

Welcome to our Summer Newsletter



Welcome to our Summer 2018 newsletter. It is hard to believe we are now nearly at the end of year four of our contract. I would like to take the opportunity to say thank you to all the staff who have worked so hard to ensure that services delivered have been of a high quality. The results of our Annual satisfaction survey have proved this. A big thank you goes out to all our families who have supported us and used our services and for telling us what you think!

The comments from our local families are important to us to be able to improve the services we provide and meet the needs of our families. It also helps us understand any issues within your local community, which we will be able to pass onto the relevant services. Please don't forget you don't need to wait until our annual consultation exercise – if you have any feedback please use a Catch the Comment form available in any Centre.

Calderdale Council (CMBC) are in the process of planning the next steps for Children's Centres after our contract ends in March 2019. They have a planned timeline for the next commissioning process. They will be looking to consult with service users and partners so we really would appreciate it if you could support the Children's Centres by giving CMBC your views, we will let you know the fuller details in due course.

Family Learning Courses and Activities

We thought we would take this opportunity to remind you of the process for booking onto our courses and activities.

- You can fill out a booking form via our flyers in centres/teams or online
- Our family learning team collate the completed applications and allocate to courses 2 weeks before the course is due to start
- You will receive a letter in the post confirming if you have a place or if you have not received a place.
- You will be sent a reminder text message 2 days before the start of the course/activity

Unfortunately due to the demand and popularity of some courses we can't always accommodate all applications. Once we have more applications than places available we shortlist based on criteria—this could be living closest to the centre/venue or whether you are in a target group (see booking form).

We have now introduced a section on the booking form that allows you to let us know of any circumstances you would wish us to consider as part of the allocation process.

Annual Consultation Feedback

Our Annual Consultation with families took place 4th – 15th December 2017. Our aim was to give the families that attend our services or that we work with an opportunity to voice their opinions about the services we provide and allow them to put forward new ideas and suggestions. Families were asked to complete a questionnaire over this two week period, with a number of questions on the service, including rating the service they had received on a scale of 1-5 where 1 is low and 5 is high, and whether they felt safe when accessing the Centres.

925 questionnaires were completed and returned in total, this was a 15% increase on 2016's questionnaires (in 2016 there were 783 questionnaires completed). A big thank you to everyone that took part in the consultation.

Overall 99.67% of families who answered the question rated their satisfaction at 3, 4 or 5 and 99.18% of families who answered the question said they felt safe using the Children's Centres.

All completed questionnaires were put into a prize draw and a winner was randomly selected. The winner was Megan Thornton, a parent who lives in Creations reach area. She won £50 worth of Love2Shop vouchers.

Some of the feedback is quoted in boxes throughout this newsletter



**'Excellent service from
play group, my son
counts days down all
week'**

Health News



Sugar Smart Campaign

North Halifax Partnership along with a network of over 40 other businesses, organisations and schools in Calderdale are pledging to take action on reducing sugar by joining up with our local Sugar Smart campaign.

Sugar Smart is a National campaign run by Jamie Oliver. It is to help individuals reduce the amount of sugar they and their families consume.

Sugar overconsumption is an issue in Calderdale

Sugar overconsumption contributes to diet-related ill health, including obesity, type 2 diabetes and tooth decay. 18.2% of our young people in Calderdale leave primary school obese, and 65.2% of adults in the borough are above a healthy weight. Oral Health in Calderdale is worse than the national average, with 29.3% of children aged 5 experiencing tooth decay.

Our cooks are looking at cereals and puddings to ensure they are low in sugar for the children in our care. Small changes can make a big difference.

For more information, or to watch an inspirational introductory Jamie Oliver clip, go to www.sugarsmartuk.org

NHP Staff ditch the sugar for 1 day a Week

Children's Centre staff have got on board with the Sugar Smart Campaign and pledged to ditch sugary snacks and drinks for 1 day per week. We have all watched the hard hitting video that shows the adverse affects of having too much sugar in your diet, including all those hidden sugars you may not realise are there.

A healthy replacement of fruit and vegetables is provided each week for staff that have signed up to the pledge until June 2018.



We are also working on providing simple recipes for staff to use instead of using the jars of sauces that contain a high amount of hidden sugar - up to 6 sugar cubes in a jar of pasta sauce!

Tins of soup also contain hidden sugar—ditch the can and try our hearty soup recipe below.

Hearty Chicken Soup—serves 4

Ingredients:

- 2 x boneless chicken breasts
- 2 x rashers bacon
- 700g diced potatoes
- 500g diced carrots
- 400g diced swede
- 1 litre chicken stock (made with 2 chicken stock cubes)
- 1 tbsp rosemary
- Salt and pepper

Method:

- Fry chicken and bacon in a large pan with low calorie spray for approximately 5 mins.
- Add veg, chicken stock, rosemary and salt and pepper.
- Simmer gently for 1.5 hours.
- Take a quarter of the veg out and blitz with a hand blender. Return blended veg to soup to make thick.
- Serve with crusty bread—enjoy!

