



From April 2018

Spring Timetable

## AIREDALE AND WHARFEDALE CHILDREN'S CENTRE CLUSTER



10/04/2018

### 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
The Kirkgate Centre	39a Kirkgate, Shipley, BD18 3EH
St Hugh's Community Centre	Coach Road, Shipley, BD17 5HS
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

### 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**

### Courses for Parents and Carers

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.

### HENRY – (Health Exercise and Nutrition for the Really Young)

Our Henry course supports parents/carers to gain the confidence, knowledge and skills in order to help the whole family adopt a healthier happier lifestyle. This course has a family time section where you have the chance to practice some of the things that you have been learning about, including sharing healthy food and playing family games.

**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.

### 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.**

**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 Portage group** – 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.

**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

**Bradford Families Information Service** – Information, advice and support for families around childcare, early education, activities and much more in your area. Tel: 01274 437503, Email : [fis@bradford.gov.uk](mailto:fis@bradford.gov.uk) or go to <https://www.bradford.gov.uk/children-young-people-and-families/get-advice-and-support/families-information-service/> for more information.

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	*Midwife 9-1	Let's Play! 9.30-11.00 Baby Clinic 10:30-11:30 *CAB 9.00 – 12.00	*Midwife All Day	Let's Play Plus + 9.30-11.00 fortnightly from 12 <sup>th</sup> April  *Midwife 9-1	*Shpley College BTEC L1 Health & Social (with crèche) 9.15-11.45  *Midwife All Day
Afternoon	*Legal Advice(fortnightly) 1.00-3.00  Baby Play 1.30-3.00	*Baby Massage 1.30-2.30	*WRAP 12:15-2.45pm with crèche  *Baby Yoga 1.30-2.30		
Evening				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
Morning		Let's Play! 9.15-10.45 (Gallery available from 9am)		Let's Play! at St Hugh's Church 9.15-10.45		
Afternoon	*Baby Massage 1.30-2.30pm		*CAB 1.30-4.30		Baby Play 1.30-3.00	

**Owlet Children and Family Centre**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Baby Play 9.30 – 11.00 The Kirkgate Centre  Baby Clinic Drop 9:30-11:30 Owlet Children & Family Centre	*Thula Mama 10.15-11.45	Mini Music Makers Shipley Library Toddlers – 10.00-10.45 Babies- 11.00-11.30	Let's Play! 9.15-10.45  *Midwife	
Afternoon	Dance for Life 1:30-2:30pm Windhill Community Centre	*Family Links Course 1.00-3.00 (rolling programme)  Let's Sign Together at Windhill Community Centre 1.30-2.30  *Baby Massage 2-3pm	Small Steps (Portage group) 1.00-2.30	*Midwife  *Time Out for Dad 5.30-7.30pm	

**Menston and Burley Children's Centre**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Let's Play! 9.15-10.45		*Thula Mama 10.15-11.45	
Afternoon	*Baby Sensory 10.00-2.30pm	*Health and Development reviews – Health Visitor 9.00-12.00			*Baby Yoga 1.00-2.00

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		*Bumble Babies (New born to crawling) 9:30-10:15am *Bumble Bees (Crawling to Preschool) 10:30-11:15	*Baby Sensory 10.30-13.30	Baby Play 9.00-10.00  Let's Play! 10.30-12.00	*Baby Massage 11-12
Afternoon				*Health and Development reviews – 1-4	

**Baildon Children's Centre**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Let's Play 9.15-10.45	*Baby Massage 10-11	*Baby Yoga 10.00-11.00  *Baby Yoga 11.15-12.15		
Afternoon		*Bumble Babies (New born to crawling) 1:00-1:45 *Bumble Bees (Crawling to Preschool) 2-2:45 Sessions @ Baildon Link	Baby Play 1.00-2.30		

**Bingley Trinity 5-Rise**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	*Thula Mama 10.15-11.45  *Midwife 9-12	Let's Sign Together 9.45-10.30	*Music Bugs 10.00-10.35 & 10.45-11.20	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
Morning	*Baby Massage Wilsden Trinity Church 11.00-12.00	Baby Play St Michael's and All Angels Church, Cottingley 10.00-11.30			
Afternoon			Let's Play! Cottingley Cornerstones 1.00-2.30		