





Monday	<p>Elland Baby Group</p> <p>Every Monday 9:30-10:15am & 10:30- 11:15am</p> <p>Fun sessions to help support your child's development. Each session will be different.</p> <p>To book your place call 01422 266197</p>	<p>Parent and Toddler Group (Face to Face Session) @ The Space, Rastrick</p> <p>Every Monday 1.15pm – 2.45pm</p> <p>A play session for parents and carers with children up to 5yrs old. £1.50 per family.</p> <p>Places will be limited so it's important you book on 01484 714768.</p> <p>Well Baby Clinic – Afternoon - Appointment Only through the Health Visiting Team</p> <p>Lower Valley Family Support Team Drop in Session</p> <p>Every Monday 1.15pm to 2.45pm</p> <p>If you need advice, information and support please call in and speak to one of the team.</p>	<p>Well Baby Clinic <i>All day</i> <i>Appointment Only</i></p> <p>Sign up now for our Baby & Me course.</p> <p>Suitable for parents with children UNDER the age of one.</p> <p>Ring 01484 386621 to book your place.</p> 
Tuesday	<p>Antenatal Clinic All day - Appointment Only</p>		<p>Antenatal Clinic All day - Appointments Only Breastfeeding Support Group 10.00am to 11.30am Please book with your Health Visitor</p> <p>Breastfeeding Support Group is running from Wellholme Children's Centre weekly on a Tuesday 10-11am.</p> <p>Places are bookable but this is really easy to do - simply phone Locala on 0300 304 5076 and leave a message stating your full name and the group you would like to attend. Confirmation of your place will be sent via text from the Health Visitor service.</p> <p>The early days and weeks of breastfeeding can feel much easier with the support of a group, and we would encourage anyone who is new to breastfeeding to book a course of 3 weeks to begin with.</p>
Wednesday	<p>Postnatal Clinic 8.30am – 12:30pm Appointment only</p> 		<p>Antenatal Clinic All day - Appointment Only</p>  <p>Baby Group (face to face session) Every Wednesday 10.00am to 11.30am</p> <p>A play session for parents and carers with children from birth to just walking. £1.50 per family.</p> <p>Places will be limited so it's important you book on 01484 714768.</p>
Thursday	<p>Antenatal Clinic All day - Appointment Only</p>		<p>Baby Massage</p> <p>A 4 week course of Baby Massage Thursday 9th June 1.00pm-2.00pm at Wellholme Park Children's Centre</p> <p>To book a place please complete the online application form at: www.surestartchildrenscentresnhp.org.uk or call 01422 251090</p>
Friday	<p>Lower Valley Family Support Team</p> <p>If you need advice, information and support please ring 01484 386621 and a member of the team will call you between 9.30am – 11.30am on a Friday</p> <p>Budget Like a Boss 2 Week Course Friday 17th June 12pm-2.30pm At Elland Children's Centre</p> <p>To book a place please complete the online application form at: www.surestartchildrenscentresnhp.org.uk or call 01422 251090</p>	<p>Lower Valley Family Support Team</p> <p>If you need advice, information and support please ring 01484 386621 and a member of the team will call you between 9.30am – 11.30am on a Friday</p>	<p>Lower Valley Family Support Team</p> <p>If you need advice, information and support please ring 01484 386621 and a member of the team will call you between 9.30am – 11.30am on a Friday</p> <p>Family Walk Every Friday @ 9.30am</p>  <p>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.</p>