

Sure Start Children's Centres

Jan to March 2017

What's On?
See centre pages

North Halifax Partnership

Introduction

We hope you will enjoy our Spring Newsletter; we would like to take this opportunity to wish you a Merry Christmas and a Happy New Year and thank you for supporting us in this last year.

We are pleased to introduce you to our new Senior Family Support Manager Baseer Mir who started with us in September 2016. He is the Manager for the North and East Halifax Family Support Team as well as the Safeguarding Lead for North Halifax Partnership.

Tina Burke, Service Manager



Can't Attend? Then let us know!

Last year 304 places on family learning courses were wasted due to people failing to turn up. These places could have been used by another parent or carer. If you cannot attend a session or need to cancel your place you must notify us as soon as possible. Confirmation of your place on a course will be sent in writing around 2 weeks before the course starts. In order to help more families to access our services we will no longer give priority to those families who fail to notify us and don't turn up. If you do need to cancel your place call us on **01422 266197**.



Exciting News

We are currently planning an event to be held in Spring 2017 in a local park in the North & East Halifax area.

'Celebrating our Community' will be the theme running through the event and will showcase the great work that every generation brings to the community. The event is going to be a fun day for families with lots of exciting activities and demonstrations taking place.

This will also be an opportunity for you to come along and find out what is happening in your local area and what other community groups are running which you and your child may be interested in becoming part of. Watch this space for further information regarding the event.



Good from OFSTED

The nursery at Kevin Pearce Children's Centre was inspected by Ofsted in



August 2016 and received a "Good" outcome. The inspector highlighted in her report our "Well qualified and experienced staff team who show a good understanding of how children learn, offering interesting and challenging activities." Her report also commented on how children in the nursery are "Settled in a safe and welcoming environment which promotes their independence and confidence." The report can be read in full by visiting the Kevin Pearce Children's Centre page on our website.

Childcare places are still available, for more information please contact Leanne Hartney, Deputy Children's Centre Manager: **01422 252209**

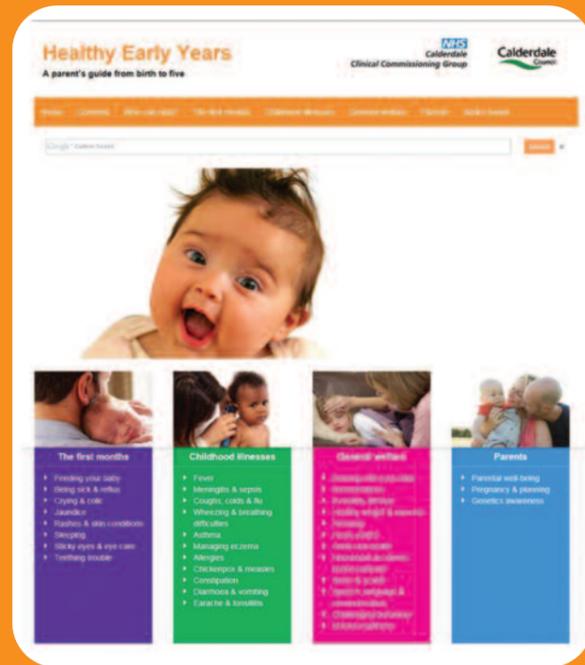
A Helping Hand for a Healthy Start

As a new parent, whether going through pregnancy, in the first few days of looking after a new born, or knowing how to prepare your toddler for nursery and then all too soon school, you are bombarded with advice, which is often well meaning but at the same time it can be baffling.

The newly created Healthy Early Years – Your Child and You website and app is jammed packed with top tips to support your little one to grow, from birth to five, to be happy, healthy and safe.

This 'one stop shop' of local information, advice and guidance developed with health professionals that you can trust, offers a helping hand to support your child and you through the early years.

Visit www.healthyearlyyears.co.uk or download the app for your Android or iPhone, search for healthy early years.



Yorkshire Smoke Free

The winter months are often the time when smokers think about quitting; New Year resolutions in January, No Smoking day in March and the thought of standing outside to smoke in the rain and snow!

