

						
MONDAY	<p>Need help claiming benefits? Have a problem with housing? Do you have issues with debt? Need help filling in a form?</p> <p>If yes is the answer to any of these questions. Please ring Mixenden Parents Resource Centre on 01422 240043 to book an appointment</p>	<p>"Have your say"</p> <p>We have regular meetings of our Parents forum and Advisory Board Panel. Anyone interested in attending should contact Kirilea Whitehead on 01444 243941</p>		<p>Antenatal Clinic</p> <p>9:00am – 4:00pm <i>Appointment only</i></p>		<p>Crafty Ladies 4.00pm – 6.00pm Come along every fortnight to indulge your hobby and make new friends. To confirm dates ring 01484 714768.</p> <p>Discovering the breath 1.45pm to 3.00pm Learning chair-based breath awareness techniques. Call Helen for costs and bookings on 07925 102461 <i>Children's Centre doesn't deliver this activity</i></p>
TUESDAY	<p>Tiny Tots Tuesdays – NEW!</p> <p>9:15am – 10.45am TERM TIME ONLY A drop in stay and play session. Age 0-5 years £1.60 per family</p> <p>CAMHS</p> <p>Referral only 8.00 am – 5.00pm</p>	<p>Midwife Clinic</p> <p>Ash Green – Vicarage Site Every Tuesday from 9am Clinic runs by appointment only</p> <p>For more information please contact the midwife team on 01422 251095</p>	<p>Inbetweeners</p> <p>Stay and Play group for parents and children who are walking – 3 years old. Every Tuesday 9:30am – 11:00am</p> <p>Come along and join the fun! £1.60 per family * Group run by parents / carer volunteers* TERM TIME ONLY</p>	<p>Big and Little Explorers Every Tuesday 9:30am – 11:00am (0-3 YEARS) £1.60 per family TERM TIME ONLY</p> <p>CAMHS Referral only 8.00am – 4.00pm</p> <p>Pre-School Drama Tuesday 30th April – 21st May 2019</p> <p>1.00pm – 2.00pm</p> <p>A 4 week family learning activity where babies and toddlers will enter a new world through mime/tunnel & music/ guided imagery</p>	<p>Well Baby Clinic</p> <p>9:30am – 11:00am</p> <p>Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p>NEW First Tuesday in every month Free play weigh & drop in session Running alongside the weigh drop in session 9.30am – 11.00am</p>	<p>Tiny Me Stay and Play for parents and babies 0-18 months 9:30am -11:00am £1.60 per family TERM TIME ONLY</p> <p>Well Baby Clinic 1.00pm– 3.00pm Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p>Discovering relaxation 7.00pm to 8.15pm Learning floor-based breath awareness techniques. Call Helen for costs and bookings on 07925 102461 <i>Children's Centre doesn't deliver this activity</i></p>
WEDNESDAY	<p>Antenatal Clinic</p> <p>9:00am – 4:30pm Appointment</p> <p>The Well Baby Clinic 9:00am – 10:30am Drop in clinic to weigh your baby and seek advice and guidance from health visitors.</p>	<p>The Well Baby Clinic 9.00am-10.00am Drop in and weigh your baby</p> <p>Big & Little Explorers Upper Portacabin Every Tuesday 9:00am – 10:30am Family Fun & Refreshments Cost of £1.60 per Family Just turn up on the day TERM TIME ONLY</p>	<p>Antenatal Clinic 9:00am – 2:00pm <i>Appointment only</i></p> <p>Buddy Bears</p> <p>Drop in stay and play activity session 0-4 years 9:30am – 11:00am £1.60 per family includes snack TERM TIME ONLY</p> <p>Stop Smoking Clinic 9.00am – 12.30pm One to one appointments for further information ring 01422 262373</p>	<p>Introduction to childcare Level 2</p> <p>Enrolment Thursday 16th May Course starts 6th June until 11th July 2019</p> <p>A 6 week accredited course for anyone interested in a career in childcare to 3 qualifications</p>	<p>Mini Movers Stay & Play</p> <p>Community Group Every Wednesday TERM TIME ONLY 1.45pm – 3.10pm AT Moorside Community Primary School</p>	<p>Scarecrow Event</p> <p>Saturday 4th May 10.30am – 1.30pm</p> <p>Free family fun at Northowram and Shelf Childrens Centre</p>
THURSDAY	<p>CAMHS</p> <p>Referral only 1.00 pm – 5.00pm</p>	<p>Getting Ready For Baby Four sessions Organised by your Health visiting Team, Children's Centre Team and the Midwives. To Book visit maternitycoursebooking.cht.nhs.uk or contact your Children's Centre</p>	<p>Well Baby Clinic 9:30am – 11:30am Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p>Breastfeeding Advice and Support Thursday 12:00 noon – 1:30pm This is run by the Health Visitors Team and will offer one to one advice and support to parents/carers For further information please contact the health visitors on 01422 367891</p>	<p>Antenatal Clinic</p> <p>9:00am – 4:00pm <i>Appointment only</i></p>	<p>Antenatal Clinic & Postnatal Clinic</p> <p>8.30am – 2:00pm <i>Appointment only</i></p> <p>Baby Massage</p> <p>10.00am -11.00am For 4weeks ring 01422 266197 to book a space</p>	<p>Child-minder Network Session 9:00am – 11:30am TERM TIME ONLY Stay and Play session for child-minders and their children.</p> <p>Chat & Play 1:30pm – 3:00pm Snack for children, coffee and a chat for parents. £1.60 per family</p>
FRIDAY	<p>Getting Ready For Baby Four sessions Organised by your Health visiting Team, Children's Centre Team and the Midwives. To Book visit maternitycoursebooking.cht.nhs.uk or contact your Children's Centre</p>	<p>Dads R Us Saturday 4th May Stars Day at Holy Nativity Church. For more information call or text 07760 592257 Or email contact@dadsareus.co.uk</p>	<p>Baby Adventures</p> <p>1:00pm – 2:30pm Drop in stay and play session for you and your baby, (0-14 months) Free refreshments £1.60 per family. TERM TIME ONLY</p>	<p>Post – Natal Clinic</p> <p>9.00am -12.00am <i>Appointment only</i></p>	<p>North & East Family Support Team Parent Drop in Offering Support for numerous things inc. school worries letter writing, money management. Every Friday 9.30am – 11.30am</p>	<p>Yoga for adults 10:00am – 11:30am Every Friday TERM TIME ONLY Call Helen for costs and bookings on 07925 102461 <i>Children's Centre doesn't deliver this activity</i></p> <p>Art Class 1.00pm – 3.00pm Every Friday All stages welcome & materials provided Call Annette Duncan on 07484 370310 further information <i>Children's Centre doesn't deliver this activity</i></p>

You can book any of our training or activities online through our website www.surestartchildrenscentresnhp.org.uk Alternatively complete a booking form and hand in at your nearest Children's Centre or ring 01422 266197 Follow us on Facebook: Sure Start Children's Centres NHP

All centres will be closed Bank holidays Monday 6th May & Monday 27th May

Training day Friday 10th May

