

Sure Start Children's Centres

North Halifax Partnership

Winter / Spring Edition Jan to Mar 2020

Welcome to our Spring newsletter!

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 have just finished undertaking our annual consultation exercise. Your views are really important to us and we will be using them to plan and develop our services. A big thank you to all of you who shared your views during the consultation period.

I would like to take the opportunity to update you on the Leadership of NHP Children's Centres. Now that I have moved into the role of Chief Executive Officer for North Halifax Partnership, we have appointed Nicola Rossi as Senior Children's Centre Manager. Nicola will be leading on the planning and delivery of all of the NHP Children's Centre Services and will continue to manage Elland Children's Centre. Nicola Earnshaw (currently Deputy Manager at Wellholme Park) has been appointed to manage Wellholme Park and Field Lane Children's Centres.



Tina Burke
Chief Executive Officer

Catch the Comment

Congratulations to our Quarter 2 Winner - Chanice Noble who won £10 Love to Shop Vouchers.

Chanice is a parent who lives in Ash Green Reach Area. Comment written whilst attending a Ponderosa trip:

"Well organised lovely day out. Lovely, friendly, welcoming atmosphere and so cheap and affordable for families. Love how transport was sorted as many people don't have cars. Really appreciate the effort Mandy O'Shea and Sure Start have put in for the activities for the Mixenden area. Lovely place to visit. Sure Start always go above and beyond with family days and activities and I don't know what I'd do without them. So THANK YOU! We loved it!"



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



The Beechwood Big Picnic 2019

The sun shone down on us again for the second Beechwood Big Picnic on 7 September, when NHP joined forces with local community groups to showcase all the home-grown leisure, sporting and support activities in our local areas.

4,000 people attended over the day and more than 50 local residents were directly involved in organising and delivering activities alongside our NHP staff. Calderdale Council contributed a small grant to support the day to supplement NHP funding for the event, and the estimated £2k of volunteer time that went into the day.

There were 40 different stalls and activities to take part in, from Punch and Judy to climbing walls, from mini-cycling to talking about your ideas on the Listening Sofa. Although our sand lorry got stuck - oops!- the beach was a great success. We launched our new programme Active North Halifax, with a family fun run led by Suzy Straughan, Active North Halifax Coordinator. Since then,

Suzy's been working with our Children's Centres to help support new and possible walking groups from local centres. Interested in getting more active in 2020?



Contact Suzy on 07922 000 213

Chief Executive Appointment

North Halifax Partnership has grown as an organisation in recent years. This growth is demonstrated in our staff numbers, the service users we reach and our financial and social responsibilities.

To recognise this growth, and to lead our organisation going forward, the North Halifax Partnership Board are delighted to announce that **Tina Burke** has been appointed to the new role of Chief Executive Officer.

Tina was recruited through a rigorous recruitment process and has developed her career with the organisation; first as a Children's Centre Manager, to Service Manager, to this new role, as the head of the organisation.

Danielle Durrans, Chair of the Board said "This is a fantastic opportunity to build on past successes and ensure that North Halifax Partnership continues in our vision to provide a better future for all generations".

Tina said "I am thrilled to take up the CEO post and to have the opportunity to lead the organisation through the next exciting phase. We have ambitious plans and will work closely with partners and communities to deliver our vision."

The role formally started on 1 November 2019, although there will be a transition period for Tina as she relinquishes duties from her Service Manager post and assumes the responsibilities of the CEO.

The Board are confident that partners, funders, staff colleagues and other stakeholders will all wish Tina well in her new role.

Health News

Physical Activity for Early Years

Did you know the average level of physical activity reaches a lifetime peak around the age of 5?

In 2010, we were among the first Nations in the world to set out the evidence for how much and what kinds of physical activity we need to do to keep ourselves healthy. Since then, the evidence has become more compelling and the message is clear:

"If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat."

Physical activity is not just a health issue. It brings people together to enjoy shared activities and contributes to building strong communities whilst supporting the economy to grow.

The average level of physical activity reaches a lifetime peak around the age of school-entry (5 years old) and declines thereafter (17-19 years old).

Achieving higher levels of physical activity in the early years should therefore help maintain higher levels later in childhood and adolescence.

Physical activity guidelines for Under-5s

Infants (less than 1 year): Infants should be physically active several times every day in a variety of ways, including interactive floor-based activity, e.g. crawling. For infants not yet mobile this includes at least 30 minutes of tummy time spread throughout the day while awake (and other movements such as reaching and grasping, pushing and pulling themselves independently, or rolling over); more is better.

NB: Tummy time may be unfamiliar to babies at first, but can be increased gradually, starting from a minute or two at a time, as the baby becomes used to it. Babies should not sleep on their tummies.

