





What's On Guide – January 2018

Please call 01422 266197 for more information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 Year Reviews Monday mornings Health Visiting Team Appointment Only</p>	<p>Antenatal 9.00am – 4.00pm Appointment Only</p>	<p>Tiny Treasures 9.30am – 11.00am Aimed at 0 – 'walkers' Drop in Session £1.50 per family</p>	<p>Antenatal Clinic 8.40am – 4.40pm Appointment Only To book appointments please call 01484 728934</p> 	<p>Family Support Drop In 9.30am – 11.30am Support and advice for parents Drop in Session</p> 	
<p>Work Club 1.00pm – 3.00pm Support and advice seeking employment Drop in session</p>	<p>Baby Sign Starts Tuesday 23rd January for 4 weeks 10.00am – 11.00am To book please call 01422 266197</p>	<p>Well Baby Clinic 9.00am – 11.00am Run by Locala's Health Visiting team offering health and development advice. Drop in session For more information please contact: 030 0304 5076</p>	<p>Yorkshire Smokefree run a stop smoking clinic every Thursday 12:30pm – 3:30pm For more information or to book an appointment call 01422 262373</p>		
<p>New Year, New Start, Confident You Starts Monday 15th January for 4 weeks. 12.00pm – 2.00pm To book please call 01422 266197</p>					
					



Follow us on Facebook: Elland Children's Centre
or visit: <http://surestartchildrenscentresnhp.org.uk/>



Activity	Date/day	Time	Details
Work Club	Every Monday	1.30pm – 3.00pm	The Work Club is a free group that offers support to families and young people who are looking for work, training, volunteering opportunities, apprenticeships or short courses. We can offer support with CV writing and job searching.
Tiny Treasures	Every Wednesday	1.00pm – 2.30pm	This is a stay and play session aimed at 0-walkers. A chance for your baby to play and engage in activities with babies of a similar age. There are lots of activities to do and it is also a great chance for new mums to chat and share experiences. £1.50 per family.
New Year, New Start, Confident You	Every Monday for 4 weeks Starts Monday 15th January 2018	12.00pm – 2.00pm	A 4 week programme of workshops aimed at adults, their well being and mental health. Sessions will include working with a life coach around emotional wellbeing, confidence, emotional intelligence, life coaching, prioritising yourself, self-awareness/self-esteem.
Baby Sign	Every Tuesday for 4 weeks Starts Tuesday 23rd January 2018	10.00am – 11.00am	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. Suitable for families with children aged 6 mths to 2 years (2½ years if the child has speech delay).
Clinics and Services	Date/day	Time	Details
2 Year Reviews	Monday	AM	A Health Visitor will contact you when this appointment is due.
Health Visitor Clinic	Tuesday	10.30am – 12.00pm	This clinic is for patients of Stainland Road Medical Centre and it is a drop in 01422 374109
Antenatal Clinic	Tuesday	9.00am – 4.00pm	By appointment only. Please call 01484 728934 to make an appointment.
Health Visitor Clinic	Wednesday	10.30am – 12.00pm	This clinic is for patients of Bankfield Surgery and it is a drop in. 01422 374662
Antenatal Clinic	Thursday	9.00am – 4.00pm	By appointment only. Please call 01484 728934 to make an appointment.
Stop Smoking Clinic	Thursday	1.00pm – 4.30pm	This is available to anyone who would like to stop smoking. For more information or to make an appointment contact Yorkshire Smokefree on 01422 262373.
Well Baby Clinic	Wednesday	9.00am – 11.00am	Well baby clinics are run by Locala's Health Visiting team, offering health and development advice and support for you and your child. For more information please contact: 030 0304 5076
Family Support Drop In	Friday	9.30am – 11.30am	This is a chance for you to call into the centre for a confidential chat with a member of staff, who can give you support and information on a wide range of issues.