We know that stopping smoking can be challenging at times, that's why Yorkshire Smokefree Calderdale - your local NHS stop smoking service is here to help make the process easier.

Using a stop smoking product and getting support gives you the best chances of quitting successfully. Your advisor will talk to you about the stop smoking therapies available and help you to get them (these will be free if you don't pay for your prescriptions). You'll be supported to come up with your own personal quit plan and get weekly support to keep you motivated and on track.

We have appointments in venues across Calderdale including some Children's Centres. Telephone support is available for when you can't get to one of our clinics. Lots of GP practices and pharmacies also offer help to quit, so there's plenty of choice out there when you're ready to have a go. We help hundreds of people every year to stop smoking and stay stopped, read some of their success stories on our dedicated website at www.yorkshiresmokefree.nhs.uk. **For further info:**

- Ask a member of the Children's Centre staff for details of your local services and how to contact them
- Call Yorkshire Smokefree Calderdale on **01422 262373** to talk through your options
- Call the Yorkshire Smokefree Hub (open evening and weekends) on 0800 612 0011 (free from landlines) or **0330 6601 166**



Breastfeeding Support

Calderdale Breastfeeding Peer Support Network is looking to recruit volunteers to train to become Breastfeeding Peer Supporters, who will volunteer for 2 hours a week in our Children's Centres in North and East Halifax and Lower Valley.

To find out how to apply, you can contact your local Children's Centre and ask to speak to a Breastfeeding Champion, or contact Bridget Hall, Network Coordinator on **07920 466627** or **01422 393480**.

For breastfeeding support and information please contact the Peer Supporters on **07920 466660**.



Helping to Keep Children Safe from Burns and Scalds

Did you know many of the children who go to A&E with a burn or scald are then referred on for further hospital treatment?

- Recovery can be long and painful and many children are left with permanent scarring.

Did you know hot drinks are the cause of most scalds to children under the age of five?

- A child's skin is much more sensitive than an adult's and a hot drink can still scald a child 15 minutes after it's been made.

Did you know that hot bath water is also responsible for the highest number of fatal and severe scalding injuries among young children?

- Around 500 children, mainly children under 5 years, are admitted to hospital and a further 2000 attend A&E departments every year as a result of bath water scalds.

Did you know children can also suffer burns after contact with open fires, a cooker, irons, curling tongs and hair straighteners, cigarettes, matches, cigarette lighters and many other hot surfaces.

Who is at risk?

- Research tells us that 0-4-year-olds have the most accidents at home – It also tells us that boys are more likely to have accidents than girls.

HERE ARE A FEW SIMPLE THINGS TO REMEMBER WHICH WILL HELP KEEP YOUR CHILDREN SAFE...

- Never hold a hot drink and a child at the same time
- Never leave young children alone in the bathroom
- Put hot drinks out of reach and away from the edges of tables and worktops
- Use a kettle with a coiled flex or a cordless kettle
- Keep small children out of the kitchen whenever possible
- When you run a bath turn the cold water on first and always test the water temperature to make sure it's safe before letting your child get into the bath or shower
- Keep hair straighteners out of reach even when you've turned them off and they are cooling down. They can still burn up to 8 minutes after you've turned them off!

Food for Life

Congratulations Innovations & Creations Children's Centres on being the first



Children's Centres in the country to achieve the Food For Life award. The Food For Life Award has been the platform we have been waiting for. Our Children's Centres are passionate about food and understand the impact that a lack of the right types of food can have on children's learning and health.



All our children's centres work within the guidance and this has developed practitioners knowledge and their understanding about the importance of ensuring children have the right foods at the right times. Children are now confident in making good choices around healthy food and have an awareness of healthy lifestyles which will have long term benefits for their future.

We are proud to be a local ambassador for the Food For Life award and are looking forward to supporting others on their journey.

Family Support Drop in

Drop in for advice, information and support on a variety of issues...