Toddlers (1-2 years): Toddlers should spend at least 180 minutes (3 hours) per day in a variety of physical activities at any intensity, including active and outdoor play, spread throughout the day; more is better.

Pre-schoolers (3-4 years): Pre-schoolers should spend at least 180 minutes (3 hours) per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of moderate-to-vigorous physical activity.

Physical activity for early years (birth - 5 years)

Active children are healthy, happy, school ready and sleep better



Every movement counts



Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for pregnant women



UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity during pregnancy & during postpartum

Physical activity can safely be recommended to women during and after pregnancy and had no negative impact on breastfeeding postpartum. Physical activity choices should reflect activity levels pre-pregnancy and should include strength training. Vigorous activity is not recommended for previously inactive women. After the 6 to 8 week postnatal check, and depending on how the woman feels, more intense activities can gradually resume, i.e. building up intensity from moderate to vigorous over a minimum period of at least 3 months.

Active Calderdale

As part of the movement for Calderdale to be the most active borough, Active Calderdale and partners are planning to run a survey in Jan 20 for parents and carers of children under 5 years to help us to understand how we can help you to be more physically active. Children's centres will be promoting this via our social media pages – so look out on our Facebook page website in the New Year.

The information and guidance was taken from https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf on 05.12.2019

Safety News

Accidental Poisoning

Accidental poisoning involves a person 'accidentally' poisoning themselves without wanting to cause harm to their body (as opposed to intentional poisoning or overdose).

This is most common in young children as they are keen to explore their world and often learn about new things by putting them in their mouth. Children generally don't know that swallowing poison can be harmful and a sour or bitter taste doesn't deter them from swallowing something that may look like a 'sweet' or 'juice' like washing tabs for example.



The symptoms will depend on what your child has swallowed, the amount they have swallowed and their general health. These include:

- Nausea
- Vomiting
- Drowsiness
- Tummy pain
- Burns or damage inside the mouth and food pipe (*oesophagus*).



Some poisons are highly toxic and only a small amount can cause serious problems including fits (seizures), respiratory or cardiac arrest (where the child's breathing or heart stops), unconsciousness (coma) or death.

Simple safety measures are the best way to make sure your child cannot get access to poisons. Such as:



- Choosing childproof containers when buying medications, household chemicals and garden products.
- Put all poisons out of reach of children (in a child-locked cupboard where possible) after using or buying them.
- Do not confuse children by talking about pills and liquid medication as 'sweets'.
- If you take pills, do so out of sight of children.
- Never put poisons in drink bottles.
- Check that the plants you have are not poisonous.



Make Your Own Snowman Smash Game

This *game* is fun for the whole family, and you likely have most of the materials to make it already on hand. Are you ready to make your own Snowman Smash game?



Materials

- White cups
- Craft foam or construction paper
- White socks
- Glue
- Scissors

Method

1. Begin by cutting *snowman* face shapes out of craft foam.
2. To make our snowmen decorate six white cups using the craft foam shapes.
3. Use a glue stick to secure the foam pieces and wait for them to dry.
4. Make snowballs using *tightly balled socks*,.
5. That's it! It's time to PLAY!



Toss "the snowballs" to knock down the snowmen

Children's Centre News



As always, we have been extremely busy in and around our Children's Centres since our last newsletter. Here are just a few things we have been up to:-



Wellholme Park Children's Centre have been busy creating Bonfire pictures and had a very exciting visit from Wise Owls where the children learnt lots of exciting fun facts about Owls.



Innovations Children's Centre had a brilliant time at their Halloween disco, they got creative making lots of spooky Halloween crafts and enjoyed blood (jam) and goblin mud (chocolate spread) sandwiches.



Elland and Holywell Green Children's Centres launched 2 new groups, they have played with conkers in water, digging in sand with pots and pans and foam play. The group even got to try Baby Pilates and Baby Yoga as part of the sessions.



Creations Children's Centre took part in Children in Need activities by making buns and having their face painted.



Ash Green Children's Centre held a community disco which was a great success, the costumes were fantastic and everyone looked to have such a brilliant time.



Illingworth Children's Centre had Little Learning attend their Messy Monkeys session and in Buddy Bear group they played in the sand and decorated biscuits.



Field Lane Children's Centre have been busy out and about this term. The children from nursery went out collecting leaves for their autumn display and to do leaf printing and the Messy Adventures group went on a Bear Hunt!



All Centres took part in Road Safety Week and to support this Sure Start gave every child that accessed one of our services got a free Teddy Bear Reflector.



