



Monday

**Elland Baby Group**

**Face to Face**

**Every Monday**

**9:30-10:15am & 10:30- 11:15am**

Fun sessions to help support your child's development. Each session will be different. To book your place call 01422 266197

**Lower Valley Family Support Team**

If you need advice, information and support please ring 01484 386621 and a member of the team will call you between **9.00am – 11.00am on a Monday**

**Parent and Toddler Group (Face to Face Session)**

**Every Monday**

**1.15pm – 2.45pm**

A play session for parents and carers with children up to 5yrs old. £1.50 per family.

**Places will be limited so it's important you book on 01484 714768.**

**Well Baby Clinic**

*Afternoon*

*Appointment Only through the Health Visiting Team*

**Lower Valley Family Support Team**

**Drop in Session**

**Every Monday**

**1.15pm to 2.45pm**

If you need advice, information and support please call in and speak to one of the team.

**Well Baby Clinic**

*All day*

*Appointment Only*



Tuesday

**Antenatal Clinic**

All day - **Appointment Only**

**Antenatal Clinic**

All day - **Appointments Only**



**Breastfeeding Support Group**

**10.00am to 11.30am**

**Please book with your Health Visitor**

Wednesday

**Postnatal Clinic**

8.30am – 12:30pm

**Appointment only**



**Antenatal Clinic**

All day - **Appointment Only**

**Baby Group (face to face session)**

**Every Wednesday**

**10.00am to 11.30am**

A play session for parents and carers with children from birth to just walking. £1.50 per family.

**Places will be limited so it's important you book on 01484 714768.**

Thursday

**Antenatal Clinic**

All day - **Appointment Only**

Friday

**Lower Valley Family Support Team**

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**Tottery Time**

**Friday 29<sup>th</sup> October 2021**

**1.00pm – 2.30pm**

(1 week session)

Bring your favourite teddy on our Bear Hunt!!!  
Enjoy our story time, singing songs and then enjoy painting your own ceramic bear (which will then be glazed and fired)

**Family Walk**

**Every Friday @ 9.30am**

Let's enjoy some fresh air and meet other families while on a 45 minute walk around the local park. Then call in to the children's centre for a cuppa and a chat.

Other upcoming courses are

**Parent and baby Pilates, Baby massage, Paediatric First Aid and Create a life you love**

To book a place please complete the online application form at:

[www.surestartchildrenscentresnhp.org.uk](http://www.surestartchildrenscentresnhp.org.uk) or call 01422 254676

Keep an eye on our Facebook page and Website



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 254676.

Or follow us on Facebook: [Sure Start Children's Centre's NHP](#)