Drop in sessions run from the following centres:



Sure Start Children's Centres North Halifax Partnership 'What's On' Guide

	 Tel: 01422 266197	 Tel: 01484 386621	 Tel: 01422 266197	 Tel: 01484 714768	 Tel: 01422 243941	 Tel: 01422 434006	 Tel: 01422 243633	 Tel: 01422 248222	 Tel: 01422 252209	 Tel: 01422 434006
Mondays	Work Club: 1pm – 3pm Support & advice seeking employment No need to book Just drop in!	Family Support Drop In: 9am – 11am. No need to book, just drop in! Messy Monkeys: 1:30pm – 3pm Stay & play sessions for parents and their children from 'crawling' to 5 years. No need to book, just drop in! £1.50 per family.				Manic Mondays: 9.30am -11.30 am. A drop in stay and play session for your family 0 - 5 Years £1.60 per family.	Home Start: NEW SESSION FROM 23RD JANUARY. 9:30am – 2:30pm term time only. To book a place or for more information call 01422 242124.			Crafty Ladies: Every Fortnight starting Monday 9th January. 4pm – 6pm Come along and indulge your hobby and make new friends.
Tuesdays		Tiny Treasures: 1:30pm – 3pm Stay & play sessions for parents and their children from 0 – 'walkers'. Term time only. No need to book, just drop in! £1.50 per family.	Tiny Treasures: 1pm – 2:30pm Stay & play sessions for parents and their children aged 0 – 2 years. No need to book, just drop in! £1.50 per family.	Childminder's Group: 9.30am – 11.30am. No need to book, just drop in! £1.50 per family. What to Expect When your Baby Arrives: Thursday 7 March, 6pm – 7:30pm. To book call 01484 714768.	Big & Little Explorers: Upper Portacabin Every Tuesday 9am – 11am. Family Fun & Refreshments. Cost of £1.60 per Family. Just turn up on the day Term Time Only.	Baby Play Tuesdays: 9.30am – 11am. Term Time Only A drop in stay and play session for you and your baby, 0-18 Months £1.60 per family	Inbetweeners: Stay and Play group for parents & children who are walking – 3 years old. Every Tuesday 9:30 – 11:30am. Singing, Story Time, Messy Activities, Healthy Snack. Come along and join the fun! £1.60 per family. Run by parents/carers/volunteers.	Bumps & Babies Group: Every Tuesday, 9.30 am – 11am Stay and Play for parents and babies 0-18 months. £1.60 per family. Term time only.	Well Baby Clinic: 9.30am – 11am. Drop in clinic to weigh your baby and seek advice of health visitors.	Tiny Me: Stay and Play for parents and babies 0-18 months. 9:30am – 11am. Term time only. Just drop in. £1.60 per family
Wednesdays	Rhyme & Reading: Speech and Language therapist. 4 Jan & 1 March 2017, 9:30am-11:30am Tiny Treasures: 1pm – 3pm, 0-2 Play group. No need to book, just drop in! £1.50 per family.	Rhyme & Reading: Speech and Language therapist 1 Feb & 5 April 2017, 9:30am-11:30am. No need to book, just drop in! Friends of Field Lane: Coffee Morning. Open to all the family 9:30am - 11am. £1.50 per family. Term time only.		Messy Monkeys Whinney Hill Community Centre: 9am-11am (Term Time only). No need to book. £1.50 per family Rhyme & Reading: Speech and Language therapist. 11 Jan, 8 Feb & 8 March 2017. 9:30am-11:30am. Just drop in!			The Well Baby Clinic: 9.30am – 10.30am. Drop in clinic to weigh your baby and seek advice and guidance from health visitors.	Buddy Bears: Drop in stay and play activity session. 9.30am – 11.30am. £1.60 per family. Home Start: is a registered charity supporting families with at least one child under the age of 5 years. Please phone 01422 242124 for more information.		
Thursdays	Yorkshire Smoke Free-Stop Smoking Clinic: 12.30pm – 3.30pm. For info call 01422 262373. What to Expect When your Baby Arrives: Thursday 19 Jan, 6pm – 7:30pm. To book call 01484 714768.	What to Expect When your Baby Arrives: Thursday 23 Feb, 6pm – 7:30pm. To book call 01484 714768.	Messy Monkeys: 1pm – 2:30pm Stay & play sessions for parents and their children aged 2 – 5 years. No need to book, just drop in! £1.50 per family.	Baby Group: 10am – 11:30am Stay & play sessions for parents and their children aged 0 – 2 years. No need to book, just drop in! £1.50 per family.	Singing & Story Time: Holy Nativity Church every Thursday. 10.45am – 11.45am. Fun for you & your children. FREE ACTIVITY Just turn up on the day Term Time Only.			Well Baby Clinic: 9.30am – 11.30am. Drop in clinic to weigh your baby & seek advice of health visitors. Breastfeeding Advice & Support: group is running every Thursday 12noon – 1.30pm. For further info please contact the health visitors on 01422 367168.	Citizens Advice Bureau: Drop in Advice Sessions. Every Thursday, 10am - 1pm. No appointment needed.	Childminder Network Session: 9am – 11.30am Term Time Only. Drop in for child minders and their children. Chat & Play: 1.30 pm – 3pm A drop in stay and play session for parents and children 0 – 5 years. £1.60 per family.
Fridays	Family Support Drop In: 9:30am – 11:30am Support & advice for parents. Just drop in!	Postnatal Buggy Walk*: Alternate weeks from Field Lane Children's Centre. Call 01484 715478 to check for next date. 10am – 10.45am approximately. *Weather dependant.						Baby Adventures: 1pm – 2.30pm Drop in stay and play session for you and your baby, (0-14 months) Free refreshments. £1.60 per family.	**COMING SOON** A brand new baby group will be starting at Kevin Pearce Children's Centre in the New Year. Look out for more information on Facebook and in our Centres.	Yoga For Adults: 10am – 11.30 am. Every Friday, term time only. Call Helen for costs & booking on 07925 102461. Art Class: 1pm - 3pm. Every Friday. All stages welcome & materials provided! Call Annette Duncan on 07884 968444 for further info.
Saturdays				Saturday Splat Group: 10am – 11:30am. Children with additional needs. First Saturday of Every Month. Booking Essential call 01484 714768. £1.50 per family.						