Nursery News



Nursery Places at Innovations



Would you like to have a look at our day nursery facilities at Innovations?

We have a 12 place baby room, toddler room that caters for 18 toddlers between the ages of 18 months to 2 1/2 years and a pre school room that caters for 28 children between the ages of 2 1/2 to 4 years.

The nursery is Ofsted rated "Outstanding" and has a qualified and experienced team of staff to care and nurture your child's journey through nursery.

Our facilities include an extensive garden area and allotment, home cooked meals in line with the "food for life" accreditation and offer a variety of experiences for example singing groups.

Please call reception to book a look round on 01422 248222



Active Imaginations

change start
4 life 4 life

Active Imaginations has recently been launched in Calderdale. Calderdale Council is one of five local authorities to take part in the project in partnership with Public Health England and The Yorkshire and Humber Association of Directors of Public Health.

This is a new initiative to help parents and carers come up with ways for 2 to 4 year-olds to get a healthy amount of physical activity in a way that supports the Chief Medical Officer Guidelines that children of pre-school age who are capable of walking unaided should be physically active for at least 180 minutes per day.

On Wednesday 25 September parents and children who attended Buddy Bears at Illingworth Community Children's Centre were among the first in Yorkshire to try out Active Imaginations.

The idea is that parents looking for something to entertain their toddlers can look online, spend a few seconds watching one of the video ideas and then recreate it at home. They are all designed around things you will already have at home, from playing music on your phone for a dance party to using a plastic bottle headed for the recycling for a game of bowling. The added benefit is that you and your child are physically active and mentally engaged the whole time you are playing. You can even make setting up the game part of the fun – get them to help find the items you need and count or name colours together.

It's an entirely free resource, you don't need an app, just pop to the website and spend a few second watching the video guides.

www.activeimagnations.co.uk

Activity to try at home !!

Sticky Spiders Web

What's needed:

Painters tape & cotton balls

How to play:

This is a super fun way to get your little ones active, simply use painters tape to make a web like design on a doorway opening. Use cotton balls to throw at the web and see how many they can get to stick.

Sure Start Children's Centres

	 <p>Tel: 01422 266197</p>	 <p>Tel: 01484 386621</p>	 <p>Tel: 01422 266197</p>	 <p>Tel: 01484 714768</p>	 <p>Tel: 01422 243941</p>
Monday	<p>2 Year Reviews Mornings Health Visiting Team Appointment only</p> <p>Baby Group 10.00am-11.30am A NEW stay and play session for Children aged 0 – walking. £1.50 per family No need to book – just turn up!</p>	<p>Family Support Drop In 9:00am – 11:00am No need to book - Just drop in</p> <p>Messy Adventurers 0 – 5 year olds 1.30pm – 3.00 pm No need to book in!! £1.50 per family</p>		<p>Breast Feeding Friends 10.00am – 11.30am A support group for breastfeeding mums Just Drop in – no need to book</p> <p>facebook</p> <p>Keep up to date with all Wellholme Park Children's Centre activities by clicking here and following them on Facebook</p>	<p>"Have your say"</p> <p>We have regular meetings of our Parents forum and Advisory Board Panel. Anyone interested in attending should contact Kirilea Whitehead on 01422 243941</p>
Tuesday	<p>Antenatal & Postnatal Clinic 9.00am – 4:00pm Appointment only</p> <p>facebook</p> <p>Keep up to date with all Elland Children's Centre activities by clicking here and following them on Facebook</p>	<p>Well Baby Clinic 1.00pm – 3.00pm 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>facebook</p> <p>Keep up to date with all Sure Start Children's Centre activities by clicking here and following them on Facebook</p>	<p>Antenatal Clinic All day Appointments Only</p> <p>Childminder's Group 9.15am – 10.45am Drop in – no need to book £1.50 per family Term Time Only</p>	<p>Midwife Clinic</p> <p>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>facebook</p> <p>Keep up to date with all Ash Green Children's Centre activities by clicking here and following them on Facebook</p>
Wednesday	<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>2 Year Reviews Afternoons Health Visiting Team Appointment only</p>	<p>2 Year Reviews Mornings Health Visiting Team Appointment only</p>	<p>Antenatal Clinic All day - Appointment Only</p> <p>Messy Monkeys @ Whinney Hill Community Centre 4th and 11th December 2019 9.15am-10.45am <i>Suitable for walkers to 5 years. No need to book.</i> £1.50 per family</p>	<p>The Well Baby Clinic Upper site portacabin 9.00am-10.00am Drop in and weigh your baby</p> <p>North & East Family Support Team Drop in clinic for advice, information & support Every Wednesday 9.00am – 11.00am</p> <p>Big & Little Explorers Upper Portacabin Every Wednesday 1.30pm – 3.00pm Family Fun & Refreshments <i>Cost of £1.60 per Family</i> Just turn up on the day TERM TIME ONLY</p>
Thursday	<p>Antenatal & Postnatal Clinic 8:40am – 4:40pm Appointment only</p> <p>Yorkshire Smoke Free Stop Smoking Clinic Every Thursday 12:30pm – 4:30pm for information or to book an appointment call 01422 26237</p>		<p>Parent & Toddler Group 10.00am-11.30am Come and join us for our NEW stay and play session for children aged 0 to 5 years old £1.50 per family Free snacks provided. No need to book Just turn up!</p>	<p>Baby Group 10:00am – 11:30am Aimed at 0 – 'walkers' No need to book - Just drop in £1.50 per family Well Baby Clinic 9.00 am – 11.15am Run by Locala's Health Visiting team offering health and development advice. Drop in session For more information please contact: 030 0304 5076 Postnatal Clinic 11.30am – 5.00pm Appointment Only</p>	<p>Getting Ready For Baby 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>
Friday	<p>Family Support Drop In 9:30am – 11:30am Support & advice for parents Just drop in</p>	<p>facebook</p> <p>Keep up to date with all Field Lane Children's Centre activities by clicking here and following them on Facebook</p>		<p>Family Walk 09.30am – 11.00am Walk around the local park then back to the children's centre for refreshments Every other Friday</p>	

