North Halifax Partnership Sure Start Children's Centres Newsletter

AUTUMN EDITION 2023



Welcome everyone to the autumn edition of our Children's Centre newsletter! We hope you have had a great summer and managed to enjoy some sun whilst dodging the rain! As we near the end of the summer, our thoughts turn to the autumn, a return to routine for a lot of us when school and nursery start up again, with new uniforms, lunch bags, shoes and more..... Maybe you're a new parent and if so welcome!

Our Children's Centres provide lots of wonderful activities for you and your baby to get involved with, to meet new friends and support your baby's development. Coming up we have Baby Week on the 14th - 20th November, a first for Calderdale. The Children's Centres are happy to be taking part in this inspiring week, celebrating our cherished babies. Our regular events include our Baby and Me sessions, designed to help with early parenthood, followed by Baby Massage sessions and our Baby Groups. You are welcome to come along to see what the fuss is about.

We recently celebrated the men in our lives, recognising the important role they play and the joy and laughter they bring to children's lives. See inside for more details.

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We have lots going on this term, including our family learning programme for mum's, dad's, grannies, grandads and children. Everyone is welcome - you just need to book on. We also have a range of weekly activities from baby and toddler groups, to getting ready for nursery.

Do you fancy getting some fresh air, meeting others and doing a great activity? Try our family walk from Wellholme Park Children's Centre in Brighouse.

We have some exciting volunteer courses running this term and are always happy to receive new volunteers. If you feel that you would like to give volunteering a go, please do get in touch.

As always, we are interested in receiving feedback from you about your experiences with us. In late November and early December, we will be holding our annual consultation for parents/carers and would really appreciate it if you could take the time to give us your views. Our commissioner, Calderdale MBC, is interested in the work we do around child and family health, child development and being ready for school and how we support parents and children with this. Everything you tell us about your experiences with the Children's Centres and the impact that has, supports us in our work.

North Halifax

Partnership

This edition is packed full of information, advice, things to do and celebration! Enjoy it and we hope to see you soon.

Nicki Holdsworth Senior Children's Centre Manager nicola.holdsworth@nhpltd.org.uk



Creations Children's Centre are the first in Calderdale to achieve the Dingley's Promise Award



Creations Children's Centre have completed the Dingley's Promise, which is an accreditation programme about transforming Early Years for Children with Special Educational Needs & Disability (SEND). Dingley's Promise is a charity which has been commissioned by Comic Relief to deliver a series of excellent training packages designed to upskill all staff in inclusive practice in the Early Years and the skills learned can be easily transferred. The training package is free to Calderdale schools, childminders, and anyone working with families, and is online so practitioners can complete it at their own pace. The training packages currently available are: Introduction to Inclusive Practice, Early Years Transitions, Having Difficult Conversations with Families and Behaviours That Challenge, with further training to come!

To achieve the Inclusive Practice accreditation kitemark all staff including cooks, domestic, admin must complete the 'Introduction to Inclusive Practice Training' element of the training package. Creations is the first setting in Calderdale to have received the accreditation!

Creations were presented with the award at the Calderdale SEND conference on Saturday 13th May. The CEO of Dingley's' cried when she saw a video of Jack Sutcliffe, an Senior Early Years Practitioner at Creations, describing how Creations has developed inclusive practice and the changes they have made to daily routines and practice. The staff at Creations do this with such passion and are all fully committed to providing the best care and education to all children.

Celebrating Me and My Dad

We recently held a spectacular week-long celebration on the 29th of July to the 5th of August, dedicated to honouring the incredible dads and male carers in our lives.

The week was not just about celebrating fathers, but also acknowledging the important role that all male caregivers play in nurturing and supporting our loved ones.

Whether you are a biological father, stepfather, grandfather, uncle, brother, or close family friend, we had fun celebrating the important role you play!

We held a series of exciting events to celebrate and appreciate all the amazing dads and male caregivers out there who are making a positive impact on their families and communities. The week was full of love, learning, and fun activities! Here's a snapshot of what we got up to...





"Great fun with the dinosaurs in ice and sun catchers.
Thanks for the food and drink!"