The details were correct at time of print, please check before travelling in case of any changes.

Activity Timetable & Spring Course Information to Help You Choose

Course Details	Start Date	Weeks	Time	Where?	Childcare
North & East Course Details					
Baby Massage	Mon 16th Jan	4	10:00am - 11:00am	Kevin Pearce CC	Children in Session
Small Adventure	Fri 20th Jan	4	10:30am - 11:30am	Illingworth CCC	Children in session
Baby Yoga	Thu 26th Jan	4	1:15pm - 2:15pm	Innovations CC	Children in session
My Calm Family	Wed 1st Feb	3	12:30pm - 2:00pm	Northowram & Shelf CC	Creche available
Toddler Behaviour	Fri 3rd Mar	4	12:30pm - 2:30pm	Illingworth CCC	Creche available
Groovy Toddlers	Mon 6th Mar	4	10:30am - 11:30am	Ash Green CC Upper Site	Children in session
Love Bread	Fri 10th Mar	3	12:30pm - 2:30pm	Shelf Village Hall	Children in session
Sport for All	Sat 11th Mar	2	10:00am - 11:00am	Creations CCC	Children in session
Cake Decorating	Tue 14th Mar	4	12:30pm - 2:30pm	Innovations CC	Creche available
All Things Spring	Fri 31st Mar	2	9:30am - 11:00am	Kevin Pearce CC	Children in session
Easter Eggtravaganza	Thu 6th Apr	1	12:30pm - 2:30pm	Ash Green CC Upper Site	Children in session
Lower Valley Course Details					
Jewellery Making: Start Your Own Business	Thu 19th Jan	4	12:45pm - 2:45pm	Craft Locker Elland	Creche available
Love You!	Fri 3rd Feb	3	9:30am - 11:30am	Holywell Green CC	Creche available
Sensory Baskets	Wed 1st Mar	3	10:00am - 11:00am	Elland CC	Children in session
Baby Massage	Mon 6th Mar	4	1:00pm - 2:00pm	Holywell Green CC	Children in session
Toddler Behaviour	Thu 16th Mar	4	9:30am - 11:30am	Field Lane CC	Creche available
Mini Fit	Tue 28th Mar	2	1:00pm - 2:00pm	Wellholme Park CC	Children in session
Accredited Course Details					
Emergency Paediatric First Aid	Wed 25th Jan	4	12:45pm - 2:45pm	Field Lane CC	Creche available
Massage	Thu 26th Jan	8	9:30am - 11:30am	Holmfield Mill	Creche available
Food Hygiene Level 2	Mon 6th Feb	1	9:30am - 2:30pm	Elland CC	Creche available
Manicure	Wed 1st Mar	4	12:30pm - 2:30pm	Wellholme Park CC	Creche available
Practical Parent Helpers	Wed 1st Mar	6	9:15am - 11:45am	Ash Green CC Vicarage	Creche available
Emergency Paediatric First Aid	Thu 9th Mar	4	9:30am - 11:30am	Creations CCC	Creche available

