



# Airedale and Wharfedale Children's Centre Cluster Autumn Timetable From 1<sup>st</sup> September 2017

Version 3 –  
14.09.2017



## Venues

Strong Close Children's Centre	Airedale Road, Keighley, BD21 4LW
Ilkley Children's Centre	Little Lane, Ilkley, LS29 8HZ
Hirst Wood Children's Centre	Clarence Road, Shipley, BD18 4NJ
Owlet Children and Family Centre	Barncroft, (off Owlet Road), Windhill, Shipley, BD18 2JG
Menston and Burley Children's Centre	Main Street, Menston, Leeds, LS29 6LG
Baildon Children's Centre	West Lane, Baildon, BD17 5DH
Bingley Trinity 5 Rise Children's Centre	John Escritt Road, Bingley, BD16 2ST
Bingley Rural Children's Centre	Cottingley Cornerstones Community Centre, BD16 1AL
Kirkgate Centre	39a Kirkgate, Shipley, BD18 3EH
St Hugh's Community Centre	Coach Road, Shipley, BD17 5HS
St Barnabas Church	Calton Road, Thwaites Brow, Long Lee, Keighley, BD21 4UT
Cullingworth Methodist Church	Dellside Fold, Cullingworth BD13 5EX
Wilsden Village Hall	Townfield, Wilsden, BD15 0HT
Dan's Den	Christ Church, The Grove, Ilkley LS29 9LW
Shipley Library	2 Well Croft, Shipley BD18 3QH
St Michael's and All Angels Church	Canon Pinnington Mews, Littlelands, Cottingley BD16 1RR
Windhill Community Centre	Church Street, Shipley BD18 2NR
Wilsden Trinity Church (Soupermums)	Trinity Church, Chapel Row, Wilsden BD15 0EQ
Baildon Community Link	35 Cliffe Lane, Baildon, BD17 6NX

## Description of groups

Any group marked with a \* is a bookable group. Please ring Strong Close or the contact stated below to book a place.

**H.U.G.S** – Support group for parents/carers who have (or possibly have) children with additional needs.

**Let's Play Plus +** - Play session whereby parents/carers can bring children who either struggle to attend main stream groups and/or have additional needs. Portage in attendance.

**Small Steps** – Support group for under 5's with social/communication difficulties

**Sunbeams Group** – Support group for parents who have experienced stillbirth or death of a child.

**Portage** – Home-visiting service for parents of children with additional needs. Contact 01274 439500 to book

**Thula Mama** - Singing group for mothers with babies from birth to crawling. Visit [www.thulamama.co.uk](http://www.thulamama.co.uk) for more information. Contact Liz on 07596 900305 for bookings.

**Let's Talk** – Is for parent's with children aged from 18mths to support language and communication. This is a 6 week structured programme tailored to the individual needs of each child. Referral only - for more information please contact strong Close

**Baby Massage** – Suitable for babies 6 weeks to 6 months old. **Please ring Strong Close to book as courses run on a rolling programme.**

**Baby Yoga** – Yoga sessions for 0-12months. Contact Sue Blott on 07790 893042 for availability and booking.

**Baby Sensory (Menston and Ilkley)** – Contact Nicola on 07800 930640 for more information and to book.

**Bumble Babies and Bumble Bees**- Movement, dance and Sensory group. £20 for 6 classes, booking required. Contact Rachel 07970 015222

**Baby Pilates**- Contact Manjit on 07885 408660 for more details and to book a place

**Family Support Service**  
The Airedale and Wharfedale Children's Centre Cluster have an excellent Family Support Team who can offer support and advice within the home and at the centres. This service offers support to pregnant women and families with children under 5 years old who live within our local community.  
**Positive parenting and behaviour management / Breastfeeding / Signposting to other agencies / Housing support / Home safety / Benefits / Physical and Mental wellbeing / Debt advice / Healthy eating / Budgeting/Domestic violence / Drug and Alcohol Misuse / Play in the Home**  
If you would like to come to any of our courses please ring our Admin team at Strong Close and put your name down on our waiting list. We will then ring you and let you know when the next course is running.

### Courses for Parents and Carers

**HENRY – (Health Exercise and Nutrition for the Really Young)**  
Our Henry course helps parents/carers to gain the confidence, knowledge and tools – as well as the parenting skills – to help adopt a healthier and happier family life. This course has a family time section when you share healthy food/play games and have the chance to practice some of the things that you have been learning about.

**Welcome to the World!** This course is aimed at parents-to-be and helps you to prepare for the arrival of your new baby. We deliver this with our health colleagues and it is suitable for women in their 28<sup>th</sup> week of pregnancy onwards. This course lasts for 8 weeks and gives you the chance to meet other parents-to-be.

**Family Links Nurturing Course** This course aims to help parents understand and manage feelings and behaviour and become more positive and nurturing in their relationships with their children and each other. It encourages an approach to relationships that gives everyone an emotionally healthy start for their lives and learning. Come along to this course and learn new ways to support and look after yourself and your family.

**WRAP Wellness Recovery Action Plan** - this course promotes health, self-management and empowers you to shape your experiences, achieve life goals/dreams, improve quality of life and resilience. This is a course for people who would like to build positive mental health and well-being.