"Very friendly
staff and
welcoming
environment,
safe space for
children and a
range of
activities!"





Baby Week: 4th -21st November 2023

We are excited to share that we will be taking part in the Baby Week Initiative in partnership with Calderdale Council. The week will highlight all the services we have on offer, from antenatal clinics and getting ready for baby sessions, to baby and toddler groups, family learning and family support work.

We will also be providing additional activities such as Boogie Babies sessions and Artsy Adventures sessions. Calderdale Council are also planning a portal up and running that will detail all services and activities running that week for families to access, so keep your eyes peeled!



What's On Guides

Find out what's going on at your local Children's Centre each month. This includes:

- Stay and play groups
- Family learning courses
- Community events
- Family Support Drop Ins/Advice Lines
- Health services
- Family Walks



Visit our website to find our latest guide or ask at your local Children's Centre. surestartchildrenscentresnhp.org.uk/whats-on-guides



We've gone digital!

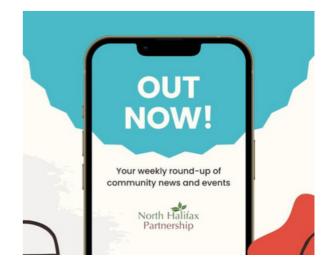
Are you signed up to our mailing list? We now also send this newsletter online straight to your mailbox!

Visit our website to sign up:

surestartchildrenscentresnhp.org.uk/mailing-list

Friday Flyer

At North Halifax Partnership we have a passion for our local communities. We help spread the word about the latest community news and events through our Friday Flyer. Our Friday Flyer helps bring people and organisations together throughout Halifax North and East and the Lower Valley. Visit our website to sign up to our mailing list and view the latest community news and events: northhalifaxpartnership.org/friday-flyer



Sure Start Children's Centres Lower Valley



Party 2023!

On Monday 24th July, we have had a lovely celebration for all of the children who are leaving to go on to their next journey! We have enjoyed circle games, dancing, party dinner and a presentation of certificates from each key person. The children have had their photograph taken holding their certificates and the parents/carers came to watch. Each child said their final farewells and were given a goodie bag containing a book, personalised Elland Children's Centre leavers T-shirt and some crayons.

We wish all the children and families the best of luck for the future.





It was an emotional run up to our leavers party but what a fantastic party it was!

Our children enjoyed lots of different party games, pass the parcel, musical bumps, face paints, glitter tattoos and a balloon lady who created lots of amazing balloons such as Spiderman, flowers, love heart wands and much more.

The children enjoyed listening to music and showing everyone their dance moves that they have been practicing! Their favourite song was 'Green Green Grass'.

Briony made an amazing party tea with lots of treats and yummy food 🛛

We invited all of our parents/carers to come to our leavers assembly where we celebrated each child and their progress throughout nursery. We had lots of lovely feedback from attendees.





LOOKING AFTER OUR PLANET

The 5 R's

The 5 R's is a really simple way to take action to reduce your ecological footprint. These guiding principles offer a roadmap for a more sustainable and mindful lifestyle, promoting resource conservation and waste reduction.



1. Refuse:

Refuse unnecessary items and packaging. By saying no to single-use plastics, excessive packaging, and disposable products, we can significantly reduce the demand for such environmentally harmful items. Thinking carefully about whether we really need something, particularly new, and what will happen to it at the end of it's life can help us to buy what we need, also save money and declutter!

2. Reduce:

Reducing our consumption is a key aspect of sustainable living. By evaluating our needs and making conscious decisions about what we really need, we can minimize our impact on the environment. Cutting back on energy and water usage, buying only what is essential, and choosing products with minimal environmental impact are all ways to reduce our resource consumption.

3. Reuse:

Reuse emphasizes the importance of reusing items whenever possible. Instead of opting for single-use items, we can choose durable, reusable alternatives.

4. Repurpose:

Repurposing involves finding new uses for items that would otherwise be discarded. It is a creative way to extend the lifespan of products and reduce waste. For example, old jars can be transformed into storage containers, worn-out clothing can be upcycled into new clothes or furnishings, and wooden pallets can be repurposed into furniture.