Breast Feeding Friends (BFF)

Supporting each other every step of the way



Come and join us for a relaxed, casual and supportive chat and spend some time with other mums sharing your experiences or asking questions about the ins and outs of breast feeding.

Every Monday 10-11.30am
at Welholme Children's Centre, Bradford Road, Brighouse

Learn about the wonderful benefits of breast feeding

- Early weeks transition
- Common concerns and solutions
- Check baby's weight
- Returning to work or study

A Health Professional and Breast Feeding Peer Supporter on hand every week for advice



Locala
Community Partnerships CIC

0800 612 0011

Free from landlines

0330 660 1166

Free from most mobiles

01422 262373

NHS

**Yorkshire
Smokefree Service**

Your Local Stop Smoking Clinic - Pregnancy and Family

Day	Clinic
Tuesday	New Road Children's Centre 09:00 - 12:30pm
Wednesday	Illingworth Children's Centre 09:00 - 12:40pm
Thursday	Elland Children's Centre 13:00 - 16:30pm
Friday	Laura Mitchell Health & Wellbeing Centre 09:00 - 11:30am

Other clinics available across Calderdale

What we can offer:

- Information & Advice
- Weekly Support
- Carbon Monoxide Breath Test
- Various Stop Smoking Medication
- Increase Chance of a Successful Quit Attempt!**

Appointment Only Clinics

Visit our website at: www.yorkshiresmokefree.nhs.uk

Facebook: Yorkshire Smokefree

Twitter: @YSmokefree

With all of us in mind.

Safety News

Stranger Danger

Children are naturally trusting of adults but as they grow up, it's important to make them aware of 'stranger danger'. It is also important not to worry your child but they do need to be aware of potential threats to their safety whether they are out and about or online.

You need to think about whether your child actually understands what is meant by a 'stranger'. It is very important that your child understands that a stranger is anyone they do not know.

As tempting as it can be to wrap your child in cotton wool, smother them too much and they'll never learn valuable skills like independence and intuition.

Although young children need adult supervision when they're out and about, most experts agree that children over the age of about seven years old should gradually be given a little more independence.

Before then, it's worth talking to them about safety when they do venture out. As well as understanding road safety, learning the importance of their own intuition and hidden dangers, stranger danger is an important topic to cover. Covering some basic stranger danger rules with your child may help their understanding.

We now need to think about how we keep our children safe whilst online. It is useful for you to develop your knowledge and understanding about internet safety to help you support your child understanding. It is every parent's duty to take measures to protect them from potentially harmful content.

Below are some useful links to online sites which will support you to help your child to stay safe.

<https://www.netmums.com/child/internet-safety-for-children>

<https://www.nspcc.org.uk/>



'Fantastic services with friendly staff. Great atmosphere with variety of things to do'

Bi – Annual contacts with families

In February 2018 the Family Support Teams in Lower Valley and North and East Halifax undertook our Bi-Annual exercise. This is where we contact families who haven't accessed Children's Centre services in the last 6 months; we do this either by phone or a door knock. During this exercise we ask families for feedback on why they haven't accessed any of our services and we use this opportunity to update our records and promote our Children's Centre Services.

On this occasion we successfully contacted **1,210** families, with a total of **206** families requesting a further service from us. This included information about our services, signposting to groups and activities, registering new members of their family and **22** referrals for Family Support!!

We will next be undertaking this exercise in July 2018 so watch out for our friendly faces if we haven't seen you at the centre in the meantime.

Meet Our Family Support Team

North & East



'Got every bit of support me and my kids needed. Always make you feel welcome and always there when you need a chat'

Lower Valley



'I have needed support from family support twice and both times it has been invaluable in saving my sanity! It is a very worthwhile service'

Nursery News

Food Standards Agency Food Hygiene ratings

Did You Know—Calderdale Council carries out regular checks on all food premises to ensure the public is protected and that high standards are maintained.

Visits to premises are carried out, as far as possible, without prior notification and are priority programmed according to the degree of potential risk. This ensures that higher risk premises are visited more frequently than those in lower risk categories.

During an inspection, Officers will want to reassure themselves that potential food safety risks have been identified by the business, and that there are adequate controls in place to prevent any problems. They will also look at the training of managers and food handlers to ensure that it is suitable, and they will check that the condition of the premises and equipment is satisfactory.

We are pleased to tell you that both Wellholme and Ash Green Children's Centres have recently had their kitchens inspected and achieved 5 STARS.

Well done to both Centres for having excellent, hygienic kitchens!



Child Health – Well Baby Clinics

In our Autumn newsletter we let you know we have been working with our partners in Locala's Health Visiting team to extend the number of Child Health – Well Baby clinics across our area.