'What's On' Guide Mon — Fri

	 <p>A Sure Start Children's Centre</p> <p>Tel: 01422 434006</p>	 <p>A Sure Start Children's Centre</p> <p>Tel: 01422 243633</p>	 <p>A Sure Start Children's Centre</p> <p>Tel: 01422 248222</p>	 <p>A Sure Start Children's Centre</p> <p>Tel: 01422 252209</p>	 <p>A Sure Start Children's Centre</p> <p>Tel: 01422 434006</p>
Monday	<p>North & East Family Support Team Parent Drop in Offering Support for numerous things inc. school worries letter writing, money management. Every Friday 9.30am – 11.30am</p>	<p>facebook</p> <p>Keep up to date with all Illingworth Children's Centre activities by clicking here and following them on Facebook</p>	<p>Antenatal Clinic 9:00am – 4:00pm <i>Appointment only</i></p>		<p>Crafty Ladies 4.00pm – 6.00pm Come along every fortnight to indulge your hobby and make new friends. To confirm dates ring 01484 714768.</p>
Tuesday	<p>Tiny Tots Tuesdays – NEW! 9:15am – 10.45am TERM TIME ONLY A drop in stay and play session. Age 0-5 years £1.60 per family</p> <p>CAMHS Referral only 8.00 am – 5.00pm</p>	<p>Inbetweeners 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! £1.60 per family * Group run by parents / carer volunteers*</p> <p>TERM TIME ONLY 10.00am -12.00noon</p>	<p>Big and Little Explorers Every Tuesday 9:30am – 11:00am (0-3 YEARS) £1.60 per family TERM TIME ONLY</p> <p>CAMHS Referral only 8.00am – 4.00pm</p>	<p>Well Baby Clinic 9:30am – 11:00am Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p>NEW First Tuesday in every month Free play weigh & drop in session Running alongside the weigh drop in session 9.30am – 11.00am TERM TIME ONLY</p>	<p>Tiny Me Stay and Play for parents and babies 0-18 months 9:30am -11:00am £1.60 per family TERM TIME ONLY</p> <p>Well Baby Clinic 1.00pm– 3.00pm Drop in clinic to weigh your baby and seek advice of health visitors.</p>
Wednesday	<p>Antenatal Clinic 9:00am – 4:30pm Appointment</p> <p>The Well Baby Clinic 9:00am – 10:30am Drop in clinic to weigh your baby and seek advice and guidance from health visitors.</p>	<p>Antenatal Clinic 9:00am – 2:00pm <i>Appointment only</i></p> <p>Buddy Bears 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>Stop Smoking Clinic 9.00am – 12.30pm One to one appointments for further information ring 01422 262373</p>	<p>Antenatal Clinic 9:00am – 4:00pm <i>Appointment only</i></p>	<p>Mini Movers Stay & Play Community Group Every Wednesday TERM TIME ONLY 1.45pm – 3.10pm AT Moorside Community Primary School</p> <p>facebook</p> <p>Keep up to date with all Kevin Pearce Children's Centre activities by clicking here and following them on Facebook</p>	<p>Getting Ready For Baby Four sessions Organised by your Health visiting Team, Children's Centre Team and the Midwives. To Book visit maternitycoursebooking.cht.nhs.uk</p>
Thursday	<p>CAMHS Referral only 1.00 pm – 5.00pm</p>	<p>Well Baby Clinic 9:30am – 11:30am Drop in clinic to weigh your baby and seek advice of health visitors.</p> <p>BFF – Breastfeeding Friends 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 367816</p>	<p>Post – Natal Clinic 9.00am -12.00am <i>Appointment only</i></p> <p>facebook</p> <p>Keep up to date with all Innovations Children's Centre activities by clicking here and following them on Facebook</p>	<p>Antenatal Clinic & Postnatal Clinic 8.30am – 2:00pm <i>Appointment only</i></p>	<p>Child-minder Network Session 9:00am – 11:30am TERM TIME ONLY Stay and Play session for child-minders and their children.</p> <p>Chat & Play 1:30pm – 3:00pm Snack for children, coffee and a chat for parents. £1.60 per family</p>
Friday	<p>facebook</p> <p>Keep up to date with all Creations Children's Centre activities by clicking here and following them on Facebook</p>	<p>Baby Adventures 1:00pm – 2:30pm Drop in stay and play session for you and your baby, (0-14 months) Free refreshments £1.60 per family.</p>		<p>North & East Family Support Team Parent Drop in Offering Support for numerous things inc. school worries letter writing, money management. Every Friday 9.30am – 11.30am</p>	<p>Please not the Children's Centre doesn't deliver these activities</p> <p>Yoga for adults 10:00am – 11:30am Every Friday TERM TIME ONLY Call Helen for costs and bookings on 07925 102461</p> <p>Art Class 1.00pm – 3.00pm Every Friday All stages welcome & materials provided Call Annette Duncan on 07484 370310 further information</p>