5. Recycle:

Recycling is a well-known and essential practice in the 5 R's. By sorting our waste correctly and ensuring that recyclable items are sent to recycling facilities, we help conserve resources and reduce the energy required to produce new materials.



HEALTH NEWS

Mental Health Matters

Good mental health helps children to develop resilience needed to cope with whatever life throws at them. Toxic stress can damage brain architecture and increase the likelihood that significant mental health problems will emerge either quickly or years later.

How can we promote good mental health for children?

For children to have a safe and supporting relationship with family members and other key people in their life e.g. teachers.

The most significant aspect of early childhood mental health is reassuring the child that someone cares and is accessible to best meet their needs.

Try to make time each day to spend with your child, whether this be playing with them, talking to them or doing an activity together.

Use a positive, constructive and consistent approach when responding to your child's behaviour.

Seek professional help or support if you believe your child needs it.

HEALTH NEWS

Woodland Warrior

Our most recent health message focussed on being kind to your mind and what services there are out there to support mental health.

Throughout Sure Start Children's Centres we had a big focus on infant mental health week.

We decided to set our service users a home learning challenge in line with 50 things to do before your 5, challenging families to get out and about in the local community.

A huge congratulations to our Woodland Wandering Winner - Skylar for her fantastic entry. We hope you enjoy your sure start goody bag!



SAFETY NEWS

Sun Safety Poster Competition Results

On 2nd May we launched our Sun Safety Poster Competition.

We are pleased to announce that two winners have been chosen for our competition.

The aim of our competition was to raise awareness about sun safety. We asked children to design a poster promoting different ways to stay safe in the sun. We have had over 200 entries which was amazing! We had some fantastic posters highlighting such an important health and safety message.

We were delighted to attend school Achievers Assemblies to award the winners with their prize of two cinema tickets, donated by the Vue cinema in Halifax and a printed copy of their winning posters and certificates.

Well done and thankyou to everyone who took part in our competition.





MEET OUR TEAM

Family Learning - Chloe Machon

Meet Chloe, our Advanced Family Learning Administrator (Maternity Cover)

"I oversee the planning, organising and delivery of our Family Learning programme that is the Adult and Family courses we offer here at North Halifax Partnership, including various courses such as Baby Massage, Messy Play, Accredited First Aid courses, Childcare courses and many more."

The role involves:

- Planning each quarter with what has been popular or requested by the families whom we work with.
- Allocating tenders and liaising with external trainers who provide the sessions for us if not internally staffed.
 - Booking all the venues for the courses to take place.

Receiving of all bookings and inputting them onto the system, then 2 weeks prior to the courses started allocating to families and informing them of their place.

Creating and collating the Family Learning Packs which some of you will be familiar with, these have all the paperwork for each course including registers, evaluation forms, photo consent and everything else required for each course.

Finally collating and reporting at the end of each quarter to evidence the impact that the Family Learning courses have on those families we reach.

Process of courses:

- Planning of all the family learning course complete and ready to be shared in the newsletter in the run up to the beginning of each quarter.
- Bookings are then taken up to 2 weeks prior to start date of the course.
- Allocation of course takes place 2 weeks prior, and the course is then removed from the family learning booking form.
- Parent/carers informed if they have been given a place or put on a waiting list.
- A text reminder is sent to those families 3 days prior to start date, and register sent to Family Learning Leads in centres.
- The Family Learning Lead then meets the trainer and goes through the pack with them completing all paperwork.
- Once all sessions are completed, the Family Learning Lead will input the attendances and return the pack back to Kevin Pearce Children's Centre.

Chloe Machon
Advanced Family Learning Administrator (Maternity Cover)
01422 251090
chloe.machon@nhpltd.org.uk

Upcoming Courses – Autumn 2023

As the Autumn months approach, we are pleased to say that we have some exciting new courses and activities starting back up, as well as some old favourites!

Visit our website to book your place:

www.surestartchildrenscentresnhp.org.uk/core-services/family-learning

Please try and book on early, and always let us know if you are allocated a place and cannot attend. This ensures that we can offer the place to another family.