We are pleased to tell you we now have 2 further weekly Child Health – Well Baby Clinics these are at:

Northowram & Shelf Children's Centre Hub Tuesdays 1pm – 3pm
Whinney Hill Community Centre Wednesdays 12.30pm – 2pm

The clinics are run by Locala's Health Visiting Team, offering health and development advice and support for you and your child. If you would like more information contact the Health Visiting Team on: 030 0304 5076

For more information on the Well Baby Clinics at other centres see page 6 & 7

'I have attended several courses including baby sign, massage and sensory baskets as well as the xmas fayre, all excellent and have helped me meet local mums'



Website and Facebook

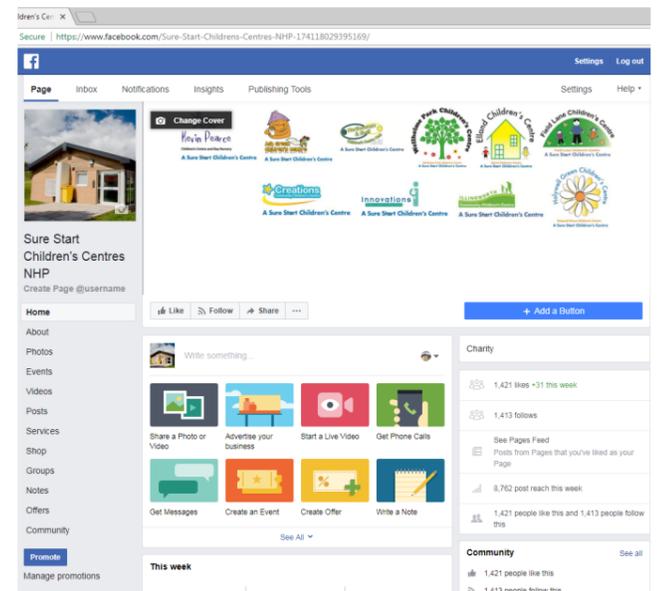
We have recently updated our Children's Centre Daycare website pages to make them more informative for parents/carers. You will now see there is a wealth of information including pricing, menu's, the latest newsletters, pictures of your children and the learning activities they are doing and much more. For more information visit:-

<http://surestartchildrenscentresnhp.org.uk/our-centres/> (then click on the relevant centre page)

All of our Children's Centre now have their own Facebook pages where you will find the latest information on services as well as pictures from our activities in centres.

Please like our pages to find the latest updates in your newsfeed. You should be able to find the individual pages by typing in the centre name on your search box on Facebook—all centres have their logo as their profile picture. Watch out for the centre competitions, we've already had a few winners. If you already like our pages please invite your family and friends to like them too.

Our main Facebook page (Sure Start Children's Centres NHP) is where you will find general updates, the latest news, latest job vacancies and family learning courses and activities.



Some of our recent posts:-



Some of our mums at Innovations Children's Centre enjoyed an afternoon tea to celebrate Mothering Sunday—thank you to everyone that attended.



The children in the 2-5 room at Wellholme Children's Centre have been getting creative and using their imagination. Jenni gave them a clipboard and asked them to draw pictures of their favourite animals. What do you think?

Children's Centre News

Lower Valley Children's Centres presents Family Fun and Fitness Sessions ...

On Sunday 4th February Lower Valley Children's Centres took over the swimming pools and fitness studio in Brighthouse to offer our lovely families the opportunity to join us for free swimming and exercise activities!

The weather was cold and overcast but that didn't stop our staff and families from completing a brisk buggy walk, taking in the park and then returning to the pool for healthy snacks with lovely rosy cheeks!

For the babies there was an aqua babies class in the teaching pool and for one little one it was his first swimming experience and he loved it! Mummy and daddy seemed happy too. The aqua tots class also went down a storm with Ben from the pool who kept everyone entertained with his teaching skills!

Parents, children and staff were able to work up a sweat with Calderdale's Better Living Team who took them through a tough workout doing family Zumba, while the tiny ones were able to experience activities that are on offer at our Tiny Treasures and Baby groups. There was the chance to explore and climb with Mini Me Time and time to sing loudly with the lovely Kelly in a Bongo Bongos session!

A total of 69 parents, babies and children came along that afternoon to a free fun session. The activities on offer were a taster of what our Children's Centres offer to local families so look out for other events that take place throughout the year or come along to our weekly activities in the Centres. See our website or Facebook pages for details.

"Varied range for all different age groups"

"loved the mini me session"

"Everything that is needed is provided"

"The children's centre are really good and include all parent's in the activities"

During March & April we are holding several events in a Centre near you. Please see below for more information

<p>Illingworth Children's Centre Easter Activities and Egg Hunt Tues 27 March 1.00pm—2.30pm Book on only, tel: 01422 243633</p>	<p>Kevin Pearce Children's Centre Easter Activities Sat 24 March 10am—11.30am</p>	<p>Innovations Children's Centre Dads Breakfast Fri 23rd March 8.00am—10.00am</p>	<p>Creations Children's Centre Easter Crafts with a special visitor Sat 24 March 10.00am—11.40am</p>
<p>Ash Green Children's Centre Easter Crafts (upper site) Thurs 5 April 12.00noon—1.30pm</p>	<p>Elland Children's Centre Easter Egg Hunt Thurs 29 March 10.00am—11.30am</p>	<p>Field Lane Children's Centre Easter Event Wed 28 March 10.00am—12.00 noon</p>	<p>Wellholme Children's Centre Easter Crafts & Egg Hunt Tues 10th April 10am—12.00 noon</p>



