

# What's On Guide – September 2021

Please call 01422 434006 for more information

Northowram and Shelf Children's Centre Hub  
Lydgate  
Northowram  
HX3 7EJ

## MONDAY

Baby Yoga  
Monday 20<sup>th</sup> September

10am- 11.00

A 4 week course. Yoga inspired movements to gentle music allowing baby to become familiar with a new way of moving and being held. Resources provided to use at home including online manual music and videos.

Suitable for babies aged 2 months to crawling.

Bookings Only



## TUESDAY

Follow us on Facebook:

Sure Start Children's Centres  
NHP

Or visit:



[www.surestartchildrenscentresnhp.org.uk](http://www.surestartchildrenscentresnhp.org.uk)

## WEDNESDAY

## THURSDAY

Baby and Toddler Group

For parents/ carers with babies  
up to 2 years old.

Session runs 1.30pm – 3pm every  
Thursday afternoon

£1.60 per session First session  
free

Due to social distancing  
requirements places are limited  
so booking is essential.



## FRIDAY

**ACTIVITY****Baby Group****DATE/DAY****Every Thursday****TIME****1.30- 3.00pm****DETAILS****For parents/ carers with children up to 2 years old.****£1.60 per session**

CLINICS AND SERVICES

DATE/DAY

TIME

DETAILS