JEWELLERY MAKING – START YOUR OWN BUSINESS
 A 4 week course making your own jewellery, including rings, bracelets and earrings. Learn how to make use of your new skills by selling your products on social media and craft fayres, look at how to package them to ensure they catch everyone's eye and how to run your own home business either around the kids or as a second job. Crèche available.



LOVE YOU!
 A 3 week course for parents exploring your personal confidence and self-esteem. What makes you happy, what influences make you less confident about yourself and your body. Learn how to be assertive and say 'no' for the good of yourself. Crèche available.

BABY YOGA
 A 4 week family learning course of Baby Yoga. This course introduces yoga over the weeks allowing the baby to become familiar with a new way of moving and being handled as well as having the opportunity to interact with parents and other babies. In yoga, every stretch is balanced with relaxation so you and your baby will learn that tension and relaxation are complementary. Suitable for children aged 2 mths upwards.



MASSAGE
 An 8 week course teaching learners the knowledge and techniques required to perform a full Body Massage. Covering anatomy & physiology, health & safety, aftercare, as well as Massage Techniques. On completion of all 8 weeks learners will gain a full qualification and are able to gain public liability insurance to perform treatments on paying clients. Crèche available.

EASTER EGGTRAVAGANZA
 A 1 week family learning activity around Spring & Easter, making seasonal crafts, spring gardening as well as easy picnics and snacks. Suitable for children aged 2 ½ yrs upwards.

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 up to 12 months.



MY CALM FAMILY
 Story Massage is a number of easy massage movements done whilst telling a story, a fun and creative activity for both parents and children. Focusing on the upper parts of the body where stress and tension builds, giving the benefit of allowing parents to relax and connect with their child. This 3 week course is a great way to talk through worries and troubles from potty training to bullying at school as well as improving calmness, concentration and self-confidence in all family members. Aimed at families with children aged 3yrs upwards, crèche available.

GROOVY TODDLERS
 4 weeks of interactive fun, these sessions are full of singing, dancing, music and story time. It includes learning rhythm through music and encouraging speech and language skills through singing and storytelling. Suitable for children aged 2 – 5 years.

ALL THINGS SPRING
 A 2 week family learning course full of Spring activities. Sessions will include making Spring and Easter decorations to take home using all kinds of materials and your families' imagination. Suitable for children aged 2 ½ years upwards.

CAKE DECORATING
 Fed up of paying for expensive birthday cakes? This 4 week beginners cake decorating course will cover the basics of how to decorate your own celebration cakes, teaching adults how to cover a cake with icing and how to make different characters/models using icing. Crèche available.



MANICURE
 A 4 week course teaching learners the skills and knowledge to perform professional manicure treatments. Covering health & safety, anatomy & physiology, filing hand and arm massage as well as the Gel Polish system. On completion of all 4 weeks, learners gain a qualification and are able to gain public liability insurance to perform treatments on paying clients. Crèche available.