What's on Guide

	 <p>Elland Children's Centre A Sure Start Children's Centre</p> <p>Tel: 01422 266197</p>	 <p>Field Lane Children's Centre A Sure Start Children's Centre</p> <p>Tel: 01484 386621</p>	 <p>Holywell Green Children's Centre A Sure Start Children's Centre</p> <p>Tel: 01422 266197</p>	 <p>Wellholme Park Children's Centre A Sure Start Children's Centre</p> <p>Tel: 01484 714768</p>	 <p>Ash Green Children's Centre A Sure Start Children's Centre</p> <p>Tel: 01422 243941</p>
Monday	<p>2 Year Review mornings by appointment only with the Health Visiting Team</p> <p>Work Club: 1pm — 3pm Support & advice for seeing employment. Just drop in!</p>	<p>Family Support Drop In: 9am—11am. Just drop in!</p> <p>Messy Monkeys: 1:30pm — 3pm Stay & Play sessions for parents and their children from 'crawling' to 5yrs. £1.50 per family.</p> <p>Antenatal Clinic: All day, appointments only</p>		<p>Breastfeeding Advice & Support: 10am—11.30am</p>	
Tuesday	<p>Antenatal and post-natal Clinic: 9.00am—4.00pm, appointments only</p>	<p>Tiny Treasures: 1pm — 3pm Stay & play aimed at 0 — 'walkers' Term time only. Just drop in! £1.50 per family.</p> <p>Well Baby Clinic 1pm — 3pm. Just drop in!</p>	<p>Tiny Treasures: 1pm — 2:30pm, aimed at 0 — 'walkers' Just drop in! £1.50 per family.</p>	<p>Antenatal Clinic: All day, appointments only</p> <p>Childminders Group: 9:15am — 10.45am. Just drop in! £1.50 per family</p>	<p>Big & Little Explorers: Upper Portacabin 9am - 11am. Stay & play for parents and children 0 — 5yrs Term time only £1.60 per family Just turn up!</p> <p>Antenatal Clinic: from 9.00am by appointment only at the Vicarage Site</p>
Wednesday	<p>Tiny Treasures: 9:30am — 11am, aimed at 0 — 'walkers' Just drop in! £1.50 per family.</p> <p>Well Baby Clinic 9am — 11am. Just drop in!</p>	<p>Postnatal Buggy Walk: 9:30am — 10:30am Just turn up each week for coffee a chat and some exercise. Weather dependant.</p>		<p>Antenatal Clinic: All day, appointments only</p> <p>Messy Monkeys Whinney Hill Community Centre: 9:15am — 10:45am Term time only, Just drop in! £1.50 per family.</p>	<p>Well Baby Clinic: 9am - 10:00am Drop-in clinic to weigh your baby and seek advice and guidance from the health visitors.</p>
Thursday	<p>Antenatal Clinic: 8.40am—4.40pm, appointments only</p> <p>Yorkshire Smoke Free - Stop Smoking Clinic: 12.30pm—3.30pm For info call 01422 262373</p>		<p>Messy Monkeys: 1pm — 2:30pm Stay & Play sessions for parents and their children from walkers — 5yrs . Just drop in! £1.50 per family.</p>	<p>Baby Group: 10:00am — 11:30am Aimed at 0 to 'walkers' Just drop in! £1.50 per family.</p> <p>Well Baby Clinic 10.00am — 11:30am. Just drop in!</p> <p>Postnatal Clinic: 1.30am—5.00pm appointments only</p>	<p>Singing & Story Time: Holy Nativity Church (delivered during the last 30 mins of the Holy Nativity playgroup 11am — 11:30am Just turn up! FREE ACTIVITY</p>
Friday	<p>Family Support Drop In: 9:30am—11:30am Support & advice for parents. Just drop in!</p>				
Saturday		<p>Saturday Splat Group: stay and play session for families with children who have additional needs. First Saturday of every month. Booking essential call 01484 714768</p>		<p>Saturday Splat Group: 10am — 11:30am. To find out the date of the next session or to book call 01484 714768 £1.50 per family</p>	

Details were correct at time of publishing, please ring and check before travelling to a centre.