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

Activities for Families

Course Details	Start Date	Wks	Time	Where	Childcare	Bookings open
Activities just for Babies (6 weeks — walking)						
Baby Massage	Thu 9th Jan	4	1.30pm—2.30pm	Innovation CC	Children in session	Now
Baby Yoga	Mon 13th Jan	4	10am—11am	Northowram and Shelf	Children in session	Now
Baby Massage	Wed 11th Mar	4	1pm—2pm	Illingworth CC	Children in session	Now
Activities just for Toddlers & Pre-school (Walking — 5yrs)						
Pre School Drama	Tue 21st Jan	4	10am—11am	Field Lane CC	Children in session	Now
All Things Spring	Tue 25th Feb	4	1.30pm—2.30pm	Illingworth CC	Children in session	6th Jan 2020
Pre School Drama	Fri 28th Feb	4	10am—11am	Forest Cottage	Children in session	6th Jan 2020
Forest School	Fri 6th Mar	4	10am—11am	Shelf Hall Park	Children in session	3rd Feb 2020
All Things Spring	Fri 6th Mar	4	1.30pm—2.30pm	Wellholme Park CC	Children in session	3rd Feb 2020
Activities for Babies & Toddlers						
Cooking With Kids	Fri 17th Jan	4	10.30am—12pm	Holywell Green CC	Children in session	Now
Sling Swing	Thu 23rd Jan	4	1.30pm—2.30pm	Creations CC	Children in session	Now
Mini Gym	Mon 24th Feb	4	10am—11am	Creations CC	Children in session	6th Jan 2020
Sensory Play	Wed 26th Feb	4	1.30pm—2.30pm	Wellholme Park CC	Children in session	6th Jan 2020
Mini Rockers	Tue 3rd Mar	4	10am—11am	Holywell Green CC	Children in session	3rd Feb 2020
Mini Rollers	Wed 4th Mar	4	10am—11am	Field Lane CC	Children in session	3rd Feb 2020
Sensory Play	Fri 6th Mar	4	10am—11am	Kevin Pearce	Children in session	3rd Feb 2020
Seasonal Arts and Crafts	Thu 19th Mar	1	10am—12pm	Southgate Church	Children in session	3rd Feb 2020
Adult Only & Accredited Activities						
Looking After You	Tue 21st Jan	4	9.30am—11.30am	Innovations CC	Limited crèche	Now
Introduction to Childcare Enrolment	Mon 27th Jan	1	9.30am—11.30am	Illingworth CC	Limited crèche	Now
Introduction to Childcare Level 2	Mon 10th Feb	6	9.30am—2.30pm	Illingworth CC	Limited crèche	Now
Paediatric First Aid	Wed 26th Feb	4	9.30am—12.30pm	Northowram and Shelf	Limited crèche	6th Jan 2020
Paediatric First Aid	Wed 11th Mar	4	9.30am—11.30am	Wellholme Park CC	Limited crèche	3rd Feb 2020

Introduction to Childcare Level 2

A 6 week accredited course for anyone interested in a career in childcare leading to 3 qualifications. Level 2 accreditation in Childcare Level 2 certification in Safeguarding Children and Level 2 Basic First Aid Awareness plus experience of working in a childcare setting.