We are also looking for new trainers who might be interested in delivering courses for Sure Start. If you are interested, please contact chloe.machon@nhpltd.org.uk for more information.

Preschool Gymnastics

A 4-week exploratory play including activities to develop gross and fine motor skills, as well as social interaction and communication. Each session is themed to fuel your little gymnasts imagination. (Suitable from 2 -4 years)



Baby Movers

A 4-week sensory class stimulating hearing, sight, touch, movement and balance through singing, dancing, and playing. (Suitable from birth to wobbly walking)

Facial Skincare course

An adult only 4-week course will give you the knowledge and understanding of how to perform a full facial treatment in a professional environment. This includes looking at different skin types and how to look after and cleanse the skin.

Fit 4 Bump

Fit 4 Bump is a 4-week program that combines prenatal exercises, addresses and common concerns to help you prioritise your health and wellbeing. As well as helping you feel great, all the exercises are going to help you prepare your body for the later stages of pregnancy, birth and beyond (Suitable for women in their 2nd and 3rd trimester)



Paediatric First Aid

A 4-week adult only accredited course in Emergency First Aid, learners will gain the knowledge in dealing with first aid situations for example choking, CPR and shock. Please note the first session of this course will be via zoom, followed by 3 hours of self-guided learning and then 3 face to face sessions in a centre.

Baby Massage

A 4-week course of Baby Massage that promotes happy interactions between parents and babies. It also enhances the bonding relationships that are formed at this time. May also aid relaxation and sleep and assist with the symptoms of colic.

Slow Cooker Course

A 4-week parent-only cooking course that is based on learning to prepare affordable, healthy meals for you and your family. The primary focus is to define "healthy eating on a budget". This will help you develop your cooking skills as in our sessions you'll be taught how to prepare, easy and delicious recipes. You can then take the ingredients home and have a go of cooking the meal yourself in your new slow cooker that you will have been given onthe course.



Preparing to work in Childcare

A 12-week community-based learning course giving you the skills, knowledge, and preparation to work within the childcare sector. The 12-week course will take place one day a week during school hours and all coursework will be completed within the sessions. Bursaries are available for childcare places and also transport costs and there will be progression opportunities upon completion of the course. You will need to attend an enrolment session prior to the start date of the course.

Mini Performing Arts

A 4-week creative session developing imaginative play taking children on a journey involving movement, role play, improvisation, and song. (Suitable for 18 months to 3 years)

Gel Polish Application

4-week adults only course to learn the skills and knowledge to perform professional Gel Polish Application. Including consultation, Exfoliation, Gel Polish Application and Removal.

Positive Parents, Confident Kids

A 3-week parenting course that encourages parents to develop parenting skills and deal with issues in the early years of a child's life. The sessions are aimed at the early years – managing behaviour and feelings (both the parent and little one). It aims to help the parent support development, so the child is ready for school when the time comes. Focusing on communication in a family and having fun together.



How to keep you and your family safe online

A 3 week programme covering various topics, offering hints and tips to help you and your family feel safer, more confident and in control whilst online. With the fast-paced changes of the digital world it isn't always easy to keep up and understand, so topics will include new skills for the digital world, screen time, gaming and misinformation and social media.

Art & Creative Play - Clay sessions

A 4-week craft activity using air drying clay that focusses on art and creative play that allows children to have a sensory experience using different resources and equipment. Families will make a scene from The Tiger Who Came to Tea children's book to take away at the end of the course. Suitable for children aged 2 years and above.

Parent & Baby Pilates

Our 4-week parent & baby Pilates class is unique and fun which aims to promote health and wellbeing postnatally. Exercises focus on general strengthening and toning post-pregnancy with particular attention to the abdominals, gluteal and pelvic floor. Babies are welcome from birth and can join in from 6 weeks onwards (once they've had their initial check-up). Mums should be able to participate from 8—10 weeks if they had a C-section.

Massage Course

A Parent only 8-week Massage course will teach you the knowledge and techniques required to perform Massage. Course covers Anatomy & Physiology, Health & Safety, Aftercare, different Massage Mediums as well as Massage Techniques.