SENSORY BASKETS
 A 3 week activity where families will learn different ways to aid their child to learn through play. Each week will have a different focus from natural/home objects to music and sound and messy/creative play. Suitable for children aged 0 – 4 years.

EMERGENCY PAEDIATRIC FIRST AID
 A 4 week adult only accredited Emergency Paediatric First Aid course. To gain the accreditation participants must attend all four weeks and complete an exam on the final week. Crèche available.



PRACTICAL PARENT HELPERS
 A 6 week course introducing volunteering in schools. Giving learners the knowledge and understanding of how children learn and how schools work. An ideal course for anyone thinking about a career in schools. Crèche available.

TODDLER BEHAVIOUR
 A 4 week course for adults only around toddler behaviour and the science behind it, including tantrums, clingy behaviour, picky eating and sleep problems. How the brain develops and ways to cope to have happier toddlers and parents. Crèche available.



LOVE BREAD
 Everyone loves the smell of freshly baked bread. Always wanted to have a go but think it is too difficult? If so then you need to come along to our 3 week family learning activity. Families will make bread to take home ranging from white loafs to wholemeal rolls and maybe some hot cross buns too. Suitable for children aged 3 years upwards.



SPORT FOR ALL & MINI FIT
 2 weeks of family fitness full of fun and energy. These sessions introduce young families to the world of sport and fitness which helps increase balance, strength and co-ordination. A fully interactive course which will get everyone moving and having fun. Suitable for children aged 2 years upwards.



Confirmation will be given in writing approximately 2 weeks before the course. Completing a booking form does not guarantee you a place. The details were correct at the time of printing.

A day in the life of an Early Years Apprentice by Gemma Flaherty

How did you become an Early Years Apprentice?

Being a Mum made me want to choose a career in childcare. I was stuck in a job within a call centre, bored and I knew I wanted to do something interesting and worthwhile.

I attended an apprenticeship workshop at Calderdale College where I found there were childcare apprenticeships available within Sure Start Children's Centres. I went along to a careers session at Kevin Pearce Children's Centre and was successful at gaining the apprenticeship and started my first year.

Which nursery did you work at?

I did my apprenticeship at Field Lane Children's Centre in Rastrick.

What was your training like?

The training was good it was manageable as a working mum as I attended college one day per week.

What support did you receive?

Staff at the children's centre were fantastic and very supportive. They were always there to answer any questions I had including access to the full use of any resources.



What did you like about being an apprentice?

Learning on the job, being involved in planning, completing children's learning journeys and I became a keyworker. I also had a good supportive team around me. Every day was different, interesting.

What didn't you like about being an apprentice?

The wage and the hours were difficult fitting around my busy home life.

Are you glad you took an apprenticeship?

Definitely, I think where I am now, as I have been successful in gaining an Early Years Practitioner role at Wellholme Park Children's Centre.

Is there any advice that you could offer to someone considering an apprenticeship in Early Years?

There are stressful times and deadlines to be met, but keep going it's all worth it!

Following her apprenticeship Gemma was successful in gaining a position as an Early Years Practitioner at Wellholme Park Children's Centre nursery.

Children's Centres Help Journey To Work

One local parent has taken advantage of Children's Centre services over the years – this is Sajida's story.

Sajida registered with Children's Centres following the birth of her eldest daughter and over the years has attended many parent and child activities from Stay and Play sessions to training courses to support her journey into work.

More recently Sajida started to access the Work Club at Elland Children's Centre, where she was able to access further training, support from the work club and take full advantage of the resources



available on her journey into employment.

Sajida is thrilled to share her experience with others but even more thrilled to share her success of recently gaining employment as a receptionist in a Children's Centre. Sajida

said *"The recruitment process is challenging but I feel the work club has given me the necessary skills and confidence to get through that"*

There are lots of opportunities Children's Centres can give you, if you would like to attend the Work Club call into Elland Children's Centre any Monday between 1 and 3pm.

Venue Contact Details

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

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

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

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

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

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

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

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

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

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