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.

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

Spring 2020

Baby Massage

A 4 week course of Baby Massage, teaching families how to massage their baby or young child which can help to treat colic as well as assist parent and child bonding.



Mini Rollers

A 4 week family learning course entertaining baby with music and movement for both babies and parents promoting positive touch, developmental play and overall - having fun together.

Introducing your baby to a new sensory prop each week including pom poms, ribbon sticks, scarves, light wands, finger puppets, hula hoops and more. Your little one will love moving and playing simple games along to familiar songs/rhymes whilst also stimulating their senses.

All Things Spring

A 4 week family course learning how to plant seeds and bulbs successfully and in a variety of ways to generate excitement, understanding of plant life and growth, and interest in where our flowers and fruit and veg come from. Take home what you have planted and watch grow throughout Spring and Summer.

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.

Pre School Drama

From their earliest days, babies and toddlers have a natural urge to dance, sing and perform. In this 4 week family learning activity they will enter a new world through mime and music developing skills along the way.

Sling Swing

4 weeks of fun, dance and gentle movement sessions for mums, dads and babies in slings and baby carriers. No sling or carrier necessary as these are available in the session. Suitable for babies that are minimum age 6 weeks or 12 weeks post C-section following post natal check with health care provider.



Mini Gym

A 4 week apparatus based class, building on little ones desire to crawl over, under, in and out, bounce, roll and spin. Using soft play equipment, sensory apparatus, balls, bean bags, ribbon, tapping sticks and much more.

Mini Rockers

A 4 week family learning course entertaining toddlers with music and movement for both toddlers and parents promoting positive physical play and overall - having fun together. Using a new sensory prop each week including pom poms, ribbon sticks, scarves, light wands, finger puppets, hula hoops and more. Your little one will love moving and playing simple games along to familiar songs/rhymes.

Forest School

A 4 week family learning Forest School which will include mud faces, stick and leaf art, spring time scavenger hunt and sensory walks around the park.



Seasonal Crafts

A 1 week sessional craft session encouraging families to explore their creative talents making creations they can take home and display year after year.



Sensory Play

A 4 week activity where families will learn different ways to help their child learn through play. Each week will have a different focus from natural or home objects like pots and pans and wooden spoons to music and sound and messy/creative play.

Cooking with Kids

A 4 week cooking course for the whole family. Families will prepare healthy smoothies and homemade dips. There will be a focus on homemade alternatives to takeaways and ready meals. They will also look at costings and where to shop on a budget. The group will eat what they have cooked at the end of each session.

Looking after you

A course aiming to improve well-being by building self-awareness, self-esteem and confidence. Allows the attendees to begin to learn how to make choices that are right for them. Helping parents to feel more confident about themselves and how to manage situations, also encouraging self-care.

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

Getting Involved

Stay and play activities – The benefits for children and parents



Stay and play sessions provide a wealth of benefits to both parents and their children, children will have the opportunity to play both indoors and outdoors, they will build confidence and develop relationships with other children of a similar age, parents/carers will meet other parents/carers with children of a similar age and may be able to seek support from each other.



Research shows that parents/carers that play and learn with their children improve attachments, children's overall development and strengthen bonds.

Activities on offer range from table top activities, to messy play, to singing and stories, so children are often introduced to something they haven't experienced before and parents may feel confident to try these activities at home.

We often have visitors coming along to offer one off sessions so you can experience something new.

Our groups provide a friendly and welcoming atmosphere, where both parent/carer and children can make new friends.

Hot drinks are provided for parents to relax with whilst they chat with other parents/carers and a healthy snack is provided for the children to enjoy.



Our staff are on hand to discuss any worries you may have and can signpost you to other services that may be able to help.

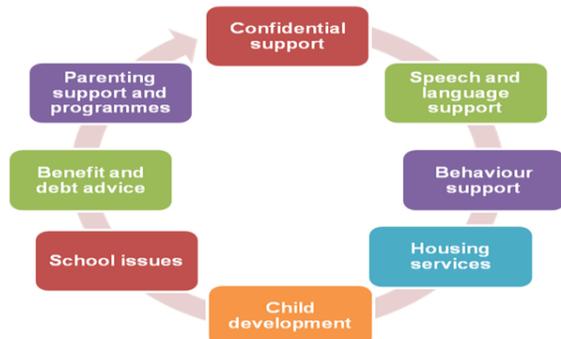


Find all our groups on our What's On Guide and come along to any of our groups and enjoy the first session for free.

