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| <b>M O N D A Y</b>       |   |  | <p><b>Ogden Water Country Park</b></p> <p>At Ogden water park<br/>31<sup>st</sup> October<br/>sessions<br/>10.00am -11.30am<br/>OR<br/>12.30pm -2.00pm</p> <p>Suitable for children walking to 5 years</p>  | <p><b>Antenatal Clinic</b></p> <p>9:00am – 4:00pm<br/><i>Appointment only</i></p>  | <p>Need help claiming benefits?<br/>Have a problem with housing?<br/>Do you have issues with debt?<br/>Need help filling in a form?</p> <p>If yes is the answer to any of these questions.<br/>Please ring Mixenden Parents Resource Centre on 01422 240043 to book an appointment</p>  | <p><b>Crafty Ladies</b></p> <p><b>4.00pm – 6.00pm</b><br/>Come along every fortnight to indulge your hobby and make new friends. To confirm dates ring 01484 714768.</p>   |
| <b>T U E S D A Y</b>     | <p><b>Tiny Tots Tuesdays – NEW!</b></p> <p>9:15am – 10.45am<br/><b>TERM TIME ONLY</b><br/>A drop in stay and play session.<br/>Age 0-5 years<br/>£1.60 per family</p> <p><b>CAMHS</b></p> <p>Referral only<br/>8.00 am – 5.00pm</p> <p><b>Halloween / Bonfire</b></p> <p>Tuesday 30<sup>th</sup> October<br/>Time &amp; further details to follow</p> | <p><b>Midwife Clinic</b></p> <p>Ash Green – Vicarage Site<br/>Every Tuesday from 9am<br/>Clinic runs by appointment only<br/>For more information please contact the midwife team on <b>01422 251095</b></p>   | <p><b>Inbetweeners</b></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!<br/>£1.60 per family<br/>* Group run by parents / carer volunteers*</p>  | <p><b>Big and Little Explorers</b></p> <p><b>Every Tuesday</b><br/>9:30am – 11:00am<br/>(0-3 YEARS)<br/>£1.60 per family<br/><b>TERM TIME ONLY</b></p> <p><b>CAMHS</b><br/>Referral only<br/>8.00am – 4.00pm</p>   | <p><b>Well Baby Clinic</b></p> <p>9:30am – 11:00am</p> <p>Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p><b>NEW</b><br/><b>Free play weigh &amp; drop in session</b><br/>Running alongside the weigh drop in session<br/>9.30am – 11.00am</p> <p><b>Building Confidence</b><br/>12.00 noon -2.30pm<br/>Tuesday 9<sup>th</sup> for 3 weeks</p> | <p><b>Tiny Me</b></p> <p>Stay and Play for parents and babies 0-18 months<br/>9:30am -11:00am<br/>£1.60 per family<br/><b>TERM TIME ONLY</b></p> <p><b>Well Baby Clinic</b></p> <p>1.00pm– 3.00pm<br/>Drop in clinic to weigh your baby and seek advice of health visitors.</p>  |
| <b>W E D N E S D A Y</b> | <p><b>Antenatal Clinic</b></p> <p>9:00am – 4:30pm<br/><b>Appointment</b></p> <p><b>The Well Baby Clinic</b><br/>9:00am – 10:30am<br/><b>Drop in clinic</b> to weigh your baby and seek advice and guidance from health visitors.</p>  | <p><b>The Well Baby Clinic</b><br/>9.00am-10.00am<br/>Drop in and weigh your baby</p> <p><b>Big &amp; Little Explorers</b><br/><b>Upper Portacabin</b><br/>Every Tuesday<br/>9:00am – 11:00am<br/>Family Fun &amp; Refreshments<br/>Cost of £1.60 per Family<br/>Just turn up on the day<br/><b>TERM TIME ONLY</b></p> <p><b>Halloween Creative Crafts</b><br/>Wednesday 31<sup>st</sup> October<br/>2.00pm- 3.30pm<br/>Crafts and spooky Halloween crafts</p> | <p><b>Antenatal Clinic</b><br/>9:00am – 2:00pm<br/><i>Appointment only</i></p> <p><b>Buddy Bears</b></p> <p><b>Drop in</b> stay and play activity session 0-4 years<br/>9:30am – 11:00am<br/>£1.60 per family includes snack</p> <p><b>Stop Smoking Clinic</b><br/>9.00am – 12.30pm<br/>One to one appointments for further information ring 01422 262373</p>   | <p><b>Home Start</b> 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 <b>01422 242124</b> for more information</p> | <p><b>Getting Ready For Baby</b><br/>Four sessions<br/>Organised by your Health visiting Team, Children's Centre Team and the Midwives.