Apr—Jul 2018

	 A Sure Start Children's Centre Tel: 01422 434006	 A Sure Start Children's Centre Tel: 01422 243633	 A Sure Start Children's Centre Tel: 01422 248222	 A Sure Start Children's Centre Tel: 01422 252209	 A Sure Start Children's Centre Tel: 01422 434006
Monday	Manic Mondays: 9:30am — 11:30am. Stay & play session for parents and their children 0 — 5yrs. Just drop in! £1.60 per family		Antenatal Clinic: 9.00am—4.00pm appointment only	Mini Movers Baby Group: 9:45am - 11:15am. Stay & play for parents and children 0 — 2yrs Term time only. Just drop in! £1.60 per family	Crafty Ladies: Every fortnight starting 4pm — 6pm .Come along and indulge your hobby and make new friends.
Tuesday	Baby Play Tuesdays: 9:30am — 11am Stay & play session for parents & children 0 — 18months £1.60 per family Just drop in! CAMHS: 8.00am— 5.00pm by appointment only	Inbetweeners: 9:30am - 11:30am Stay & play group for parents & children 'walking' to 3yrs. £1.60 per family. Just turn up!	Big & Little Explorers: 9:30am — 11am Stay & play for parents and babies. Term time only £1.60 per family. Just drop in!	Well Baby Clinic: 9:30am — 11am Drop in clinic to weigh your baby & seek advice of health visitors.	Tiny Me: 9:30am — 11:30am Stay & play for parents and children 0 - 18mths. Term time only £1.60 per family. Just drop in! Well Baby Clinic: 1.00 — 3.00pm Drop in clinic to weigh your baby & seek advice
Wednesday	Well Baby Clinic: 9am - 10:30am Drop in clinic to weigh your baby and seek advice and guidance from the health visitors. Antenatal Clinic: from 9.00am by appointment only	Buddy Bears: 9:30am- 11:30am Stay & play session for parents & children 0 - 4yrs Drop in! £1.60 per family Antenatal Clinic: 9.00am— 2.30pm by appointment only Stop Smoking Clinic: 9am – 12.30pm. One to one support call 01422 262373			
Thursday	CAMHS: 1.00pm — 5.00pm by appointment only	Well Baby Clinic: 9:30am — 11:30am Drop in clinic to weigh your baby & seek advice of health visitors. Breastfeeding Advice & Support: 12noon — 1:30pm For further info contact the health visitors on 01422 367891	Antenatal Clinic: 9.00am—4.00pm by appointment only CAMHS: 8.00am — 4.00pm referral only		Childminder Network: 9.00am - 11:30am Term time only for childminders and their children Just drop in! Chat & Play: 1:30pm - 3.00pm. Stay and play for parents & children 0 — 5yrs £1.60 per family, Drop in!
Friday	Antenatal Clinic: 8.00am—1.00pm by appointment only	Baby Adventures: 1pm — 2:30pm Stay & play session for parents & children 0 - 2yrs Just drop in! £1.60 per family.	Postnatal Clinic: 9.00am—12noon appointment only	Antenatal and postnatal Clinic: 8.30am—2.00pm appointment only	Yoga for Adults: 10.00 — 11:30am Term time only. Art Class: 1.00 — 2.00pm. All stages welcome & materials provided.
Saturday				<div style="border: 2px solid orange; border-radius: 15px; padding: 10px;"> <p>Children's Centres do not deliver these activities</p> <p>Yoga for Adults For more info and to book on call Helen 07925 102461.</p> <p>Art Class For more information call Annette Duncan on 07398021296.</p> </div>	

Activities for Families

Course Details	Start Date	Wks	Time	Where	Childcare
Activities just for Babies (6 weeks — walking) 					
Baby Massage	Tue 1 May	4	1:00pm — 2:00pm	Illingworth CC	Children in session
Baby Massage for Dads	Sat 5 May	4	10:00am — 11:00am	Holywell Green CC	Children in session
Parent & Baby Pilates	Fri 8 Jun	4	10:00am — 11:00am	Holywell Green CC	Children in session
Activities just for Toddlers & Pre-school (Walking — 5yrs) 					
Rhythm Time	Wed 25 Apr	4	1:30pm — 2:30pm	Field Lane Porta Cabin	Children in session
Tumble Bees	Thu 26 Apr	4	1:15pm — 2:15pm	Three ways Sports Hall	Children in session
Jumping Clay	Fri 27 Apr	4	10:00am — 11:00am	Illingworth CC	Children in session
Scarecrow Making	Wed 2 May	1	1:00pm — 2:30pm	Northowram & Shelf CC	Children in session
Mini Movers	Tue 12 Jun	4	1:30pm — 2:30pm	Bailiff Bridge Community Centre	Children in session
Mini Movers	Wed 20 Jun	4	1:00pm — 2:00pm	Creations CCC	Children in session
Forest School	Fri 27 Jul	4	10:00am — 11:30am	Ogden Water Country Park	Children in session
Activities for Babies & Toddlers 					
Mini Sensory	Thu 3 May	4	10:00am — 11:00am	Elland CC	Children in session
Baby Sign	Mon 11 Jun	4	10:00am — 11:00am	Northowram & Shelf CC	Children in session
Grow Big Sensory Play	Mon 18 Jun	4	1:00pm — 2:00pm	Innovations CC	Children in session
Adult Only & Accredited Activities 					
Volunteering Helping in Schools	Tue 24 Apr	11	9:30am — 2:30pm	Lee Mount Primary School	Limited crèche
Positive Parents Confident Children	Thu 3 May	4	12:30pm — 2:30pm	Field Lane CC	Limited crèche
Emergency First Aid at Work	Thu 10 May	3	12:30pm — 2:30pm	Kevin Pearce CC	Limited crèche
Customer Service	Tue 5 Jun	4	12:30pm — 2:30pm	Creations CCC	Limited crèche
Paediatric First Aid	Fri 8 Jun	4	9:30am — 12:30pm	Wellholme Park CC	Limited crèche
Volunteering is it for you?	Thu 14 Jun	1	10:00am — 12:00pm	Field Lane CC	No Crèche available
Jewellery Making	Thu 21 Jun	4	10:00am — 11:30am	Ash Green CC Upper Site	Limited crèche

Jewellery Making

3 weeks of designing and creating your own jewellery using different types of materials. Make gifts or pieces to wear for yourself. A great hobby or small business that is relaxing and could be a source of income.