Family Support Drop in's

For advice, information and support on a variety of issues

(No appointments needed)



Sessions run from Creations Children's Centre
Albert Road, Pellon, Halifax, HX2 0QD
Every Monday 9.15-11.00am



Sessions run from Field Lane Children's Centre
Burnsall Road, Rastrick, Brighouse, HD6 3JT
Every Monday 9.00 - 11.00am



Sessions run from Ash Green Children's Centre
1 Sunnybank Road, Halifax, HX2 8RX
Every Wednesday 9.00 - 11.00am



Sessions run from Kevin Pearce Children's Centre Annexe
Ovenden Road, Ovenden, Halifax, HX3 5RQ
Every Friday 9.30-11.30am



Sessions run from Elland Children's Centre
Boxhall Road, Elland, HX5 0BB
Every Friday 9.30 - 11.30am

**Sure Start
Children's Centres**
North Halifax Partnership

Visit Our Website:
www.surestartchildrencentresnhp.org.uk
Follow us on Facebook:
Sure Start Children's Centres NHP

Try it at home! Cauliflower Cheese Cakes

They're great for baby led weaning and easy to freeze

Ingredients:

- Oil for greasing
- ½ head of cauliflower, cut into florets (about 200g)
- 1 slice of brown bread cut into chunks
- 1 egg
- 50g grated cheddar
- A few chives, snipped



Method:

- Heat the oven to 180C/160 Fan/Gas 4 and line a baking tray with oil. Brush with a little oil. Put the cauliflower in a steamer over boiling water and cook for around 8 mins or until tender. Allow to cool.
- Put the bread into a food processor and blitz to crumbs. Add the cauliflower, egg and grated cheese, chives and a little black pepper and pulse until you have a chunky consistency
- Form into 8 patties. Arrange them in the baking tray and cook for 20 mins until golden and starting to crisp around the edges.
- Take them out of the oven and leave them to cool.
- Enjoy!

Getting Involved

Getting in touch

Sure Start North Halifax Partnership carry out an exercise every 6 months that we call Bi Annuals. The Family Support Teams in North and East and Lower Valley complete these getting in touch exercises. We contact families by telephone or a door knock to see if they would like any support from our service because they haven't been in touch with us in a while.

All those people that we contact are registered with us and have given consent for us to make contact with them. Over the years this process has been very successful and we have supported lots of families that have experienced issues with parenting, behaviour, school issues, finances, housing and benefit advice. We have also informed parents about activities that are available in their community and have also signposted families to other services within Calderdale as appropriate.

Our next Bi Annual exercise will start on Monday 27th January until Monday 3rd February 2020, so if you've not been in touch for a while listen out for our call or knock on your door.



Family Learning Team 3 Month Call Back

The Family Learning Team have introduced a new system to contact parents/carers who undertake an adult learning course 3 months after they have completed the course. These will be courses that provide you with an accreditation such as Paediatric First Aid, Introduction to Childcare, Helping in Schools etc. The reason we are doing this is to help us track our learners and understand whether these types of courses are having an impact on families to undertake further training or gain employment.

If you complete one of these courses we will be scheduling in to contact you 3 months after completion. Please do support us by giving a couple of minutes of your time to answer some questions.

Family Learning Team



We are excited about our new project and wanted to share how North Halifax Partnership likes to look after their workforce and looks for new and innovative ways to do this.

We have recently introduced a new project to the organisation called 'Team Well'. The project supports and helps employees look after themselves whilst in the workplace by using movement and finding creative and practical ways to help and support wellbeing.

Each team has a Champion who helps their team with small activities, which, when done regularly leads to big steps forwards!

Alongside are some of the movements our staff have been learning about. Why don't you give them ago? Movement doesn't just enhance physical wellbeing; it is also intrinsically linked to our mental health. How we move has a direct impact on our emotions, energy levels and ability to function.

DESK STRETCHES
These can all be done whilst sitting at your desk!

KETTLE STRETCHES
Great to do whilst waiting for the kettle to boil!

