








	<p><b>Elland: Elland Children's Centre</b> Tel: 01422 266197</p> 	<p><b>Rastrick: Field Lane Children's Centre Services</b> Tel: 01484 714768</p> 	<p><b>Brighouse: Wellholme Park Children's Centre</b> Tel: 01484 714768</p> 
Monday	<p><b>Elland Baby Group</b> Fun sessions to help support your child's development. Each session will be different. <b>When?</b> Every Monday 9:30-11am <b>How to book?</b> Call 01422 266197 <b>Cost?</b> £1.50</p>	<p><b>Baby and Toddler Group at The Space, Rastrick</b> A play session for parents/carers with children up to 5 years old. <b>When?</b> Every Monday 1.15pm – 2.45pm <b>How to book?</b> Just turn up <b>Cost?</b> £1.50 per family</p> <p><b>Lower Valley Family Support Team—Advice Line</b> If you need advice, information and support please ring 01484 386621 and a member of the team will call you between Monday 1.15pm to 2.45pm</p> <p><b>Mini Performing Arts</b> A 4 week creative session developing imaginative play through movement, role play, improvisation and song. <b>When?</b> Starts Monday 11/9/23 for 4 weeks 10-11am <b>Where?</b> The Space at Field Lane <b>How to book?</b> Book online or scan the QR code <b>Cost?</b> Free</p>	<p><b>Well Baby Clinic</b> Suitable for parents with children under the age of one. <b>When?</b> All day—appointment only <b>How to book?</b> Ring 03003045076</p> 
Tuesday	<p><b>Antenatal Clinic</b> <b>When?</b> All day <b>How to book?</b> Appointment only - call 01484 355731</p> 		<p><b>Antenatal Clinic</b> <b>When?</b> All day <b>How to book?</b> Appointments only - call 01484 355731</p> <p><b>Breastfeeding Support Group</b> Why not come along for a chat and a cuppa? We offer support in frequency of feeding, night feeds, cluster feeds, growth spurts, teething and introducing foods. We are also here to help if you are returning to work and want to discuss this with someone. <b>When?</b> Tuesday 10.00am – 11.30am. Places are bookable, either speak to your Health Visitor, phone 03003045076 or e-mail <a href="mailto:Calderdalepeersupport@locala.org.uk">Calderdalepeersupport@locala.org.uk</a></p>
Wednesday	<p><b>Postnatal Clinic</b> <b>When?</b> 8.30am – 12:30pm <b>How to book?</b> Appointment only - call 01484 355731</p> 	<p><b>Family Learning Courses</b> Scan the QR code or visit <a href="https://surestartchildrenscentresnhp.org.uk/core-services/family-learning/">surestartchildrenscentresnhp.org.uk/core-services/family-learning/</a></p>  <p>If you have any queries please contact 01422 251090</p>	<p><b>Antenatal Clinic</b> <b>When?</b> All day <b>How to book?</b> Appointment only - call 01484 355731</p> <p><b>Baby Group</b> A play session for parents and carers with children from birth to just walking. <b>When?</b> Every Wednesday 10.00am to 11.30am <b>How to book?</b> No need to book – just turn up! <b>Cost?</b> £1.50 per family</p>
Thursday	<p><b>Health Visitor &amp; Antenatal Clinic</b> <b>When?</b> All day <b>How to book?</b> Appointment only - call 01484 355731</p> <p><b>Baby Movers</b> Birth to wobbly walking A 4 week sensory class stimulating hearing, sight, touch, movement and balance through singing, dancing and playing. <b>When?</b> Starts Thursday 21/9/23 for 4 weeks 10-11am <b>Where?</b> Elland Library <b>How to book?</b> Book on line or scan the QR code <b>Cost?</b> Free</p>		
Friday	<p><b>Lower Valley Family Support Team—Advice Line</b> If you need advice, information and support please ring 01484 386621 and a member of the team will call you between <b>9.30am – 11.30am on a Friday</b></p>	<p><b>Lower Valley Family Support Team—Advice Line</b> If you need advice, information and support please ring 01484 386621 and a member of the team will call you between <b>9.30am – 11.30am on a Friday</b></p>	<p><b>Family Walk</b> Meet other families on a walk around the park, then call into the Children's Centre for a cuppa. <b>When?</b> Every Friday at 9.30am <b>How to book?</b> Just turn up at Wellholme Park Children's Centre <b>Cost?</b> Free</p> <p><b>Lower Valley Family Support Team—Advice Line</b> If you need advice, information and support please ring 01484 386621 and a member of the team will call you between <b>9.30am – 11.30am on a Friday</b></p> <p><b>Introduction to solid foods group run by Locala</b> Everyone welcome to attend. No need to book—just turn up <b>When?</b> Friday 29th September at 1.30pm</p>