**Strong Close Nursery School and Children's Centre**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	*Let's Talk 10-11:30am  *Midwife 9-1	Let's Play! 9.30-11.30  Baby Clinic 10:30-11:30 Starting 11 <sup>th</sup> September	*Midwife All Day	HUGS Parent/Carer Support Group 9.30-11.00 fortnightly from 7 <sup>th</sup> September  Let's Play Plus 9.30-11.00 fortnightly from 14 <sup>th</sup> Sept  *Midwife 9-1	*Shipleigh College BTEC L1 Caring for children (with crèche) 9.30-12.00  *Henry Course @ St Barnabas/Long Lee 9.30-12  *Midwife All Day
<b>Afternoon</b>	*Legal Advice (fortnightly) 1.00-3.00  Baby Play 1.30-3.00	Long Lee Leapfrogs at St Barnabas' Church 12.30-1.30  *Baby Massage 1.30-2.30	*Family Links 12:30-3pm with crèche  *Baby Yoga 1.30-2.30	*CAB 1.15-3.30	*Shipleigh College BTEC L1 Health & social care (with crèche) 12.30-3.00
<b>Evening</b>				Sunbeams Group Last Thursday of every month 6.30-8.30pm	

**Hirst Wood Nursery School and Children's Centre**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b>		Let's Play! 9.15-10.45 (Sensory Room available from 9am)		Let's Play! at St Hugh's Church 9.00-11.00  *Mum & Baby Pilates with Manni 9.30-10.30		1 <sup>st</sup> Saturday of the month – Woodland Play 10.30-12.00 Hirst Wood woods
<b>Afternoon</b>	Woodland Let's Play! Hirst Wood woods. Meet in the car park 1.00-2.30	*Baby Massage 1.15-2.15pm  *Let's Talk 1-2:30pm  *Henry- 12:30-3pm Saltaire Primary (no creche)	*CAB 1.30-4.30	*WRAP course at St Hugh's Church with crèche 12.30-3.00  Number Play 1.00-2.30	Baby Play 1.30-3.00	

**Owlet Children and Family Centre**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	Baby Play and Breastfeeding Support at Kirkgate 9.30-11.30  Baby Clinic Drop in 9:30-11:30	*Thula Mama 10.15-11.45	Mini Music Makers Shipleigh Library Toddlers – 10.00-10.45 Babies- 11.00-11.30	Let's Play! 9.15-10.45  *Midwife	*Let's Talk 10.00-11.30
<b>Afternoon</b>	Dance for Life 1:30-2:30pm Windhill Community Centre Starting 11 <sup>th</sup> September	*Family Links Course 1.00-3.00 (rolling programme) To start 24.07.17  Let's Sign Together at Windhill Community Centre 1.30-2.30  *Baby Massage 1.30-2.30	CAB 9.30-12.  Small Steps 1.00-2.30	*Midwife  Marvellous Multiples Let's Play! 1.30-3.00 Fortnightly from 28 <sup>th</sup> September	*Portage – fortnightly from 8 <sup>th</sup> September 1.00-2.30  Story Time at Shipleigh Library 1.30-2.30  Infant Feeding Support Group 1-2:30pm fortnightly - Starting 15 <sup>th</sup> September

**Menston and Burley Children's Centre**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>		Let's Play! 9.15-11.00  *Health and Development reviews – Health Visitor 9.00-12.00		*Thula Mama 10.15-11.45	Baby Play 10-11.30
<b>Afternoon</b>	*Baby Sensory 10.00-2.30pm	Twins Group fortnightly from 19 <sup>th</sup> September 1.30-3.00			*Baby Yoga 1.00-2.00

**Little Lane Children's Centre, Ilkley**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>		Infant Feeding Support Group Fortnightly starting 5 <sup>th</sup> September 10.00-11:30  *Bumble Babies ( Newborn to crawling) 9:30-10:15am *Bumble Bees( Crawling to Preschool) 10:30-11:15 Starting 12 <sup>th</sup> September	*Baby Sensory 10.30-13.30	Baby Play 9.30-11.00  *Mum & Baby Pilates with Manni 11.30am-12.30pm	*Baby Massage 11-12am
<b>Afternoon</b>				Let's Play! 1.30-3.00  *Health and Development reviews – 1-4	

**Baildon Children's Centre**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	Let's Play 9.15-10.45		*Midwife  *Baby Massage 10.00-11.00  *Baby Yoga 11.15-12.15		
<b>Afternoon</b>		*Bumble Babies (Newborn to crawling) 1:00-1:45am *Bumble Bees( Crawling to Preschool) 2-2:45 Sessions @ Baildon Link - Starting 12 <sup>th</sup> September	Baby Play 1.00-2.30		

**Bingley Trinity 5-Rise**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	*Thula Mama 10.15-11.45	Let's Sign Together 9.30-10.30  *Midwife 9-12	*Music Bugs 10.00-10.35 and 10.45-11.20 *Midwife 9-12	Baby Play 10.00-11.30  *Midwife 9-12	Let's Play! 9.15-10.45  *Midwife 9-12

**Cottingley and Wilsden – outreach locations**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	Tuneful Tots at Wilsden Village Hall 10.00-11.00  *Baby Massage Wilsden Trinity Church 11.00-12.00	Baby Play at St Michael's and All Angels Church, Cottingley 10.00-11.30			
<b>Afternoon</b>	Story Time 1.30-2.30 Cullingworth Methodist Church		Let's Play! At Cottingley Cornerstones 1.00-3.00		