THE 'TEAPOT'
Good for: releasing jaw pain, neck pain, shoulder tension

- 1/ Place one hand over your head to your opposite ear
- 2/ Tilt your head away from your hand, as if pouring tea from your ear!
- 3/ Hold the stretch for 30 seconds and then repeat on the opposite side

'DEODORANT'
Good for: releasing neck pain, shoulder pain, and upper back pain

- 1/ Place one hand over your head to your opposite ear (same as the Teapot)
- 2/ Turn your nose towards your elbow
- 3/ Gently pull your chin towards your armpit
- 4/ Hold the stretch for 30 seconds and then repeat on the opposite side

'GLUTE REBOOT'
Good for: releasing sciatica, lower back pain and hip pain

- 1/ Cross one ankle on top of your opposite knee
- 2/ Gently lean forwards from your hips
- 3/ Hold the stretch for 30 seconds and then repeat on the opposite side

'WHO'S BEHIND YOU?'
Good for: neck mobility

- 1/ Sit in a relaxed position
- 2/ Turn your head over your shoulder as far as you can with relaxed shoulders
- 3/ Repeat on the opposite side
- 4/ Look over each shoulder at least 5 times

'THE BIG YAWN'
Good for: breathing, overall mobility and opening the chest

- 1/ Cross your arms in front of your body, lean forwards & bend your knees
- 2/ Breathe in as you reach your arms up to the ceiling and look up
- 3/ Breathe out as you relax your arms down
- 4/ Repeat 4 times

'ON YOUR MARKS'
Good for: circulation, leg and ankle mobility

- 1/ Place one foot forwards with the knee bent and the other foot backwards with the knee straight.
- 2/ Reach your back heel to the floor to stretch down the back of your lower leg
- 3/ Make sure your feet are both pointing to 12 O'clock
- 4/ Hold the stretch for 30 seconds and then repeat on the opposite side

'THE FLAMINGO'
Good for: balance and stability, knee mobility, and circulation

- 1/ Stand on one leg (feel free to hold onto a surface if you need to)
- 2/ Gently pull your opposite foot up behind you until you can feel a stretch down the front of your thigh
- 3/ Hold the stretch for 30 seconds and then repeat on the opposite side

TEAMWELL
WE ARE TEAM WELL

M: 07740 366365 / 07717 050086
 E: info@curewellbeing.org.uk
 www.curewellbeing.org.uk
 @curewellbeing
 @CureWellbeing



Other News

Volunteers

Here at Sure Start Children's Centres North Halifax Partnership we recognise that volunteers play an important part in helping us to provide a quality service, at the same time building a portfolio of work experience and qualifications. This can then help when applying for paid work.

What Sure Start Can offer you as a Volunteer:

- A wide variety of vacancies
- Opportunity to develop new skills and gain experience in a work environment
- A placement with regular supervisions, guidance and feedback
- A professional working environment with well developed policies and procedures
- In house training if appropriate
- Paid expenses if necessary
- References for future employment

Other reasons why you might want to volunteer:

- Advice & guidance
- Keeping you active
- Improving your community
- Making friends

What we ask from you as a Volunteer:

- Regular attendance and commitment to appointed role
- Actively promote Children's Centre values
- Be respectful, honest, professional and polite

Sessions:

Volunteering courses for 2020:

- *Monday 10th February 12:00pm-2:30pm and Monday 24th February 11.30am-2:00pm at Creations Children's Centre*
- *Thursday 11th June 10:00am-12:00pm and Thursday 18th June 10:00am-1:00pm at Field Lane Children's Centre*
- *Wednesday 30th September 10:00am-12:00pm and Wednesday 7th October 10:00am-1.00pm at Innovations Children's Centre*

If you can spare some time and would like to know more about our service and the area in which we work then you are welcome to book onto our next 'Volunteering, is it for you?' session.

To book a place [click here](#) to complete the booking form



WORLD'S BIGGEST
**COFFEE
MORNING**
MACMILLAN
CANCER SUPPORT



Staff in Core Services and Family Support at Kevin Pearce Children's Centre took part in the World's biggest Coffee morning to raise money for Macmillians Cancer Support. We had a great day and it seems we have some really talented bakers! In total we raised an impressive £130. Well done everyone.



Healthy Start Vitamins

Even though we can get lots of vitamins from a healthy diet, at certain times such as pregnancy or during early childhood, we might not get enough. During these times it is recommended that we should take a supplement. Children, up to their fourth birthday, pregnant women and women with a baby under one on Healthy Start will receive a green Healthy Start vitamin coupon to exchange for vitamins every eight weeks. Healthy Start vitamins for children are for children from birth and who are having less than 500ml (one pint) of infant formula a day.

In Calderdale Healthy Start vitamin coupons can be exchanged for free vitamins at the following Children's Centres:



Elland Children's Centre: Boxall Road, Elland HX5 0BB

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

Jubilee Children's Centre: Lightowler Road, Halifax HX1 5NB

Todmorden Children's Centre: Todmorden Community College, Burnley Road, Todmorden OL14 7BX

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