Customer Service

4 weeks introduction to customer service, concentrating on different aspects of customer service. The four weeks will cover topics such as: What do we mean by customer service? Who are customers and why is good service important? What are the skills of customer service? How and where have you used them?

Paediatric First Aid

4 weeks learning a Level 3 award in Paediatric First Aid, learners will gain the knowledge in dealing with first aid situations for example choking, CPR and shock. Learners must attend the full 12 hours to gain the accreditation.

Positive Parents Confident Children

4 week adult learning course around toddler behaviour and the science of toddler behaviour including tantrums, clingy behaviour, picky eating and sleep problems. How the brain develops and how to cope and have happier toddlers and parents.



Completing a booking form does not guarantee you a place. Details correct at time of printing.

Summer 2018

Baby Massage

A 4 week course designed to teach parents all the skills of baby massage, how it may aid relaxation, sleep and assist with the symptoms of colic. This course is a practical course suitable for families with young babies aged 0 to crawling/walking.



Parent & Baby Pilates

Our 4 week parent & baby Pilates class is unique and fun which aims to promote health and wellbeing in the post-natal population. Babies are welcome from birth and can join in from 6 weeks onwards (once they've had their initial check up) up to fast crawling stage. Mums should be able to participate from 8—10 weeks if they had a C-section. Exercises focus on general strengthening and toning post-pregnancy with particular attention to the abdominals, gluteal and pelvic floor.



Jumping Clay

A 4 week family learning activity using air drying clay which is non toxic and mess free. Families will make a model each week on a theme to take away as a set at the end of the course. The theme will be spring time.

For 3 – 5 years.

Rhythm Time

4 week family learning course exploring different sounds which can enhance co-ordination and develop a musical ear. Children's confidence, creativity and self-expression will flourish with these fun sessions. Best suited for walkers to 5 yrs.



Scarecrow Making

A one off session making scarecrows, this session will coincide with the Northowram Scarecrow Festival over the May Day Bank Holiday. Families should be able to work together to make a scarecrow to take home and display if they wish.



Mini Movers

A 4 week family learning course where families learn songs, nursery rhymes and actions to movement and music.

Aimed at families with children from walking to pre-school age.

Forest School

4 week family learning Forest School which will include outdoor cooking sessions, whittling wood and other forest school type activities. Suitable footwear is a must.



Grow Big Sensory Play

4 week family learning activity with the aim of families learning about sensory/heuristic play, the benefits of sensory play, how to make sensory resources i.e. treasure/sensory baskets.

Tumble Bees

pre-school gymnastics, learning floor skills like bending, rolling and twisting to develop gross and fine motor skills and move on to learn more specific movements like log rolls and balancing on a gym ball. All with the aid of their parents.



Baby Sign

4 weeks of baby sign, designed to teach parent and child how to enhance communication. It involves playing with speech, sounds and phonics to help develop speech, language and the foundations of reading.

Emergency First Aid at Work

3 week adult only course where learners will study both the theory and practical elements of Emergency First Aid at Work. This will be ideal for anyone who is wanting to get back into work. There will be a short exam at the end of the third week.

Volunteering Helping in Schools

An 11 week adult only course of Helping in Schools a fully accredited at Level 2, this course gives participants an excellent starting point if they would like to work in schools as teaching/classroom assistants. Participants will need to organise a 20 hour placement within a school. Limited crèche maybe available at participants nearest children's centre.

Volunteering is it for you?

Interested in working with us? Thinking of getting back into work or a career change? We have lots of volunteering opportunities available, we can help you gain valuable skills and confidence which can be taken into paid employment.



Confirmation will be given in writing approximately two weeks before the course starts.

New Year, New Start, Confident You

New Year, New Start, Confident You

Over a 4 week period in Jan—Feb a very popular tutor of ours delivered a programme of workshops aimed at adults well being and mental health . The sessions included working with a life coach around emotional well being, building confidence, emotional intelligence, life coaching, prioritising yourself, self awareness and self esteem. The ultimate outcome would be that attendees would feel happier with life and confident to tackle many situations.

Staff work well with both parents and children. They have worked hard to improve daughter's development

7 parents/carers started the course and 4 of these completed the course—the feedback back was incredible with 100% of those completing the course saying they had increased their confidence and felt more comfortable talking to other people. Attendees also stated that they felt more comfortable dealing with difficult situations and felt they could be more assertive.



Attendees were asked what their long terms were after completing the course and we are pleased to share these with you below.