Family Fun Boxing Session

A one-off Family fun boxing session. The session is aimed at encouraging families to lead a healthier lifestyle in a fun environment. It will also allow families to bond, socialise, and reconnect. Suitable only for children aged 4 years and above.

Art & Creative Play

A 4-week family learning course suitable from 6 months upwards. Sessions are aimed at developing a child's creativity by providing them with the opportunities, guidance, inspiration, and materials to explore, experiment and express themselves through a range of colourful art, creative and sensory activities. The session should help to build the child's confidence and esteem and parents are encouraged to continue the learning at home.

Emergency First Aid

A parent only 1-week accredited course in Emergency First Aid, learners will gain the knowledge in dealing with first aid situations for example chocking, CPR and shock.



FAM:	ILY LI	EARN:	ING T	IMET	ABLE
Autumn 2023					
North and East Course Details	Day	Start Date	Weeks	Course Time	Location
Preschool Gymnastics	Monday	11.09.23	4	1.00pm - 2.00pm	Northowram and Shelf Children's

4

4

4

12

3

4

Weeks

4

4

3

4

4

4

4

4

4

22.09.23

27.09.23

28.09.23

03.10.23

25.10.23

22.11.23

10.11.23

16.11.23

22.11.23

11.09.23

21.09.23

03.10.23

05.10.23

07.11.23

09.11.23

10.11.23

10.11.23

01.12.23

13.11.23

Start Date

Baby Movers

Facial Skincare

Preparing to work

in childcare course

Paediatric First Aid

(first session via

Baby Massage

Art and Creative

Lower Valley Course

Mini Performing

Baby Movers

Keeping you and

your family safe

Fit 4 Bump

Details

Arts

online

Gel Polish

Application

Baby Massage

Art and Creative

Paediatric First Aid

(first session via

Play

zoom)

Fit 4 Bump

Slow Cooker Course Tuesday

Slow Cooker Course Thursday

Course

zoom)

Play

Friday

Wednesday

Tuesday

Friday

Thursday

Day

Monday

Thursday

Tuesday

Thursday

Thursday

Friday

Friday

Monday

Wednesday

Wednesday

Centre

Centre

Church

Centre

Location

Centre

Centre

Wellholme

Bailiff Bridge

Wellholme

St Matthews

Southgate

Methodist

11am - 12pm

10am - 11am

9.30 - 2.30pm

9.30am - 12.30pm

1.00pm - 2.00pm

1.00pm - 2.00pm

1.00pm - 2.00pm

Course Time

10am - 11am

10.00am - 11.00am

1.15pm - 2.00pm

10am - 12.00pm

11am - 12pm

10am - 11am

1.00pm - 2.00pm

9.30am - 12.30pm

10am - 11am

10.00m - 12.00pm

Illingworth

Innovations

Innovations

Children's Centre

Children's Centre

Children's Centre

Children's Centre

Lee Mount Baptist

Creations Children's

Forest Cottage

The Space at Field

Lane Children's

Elland Library

Elland Children's

Children's Centre

Community Centre

Children's Centre

Via Zoom Elland

Children's Centre

Via Zoom Ash Green

Creations Children's

Our courses and activities are live and ready on our website.

To book on it's as easy as scanning the QR below or visit the family learning page of our website:

surestartchildrenscentresnhp.org.uk/core-services/family-learning

Places on our courses and activities are limited. If you are allocated a place and cannot attend please ensure you let us know by ringing 01422 251090, this enables us to allocate the place to another family.





ACTIVITIES TO TRY AT HOME

Making Potions



What you will need:

- Small bottles (preferably with lids)
- Water
- Food colouring/glitter
- Mixing bowls

Mixing potions is a really good way for children to experiment with colour and texture!

Pour water into the bottles, add food colouring and glitter.

Ask your child to find items around the garden (leaves or flowers are great for this activity) and place them into the bowl.

Let your child pour the contents of the small bottles into the mixing bowl and stir into the leaves or flowers.