<br/>To Book visit <a href="http://maternitycoursebooking.cht.nhs.uk">maternitycoursebooking.cht.nhs.uk</a><br/>or contact your children's centre</p>  | <p><b>Rhythm Time</b></p> <p><b>3<sup>rd</sup> October 2018 for four weeks 10.00am-11.00am</b><br/>A musical course designed to enhance your child's co-ordination and musical ear.</p>  |
| <b>T H U R S D A Y</b>   | <p><b>CAMHS</b></p> <p>Referral only<br/>1.00 pm – 5.00pm</p>   |  | <p><b>Well Baby Clinic</b><br/>9:30am – 11:30am<br/>Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p><b>Breastfeeding Advice and Support</b><br/>Thursday 12:00 noon – 1:30pm<br/>This is run by the Health Visitors Team and will offer one to one advice and support to parents/carers<br/>For further information please contact the health visitors on 01422 367891</p> | <p><b>Antenatal Clinic</b></p> <p>9:00am – 4:00pm<br/><i>Appointment only</i></p> <p><b>Calderdale Staying Safe</b></p> <p>Do you need advice or support?<br/>Drop in Session at Innovations 1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday of the month<br/>From 10am – 12pm</p>          | <p><b>Antenatal Clinic &amp; Postnatal Clinic</b></p> <p>8.30am – 2:00pm<br/><i>Appointment only</i></p>  | <p><b>Child-minder Network Session</b></p> <p>9:00am – 11:30am<br/><b>TERM TIME ONLY</b><br/>Stay and Play session for child-minders and their children.</p> <p><b>Chat &amp; Play</b></p> <p>1:30pm – 3:00pm<br/>Snack for children, coffee and a chat for parents.<br/>£1.60 per family</p>  |
| <b>F R I D A Y</b>       | <p><b>Antenatal Clinic</b></p> <p>8:00am – 1:00pm<br/><b>Appointment only</b></p>   |  | <p><b>Baby Adventures</b></p> <p>1:00pm – 2:30pm<br/>Drop in stay and play session for you and your baby, (0-14 months)</p> <p>Free refreshments<br/>£1.60 per family.</p>  | <p><b>Post – natal Clinic</b></p> <p><b>9.00am -12.00am</b><br/><i>Appointment only</i></p>  | <p><b>Dads R Us</b></p> <p>Saturday 6<sup>th</sup> October<br/>From 9 am<br/>Leaf gathering and crafts</p>  | <p><b>Yoga for adults</b><br/>10:00am – 11:30am<br/>Every Friday<br/><b>TERM TIME ONLY</b><br/>Call Helen for costs and bookings on <b>07925 102461</b><br/><b>Children's Centre doesn't deliver this activity</b></p> <p><b>Art Class</b><br/>1.00pm – 3.00pm<br/>Every Friday All stages welcome &amp; materials provided<br/>Call Annette Duncan on 07484 370310 further information<br/><b>Children's centre doesn't deliver this activity</b></p> |

You can book any of our training or activities online through our website [www.surestartchildrenscentresnhp.org.uk](http://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



**Accredited  
Courses**

*Emergency First Aid  
- full day  
9.00am - 4.00pm*

Starts Saturday 8<sup>th</sup>  
July - Innovations  
CC