

# What's On Guide – March 2019

Please call 01422 434006 for more information

## MONDAY

### Crafty Ladies!

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

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

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

7.00pm to 8.15pm

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 and Parent Pilates

6<sup>th</sup> March 2019

Four Week Course

10.00am-11.00am

Aiming to promote health and wellbeing in the postnatal population.

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



Or visit:

[www.surestartchildrenscentresnhp.org.uk](http://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

Term Time Only

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>                      | <b>Tuesday</b><br>(Term Time Only)  | <b>9:30am – 11:00am</b> | Stay and Play for parents and babies 0-18months. Term Time only. Just drop in. £1.60 per family. <b>This activity is at the HUB.</b>  |
| <u>Well Baby Clinic</u>             | <b>Tuesday</b>                      | <b>1:00pm – 3:00pm</b>  | 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.<br><b>This activity is at the HUB/ 030 03045076 (Health Visitors)</b> |
| <u>Child-minder Network Session</u> | <b>Thursday</b><br>(Term Time Only) | <b>9:00am – 11:30pm</b> | Stay and play session for child-minders and their children. A very good opportunity to speak with other child-minders and meet new people. <b>This activity is at the HUB.</b>  |
| <u>Chat and play</u>                | <b>Thursday</b>                     | <b>1:30pm – 3:00pm</b>  | 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. <b>This activity is at the HUB.</b>              |

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.*

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.*

