

						
M O N D A Y	<p>Home Start is a registered charity supporting families with at least one child under the age of 5 years. The charity accesses our centre and provides a stay and play group for parents registered with the charity. Please phone 01422 242124 for more information.</p>	<p><u>Lantern Parade</u> Tuesday 6th November Starts at 4.30pm from Ash Green Loser School</p>		<p><u>Antenatal Clinic</u> 9:00am – 4:00pm <i>Appointment only</i></p> <p><u>Paediatric First Aid</u> 9.30am - 12.30am 4 week learning a level 3 award with Accreditation</p> <p><u>Christmas Jumping Clay</u> 12th Nov – 26th Nov For 3 weeks 10.00am -12.00pm</p>	<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><u>Crafty Ladies</u> 4.00pm – 6.00pm Come along every fortnight to indulge your hobby and make new friends. To confirm dates ring 01484 714768.</p> <p><u>Discovering the breath</u> 5th November 2018 1.45pm to 3.00pm Six weeks course. Learning chair-based breath awareness techniques. Call Helen for costs and bookings on 07925 102461 Children's Centre doesn't deliver this activity</p>
T U E S D A Y	<p><u>Tiny Tots Tuesdays – NEW!</u> 9:15am – 10.45am TERM TIME ONLY A drop in stay and play session. Age 0-5 years £1.60 per family</p> <p><u>CAMHS</u> Referral only 8.00 am – 5.00pm</p>	<p><u>Midwife Clinic</u> Ash Green – Vicarage Site Every Tuesday from 9am Clinic runs by appointment only For more information please contact the midwife team on 01422 251095</p>	<p><u>Inbetweeners</u> Stay and Play group for parents and children who are walking – 3 years old. Every Tuesday 9:30am – 11:00am Come along and join the fun! £1.60 per family * Group run by parents / carer volunteers* TERM TIME ONLY</p>	<p><u>Big and Little Explorers</u> Every Tuesday 9:30am – 11:00am (0-3 YEARS) £1.60 per family TERM TIME ONLY</p> <p><u>CAMHS</u> Referral only 8.00am – 4.00pm</p>	<p><u>Well Baby Clinic</u> 9:30am – 11:00am Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p>NEW <u>First Tuesday in every month</u> Free play weigh & drop in session Running alongside the weigh drop in session 9.30am – 11.00am</p>	<p><u>Tiny Me</u> Stay and Play for parents and babies 0-18 months 9:30am -11:00am £1.60 per family TERM TIME ONLY</p> <p><u>Well Baby Clinic</u> 1.00pm– 3.00pm Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p><u>Discovering the breath</u> 6th November 2018 7.00pm to 8.15pm Six weeks course. Learning floor-based breath awareness techniques. Call Helen for costs and bookings on 07925 102461 Children's Centre doesn't deliver this activity</p>
W E D N E S D A Y	<p><u>Antenatal Clinic</u> 9:00am – 4:30pm Appointment</p> <p><u>The Well Baby Clinic</u> 9:00am – 10:30am Drop in clinic to weigh your baby and seek advice and guidance from health visitors.</p>	<p><u>The Well Baby Clinic</u> 9.00am-10.00am Drop in and weigh your baby</p> <p><u>Big & Little Explorers Upper Portacabin</u> Every Tuesday 9:00am – 11:00am Family Fun & Refreshments Cost of £1.60 per Family Just turn up on the day TERM TIME ONLY</p>	<p><u>Antenatal Clinic</u> 9:00am – 2:00pm <i>Appointment only</i></p> <p><u>Buddy Bears</u> 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><u>Stop Smoking Clinic</u> 9.00am – 12.30pm One to one appointments for further information ring 01422 262373</p>	<p>Home Start is a registered charity supporting families with at least one child under the age of 5 years. The charity accesses our centre and provides a stay and play group for parents registered with the charity. Please phone 01422 242124 for more information</p>	<p><u>Getting Ready For Baby</u> 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>	
T H U R S D A Y	<p><u>Grow big</u> Thursday 15th November 10.00am 11.30am FREE fun session of sensory play</p> <p><u>CAMHS</u> Referral only 1.00 pm – 5.00pm</p>		<p><u>Well Baby Clinic</u> 9:30am – 11:30am Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p><u>Breastfeeding Advice and Support</u> 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><u>Antenatal Clinic</u> 9:00am – 4:00pm <i>Appointment only</i></p> <p><u>Calderdale Staying Safe</u> Do you need advice or support? Drop in Session at Innovations 1st & 3rd Thursday of the month From 10am – 12pm</p>	<p><u>Antenatal Clinic & Postnatal Clinic</u> 8.30am – 2:00pm <i>Appointment only</i></p> <p><u>"Lets' get Moving" Event</u> 1st November 1.30pm-3.30pm At Threeways Sports Hall</p>	<p><u>Child-minder Network Session</u> 9:00am – 11:30am TERM TIME ONLY Stay and Play session for child-minders and their children.</p> <p><u>Chat & Play</u> 1:30pm – 3:00pm Snack for children, coffee and a chat for parents. £1.60 per family</p>
F R I D A Y	<p><u>Antenatal Clinic</u> 8:00am – 1:00pm Appointment only</p>	<p><u>Dads R Us</u> At Mixenden Holy Nativity Church Saturday AM 4th November Bonfire themed activities planned</p>	<p><u>Baby Adventures</u> 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><u>FUN BUS</u> Friday 2nd November 1.00pm – 2.30pm FREE EVENT</p>	<p><u>Post – natal Clinic</u> 9.00am -12.00am <i>Appointment only</i></p>		<p><u>Yoga for adults</u> 10:00am – 11:30am Every Friday TERM TIME ONLY Call Helen for costs and bookings on 07925 102461 Children's Centre doesn't deliver this activity</p> <p><u>Art Class</u> 1.00pm – 3.00pm Every Friday All stages welcome & materials provided Call Annette Duncan on 07484 370310 further information Children's centre doesn't deliver this activity</p>

