



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)
@ the Space, Rastrick**

**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.

**Baby Massage
@ St Matthews Church, Rastrick**

22nd November 2021

(4 Week Course)

10.00am – 11.00am

Learn how to use massage to bond with your baby and even treat colic

Well Baby Clinic

*All day
Appointment Only*



Tuesday

Antenatal Clinic

All day - **Appointment Only**

**Baby and Parent Pilates
Tuesday 9th November 2021**

4 week course

10.30am-11.30am

At Southgate Church Elland

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

www.surestartchildrenscentresnhp.org.uk or call 01422 254676

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

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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.

Saturday

Paediatric First Aid

Level 3 Award

13th November 2021

9.30am – 12.30pm

(2 Week Course)*

*Learners will have to complete some online training prior to attending these sessions

Subjects covered include choking, CPR and dealing with shock. Please use the online booking form to book your place.

Other upcoming courses are

Christmas Wreath Making and Create a life you love

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

www.surestartchildrenscentresnhp.org.uk
or for any queries please 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

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](#)