- ⇒ Tutor is amazing, she's changed my life. I don't know what I would do without these courses. I've made small changes and I'm seeing positive changes already. I'm starting to understand being assertive and what confidence is and to believe I can achieve.
- ⇒ To complete a PGCE and become an English teacher to continue my self-development using tools from this course.
- ⇒ To be the best person I can be, to improve my parenting , confidence, physical and emotional wellbeing. To stop caring so much about others and think about myself. To be confident in the life I am living.
- ⇒ To have the confidence to go into study

The tutor says 'The parents loved hearing about how they can use empathy to be kinder to themselves, and meet the needs of their children more effectively. Parents learnt how important self care is, as were worried it was selfish, but realised through the course, that they are important and need to look after their own needs as a priority. You can't pour from an empty cup! We looked at the main 4 mindset traps, so they could see what was getting in their way of achieving the goals they wanted to achieve. We talked about limiting beliefs, that were preventing them from being confident in various areas of their lives. After the 4 weeks, parents were inspired to think differently, make themselves a priority and had more self awareness and higher aspirations'.

Are you having difficulty managing your child or young person's behaviour?

Why not attend one of the Strengthening Families Strengthening Communities (SFSC) Parenting Course's that we run?

The course is for parents and carers of children aged between 0 – 18.

During the course we will explore issues together such as;

- Understanding Child Development
- Using positive parenting techniques
- Improving parent/child relationships
- Developing children's self-esteem, self discipline and social competence

We run 6 courses throughout the year mostly during the day but some evening courses too!

If you are interested in attending a SFSC Parenting Course or you require more information please contact;

Lower Valley
Jade Porritt

Advanced Family Support Worker
Field Lane Children's Centre
01484 386621

North and East
Emma Cooke

Senior Family Support Worker
Kevin Pearce Children's Centre
01422 251090



'SFSC course really helped me with the behaviour of my ADHD child. I wish it was longer than 12 weeks'



Getting Involved

Recruitment

Sure Start Children's Centre NHP cover a large area of Calderdale, have 10 centres plus additional teams of family support and administration staff. We also have sessional staff that we call on as when needed—this amounts to over 200 staff members.

We are pleased to see staff progress within the organisation, and also move on to higher jobs outside the organisation, but this often means we have a high turn around of staff and generally have to advertise for posts 6-8 weekly.

You will find the advert on Indeed, Local Universities, Calderdale MBC website and many other recruitment platforms. All adverts lead you to our website where we have a specific jobs page. All posts have a job description and person specification that we would advise you access to check if you meet the criteria.

Our job application form is also available on the website and is now in a format that you can type straight onto. We would advise that you use section 1 (skills and experience) to tell us as much information about your previous roles and use the person specification as a guide to what we will be looking for when we shortlist applications—this is a good rule to apply when applying for any job in any organisation.

To support our last recruitment round we put on 2 open days for potential applicants to come and find out more information about working for NHP, progression opportunities, other staff benefits and to gain advice around filling in our application form. This was a big success and something we will look at doing again in the future.

'Brilliant group parents can socialise and children can socialise. Advice is given when needed and always signposted to where to get it from'

Other Ways to get Involved

Board Member—Community Board Directors help drive the work of the North Halifax Partnership and we currently have **vacancies on our Board**. If you would like to know more about what we do or the role of a Community Board member please contact Kim Connell, Company Secretary on 01422 251090 or email Kim.Connell@nhpltd.org.uk for a chat.

To join the NHP Board you must be a resident of North Halifax (Illingworth, Mixenden or Ovenden) and a member of the Partnership. **It's easy to join!**

Just go to northhalifaxpartnership.org/join-us/

Advisory Board Representative— Can you contribute community knowledge to support your local Children's Centre?

We will invite you to attend 2 meetings per year, we would want to know if you could attend or not

We will send you a report 4 times a year and ask you for feedback

You would receive a handbook and full inductive support in helping you fulfil your role as a parent representative

You would be able to give your views and be listened to

Contact your local Children's Centres for more information - details on the back page.

Sessional

Sure Start Children's Centre North Halifax Partnership have sessional members of staff who are available to work and cover when they are required. We use sessional members of staff to cover during staff absences, long term sickness and maternity cover.

This type of work may suit your lifestyle - there are no set hours. It is casual work based on your availability. Areas of work are in Administration, Reception, Childcare, Cleaner, Caretaking and Domestic.

What are the benefits of becoming a Sessional Worker?

- Gain skills, knowledge and self-esteem
- Improve employment prospects
- Enhance your CV
- Develop existing skills and experience
- Employment that fits around your lifestyle



The process is to fill out an application form which can be accessed online (see below), we would then apply for your references. Once these are back and satisfactory your information will be given to a centre near where you live. You will then be asked to attend an interview, if you are successful at interview you will be given a paid 20 hours trial. On completions of a satisfactory trial we will take you through the next stages to become live on our system.

We have seen numerous sessional staff members use the knowledge they have gained whilst working for us to apply for permanent positions. For more information ring Chloe on 01422 251090 or visit our website.