ACTIVITIES TO TRY AT HOME



CHINESE CHICKEN CURRY

RECIPE

- 500g diced chicken breast or thighs - we use diced thighs
- 1 large onion diced
- 2 handfuls mixed peppers sliced
- 2 handfuls peas
- 5 large mushrooms sliced
- · 1 chicken stock cube
- 85g Mayflower Curry Sauce mix
- 340 ml water



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METHOD

STEP 1

 First, mix the 85g of Mayflower Curry mix with the 340ml of water and set aside

STEP 2

 Place the onions, peppers, mushrooms, peas and diced chicken in the slow cooker

STEP 3

 Crumble the stock cube over the top, then pour in the Mayflower Curry mix

STEP 4

 Stir well, then set to slow cook on normal/medium for 4 hours

STEP 5

 If the curry seems a little runny remove the lid and cook for another 30 minutes to reduce

NUTRITION PER SERVING

CALORIES: 215 CARBS: 12G PROTEIN: 32G

SATURATES: 0.5G SUGARS: 5G

ACTIVITIES TO TRY AT HOME



CHINESE TOFU CURRY

RECIPE

- · 500g diced tofu
- · 1 large onion diced
- 2 handfuls mixed peppers sliced
- 2 handfuls peas
- · 5 large mushrooms sliced
- 1 Veg stock cube
- 85g Mayflower Curry Sauce mix
- 340 ml water



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METHOD

STEP 1

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NUTRITION PER SERVING

CALORIES: 215 CARBS: 12G PROTEIN: 32G FAT: 2G

SATURATES: 0.5G

CATCH THE COMMENT

Congratulations to our Quarter 4 Winner!

This parent lives in the Ash Green reach area and catch the comment form was completed at the end of Family Support.

"My Family Support
Worker listened and saw
for herself and helped me
push to get support for all
my children."

If you have attended one of our Centres, accessed one of our services or have an idea how we could make services more accessible to you we would like you to give us your feedback by completing a Catch the Comment form. All comments help us learn, improve and provide better services. All comments will be submitted into a quarterly prize draw to win a £10 Love2Shop voucher. We read every single Catch the Comment Form submitted and action any feedback received.



Scan to complete
Catch the Comment form or visit
surestartchildrenscentresnhp.org.uk

STAY CONNECTED

For our latest updates, visit our websites and social media across our range of services.



We offer a range of different services to improve community health and wellbeing across North and East Halifax and the Lower Calder Valley.

- northhalifaxpartnership.org



www.facebook.com/NhxPartnership



twitter.com/NhxPartnership



North Halifax Partnership

We work with families and our partners to ensure that all children have the opportunity to achieve their full potential.



surestartchildrenscentresnhp.org.uk



www.facebook.com/surestartchildrenscentresNHP

You can also search for our individual Children's Centre pages.



Our Friday Flyer helps you stay up to date with news and events across the Lower Valley.



Our Friday Flyer helps you stay up to date with news and events across North and Fast Halifax.



northhalifaxpartnership.org/friday-flyer

northhalifaxpartnership.org/friday-flyer



We work with individuals and communities to help people feel less lonely and isolated. We link people together and help everyone live happier and healthier lives for longer.



https://stayingwellhub.com



https://www.facebook.com/StayingWellCalderdale



https://twitter.com/stayingwellcal

CONTACT US



1 Sunny Bank Road, Mixenden, Halifax HX2 8RX Tel: 01422 243941



A Sure Start Children's Centre

Occupation Lane, Illingworth, Halifax, HX2 9RL Tel: 01422 243633



Lydgate, Northowram, HX3 7EJ Tel: 01422 434006



A Sure Start Children's Centre

Albert Road, Pellon, Halifax, HX2 0QD Tel: 01422 434006



A Sure Start Children's Centre

Cousin Lane, Ovenden, Halifax, HX2 8DQ Tel: 01422 248222



Bradford Road Brighouse, HD6 4AF Tel: 01484 714768



Boxhall Road Elland, Halifax HX5 0BB

Tel: 01422 266197



Ovenden Road, Ovenden, Halifax, HX3 5RQ Tel: 01422 252209



Field Lane Children's Centre services call 01484 714768

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