '19

1.45pm to 3.00pm

Yoga based practices to help you become aware of how mindful breathing can help your health and wellbeing.

Call Helen for costs and booking on 07925 102461

The Children's Centre does not deliver this activity

TUESDAY

Tiny me

Starting 08.01.19

Stay and Play for parents and babies 0-18months.

9:30am -11:00am

Just drop in £1.60

Per family

Term Time Only

Well Baby Clinic
Delivered by the Health Visitors
Every Tuesday
1:00pm-3:00pm

Discovering Relaxation

8th 15th 22nd 29th January '19

7.00pm to 8.15pm

Six weeks course.

Yoga based practices to help you discover some tools to aid physical and mental relaxation.

Call Helen for costs and booking on 07925 102461

The Children's Centre does not deliver this activity

WEDNESDAY



Baby Massage Course

16th January 2019

10.00am-11.00am

Four week course

Showing parents how massage aids relaxation, sleep and assists with the symptoms of colic. Suitable for 0 to crawling. Children in session.

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Facebook: [Sure Start Children's Centres North & East Halifax](https://www.facebook.com/SureStartChildrensCentresNorthEastHalifax)



Or visit:
www.surestartchildrenscentresnhp.org.uk

Phone 01422 266197 to book onto any of the courses.

THURSDAY

Child-minder Network Session

9:00am – 11:30am

Term Time Only

Stay and play session for Child-minders and their children

Chat & Play

1:30pm – 3:00pm

Snack for children, coffee and a chat for parents.

£1.60 per family



FRIDAY

Yoga for adults

10:00am – 11:30am

Call Helen for costs and booking on 07925 102461

The Children's Centre does not deliver this activity



Art Class

1:00pm – 3:00pm

Every Friday

All stages welcome and all materials provided!

Please call Annette Duncan on 07484 370310 for more information.

The Children's Centre does not deliver this activity



Activity	Date/day	Time	Details
<u>Tiny Me</u>	Tuesday (Term Time Only)	9:30am – 11:00am	Stay and Play for parents and babies 0-18months. Term Time only. Just drop in. £1.60 per family. This activity is at the HUB.
<u>Well Baby Clinic</u>	Tuesday	1:00pm – 3:00pm	A new session delivered by the Health Visitors, every Tuesday, a drop in clinic to weigh your baby and seek help and advice from the Health Visitors. This activity is at the HUB/ 030 03045076 (Health Visitors)
<u>Child-minder Network Session</u>	Thursday (Term Time Only)	9:00am – 11:30pm	Stay and play session for child-minders and their children. A very good opportunity to speak with other child-minders and meet new people. This activity is at the HUB.
<u>Chat and play</u>	Thursday	1:30pm – 3:00pm	A great opportunity to socialise with other parents and for your children to play. Refreshments are provided, come along and have a chat. A small fee of £1.60 per family. This activity is at the HUB.

The Children's Centre hub strives to meet the needs of the Children, young people and families and values partnership working and the views of parents.

The Centre opening times are dependent on service needs.