<http://surestartchildrenscentresnhp.org.uk/jobs-2/>

Volunteering—Is It For You

Volunteering is a great way to take that first step towards gaining employment or further training. You will meet new people, gain experience and confidence in a real working environment and be supported with setting goals and progressing for the future.

North Halifax Partnership run a volunteering programme that has supported many families over the years to gain permanent employment which we are extremely proud of—you may have seen several of these stories featured in our newsletters.

To become a volunteer with us you would need to undertake 2 short 2 hour courses:

1. Volunteering Is It For You—that gives you an overview of our organisation, what we offer, staffing, facilities and the types of services on offer. You then decide if it is for you.
2. Volunteering Safely—an insight into understanding safeguarding which is the key importance whilst working for our organisation, an overview of our policies and procedures, child protection and health and safety.

We will then take up references and undertake a DBS before offering you a place in your suited area—subject to these being satisfactory. We have a list of vacancies in a variety of areas of work that we match new volunteers to.

You will be allocated a supervisor at your base that will support you in your placement, offer support and guidance as well as looking at goal setting and progression routes.

The next Volunteering Is It For You course will is:-

Thursday 14th June 2018, 10.00am—12noon
Field Lane Children's Centre

Followed by Volunteering Safely :-

Friday 29th June, 10.00am—12noon
Field Lane Children's Centre

To book a place fill out a booking form at your nearest Children's Centre, online or ring Ainsley on 01422 251090

Other News

Catch the Comment

A total of 134 catch the comments were received for quarter 2 October – December 2017. 125 were positive, 1 suggested an improvement, and 8 were suggesting new ideas. We welcome any suggestions, compliments and comments that service users might have. All comments help us to learn, improve and provide better services. Any comments will be submitted into a quarterly prize draw to win a £10 Love2Shop voucher.

The Catch the Comment Winner for quarter ending December 2017 was Edward Carr, a parent who lives in Wellholme reach area. The winning comment was written whilst Edward attended a Christmas Concert at Wellholme Daycare: "We enjoyed the Christmas Concert!"



Give us your feedback by filling out a 'catch the comment' form in centres

Better Living Team

The Better Living Team In Calderdale are offering your family the chance to be more active and get healthier for FREE.

Have fun with their wide range of activities. You can learn about the fun ways to move more, save money by eating healthier and enjoy family time together. They helped hundreds in Calderdale to get healthier and can help you too.

Next course starts: Sat 21 April 2018, North Bridge Leisure Centre

Get in touch with the Better Living Team today on 01422 230230

Email: blt@calderdale.gov.uk

Website: Calderdale.gov.uk/betterliving



To Do at Home

Stuck for ideas to keep the children entertained? Here are a couple of educational ideas to try at home.

Counting Game

Find somewhere outdoors to play. Stand a safe distance away from your child and take turns to call out a number between one and three. If you say 'three' your child takes three steps towards you, counting together on each step.

Keep going until you reach each other for a hug!

Help your child to make up new rules for the game, for example you could change the way you move jump or hop. Do three jumps, two hops etc.

Or you could choose bigger numbers i.e seven steps.

Have fun!



Home Play Activity

Rainy day and bad weather in home much of the time, why not try the Mystery Bag activity with your children.

All you need is a deep fabric bag and a handful of small safe to touch objects. This activity allows your child to explore natural and man-made items, develop problem solving skills.

Supplies

Paper or canvas bag

Small objects such as cotton balls, a leaf, sponge, ribbons, a pebble, hardboiled egg, an apple, pine cone, favourite action figure. The list is endless!

Fill the bag with about 5 objects, Pull everything out and ask your child to investigate the items. Put them back in the bag and ask them to put their hand in and feel around for the objects, describe what they feel and guess the objects.

Let them pull the object out and see if it matches.



Contact Details

Ash Green
Children's Centre
1 Sunny Bank Road,
Mixenden, Halifax
HX2 8RX
Tel: 01422 243941

Elland Children's Centre
Boxhall Road
Elland,
Halifax
HX5 0BB
Tel: 01422 266197

Holywell Green
Children's Centre
Bradley View
Holywell Green
Halifax, HX4 9AE
Tel: 01422 266197

Illingworth Community
Children's Centre
Occupation Lane,
Illingworth, Halifax,
HX2 9RL
Tel: 01422 243633

Kevin Pearce
Children's Centre
Ovenden Road,
Ovenden, Halifax,
HX3 5RQ
Tel: 01422 252209

Creations Community
Children's Centre
Albert Road, Pellon,
Halifax, HX2 0QD
Tel: 01422 434006

Field Lane
Children's Centre
Burnsall Road
Rastrick, HD6 3JT
Tel: 01484 386621

Innovations
Children's Centre
Cousin Lane, Ovenden,
Halifax, HX2 8DQ
Tel: 01422 248222

Northowram and
Shelf Hub
Lydgate, Northowram,
HX3 7EJ
Tel: 01422 434006

Wellholme Park
Children's Centre
Bradford Road
Brighouse, HD6 4AF
Tel: 01484 714768