

Day	Activity	Date/Time	Place	Do I need to book a place?
Monday	<b>Stay &amp; Play</b> - Fun activities for you and your children to enjoy together.	Weekly 13:00- 14:30	Meltham Methodist Church, HD9 5JU	No need to book
Tuesday	<b>Young Parents</b> - For parents under 24 years of age and their children.	Weekly 13:00- 14:30	Holme Valley North Children's Centre	No need to book
	<b>Understanding your Teenager</b> - Suitable for parents of teenagers. Provides information and support around issues facing teenagers and their families.	2 <sup>nd</sup> Sept- 23 <sup>rd</sup> Sept 18:00-20:00	Holme Valley North Children's Centre	Yes – Places must be booked
	<b>Escape</b> - To improve relationships between young people and their families <i>(for parents of children aged 11 to 16yrs)</i> .	14 <sup>th</sup> Oct- 16 <sup>th</sup> Dec 18:00-20:00	Holme Valley North Children's Centre	Yes – Places must be booked
Wednesday	<b>Child's Journey</b> - Activities to help you understand how your child develops through: Play, Communication, Attachment and Movement.	From 17 <sup>th</sup> September 9:15- 10:15 10:45-11:45 Further dates TBC	TBC	Yes – Places must be booked
	<b>Baby Clinic</b> - Delivered by the Health Visiting team, Baby weighing, support/advice.	Weekly 13:00 -15:00	Colne Valley Children's Centre	No need to book
	<b>Baby Bistro</b> - Breast feeding support.	Weekly 13:00-15:00	Colne Valley Children's Centre	No need to book
	<b>Under One's Stay &amp; Play</b> - Fun activities for you and your children to enjoy together <i>(only for children under 1 year of age)</i> .	Weekly 13:00-15:00	Colne Valley Children's Centre	No need to book
	<b>Family Links</b> - <i>(crèche provided)</i> Raising self-esteem, developing communication and social skills and teaching positive ways to resolve conflict. <i>(for parents of children aged 2-15yrs)</i> .	17 <sup>th</sup> Sept- 3 <sup>rd</sup> Dec 17:00-19:00	Holme Valley North Children's Centre	Yes – Places must be booked
Thursday	<b>Stay &amp; Play</b> - Fun activities for you and your children to enjoy together.	Weekly 10:00- 11:30	Marsden Mechanics Hall HD7 6BW	No need to book
	<b>STEPS</b> - <i>(crèche provided)</i> To build confidence and self-esteem, to realise own potential, and achieve personal success.	9 <sup>th</sup> Oct- 29 <sup>th</sup> Jan 9:30-11:30	Colne Valley Children's Centre	Yes – Places must be booked
	<b>Keeping up with the Kids</b> - <i>(crèche provided)</i> Everyday English- this may lead on to a formal English qualification.	18 <sup>th</sup> Sept- 16 <sup>th</sup> Oct 13:00-15:00	Colne Valley Children's Centre	Yes – Places must be booked
Friday	<b>Stay &amp; Play</b> - This session will focus on movement play. Fun activities for you and your children to enjoy together.	12 <sup>th</sup> Sept- 12 <sup>th</sup> Dec (not the 17 <sup>th</sup> & 31 <sup>st</sup> Oct 13:00-14:30	Honley Community Centre, HD9 6DY	No need to book
	<b>Basic First Aid</b> - <i>(crèche provided)</i> Practical first aid skills. Do you know what to do if a family member had an accident?	12 <sup>th</sup> Sept- 17 <sup>th</sup> Oct 13:00-15:00	Holme Valley North Children's Centre	Yes – Places must be booked
Saturday	<b>Forest School</b> - Organised by the Family Forum <i>(Local Families Plus)</i> .	16 <sup>th</sup> Aug 18 <sup>th</sup> Oct 22 <sup>nd</sup> Nov 10:00-13:00	Holme Valley North Children's Centre	Yes – Places must be booked
Coming Soon Dates and times to be confirmed	<b>Come Dine with Me</b> - <i>(crèche provided)</i> Cooking course.	November & March	TBC	Yes – Places must be booked
	<b>Maths</b> - <i>(crèche provided)</i> Basic everyday Maths- this may lead on to a formal Maths qualification.	TBC	TBC	Yes – Places must be booked
	<b>Infant Massage</b> - A fee of £25 is payable at the time of booking. Encouraging positive touch between you and your baby, enhancing bonding and attachment.	TBC	TBC	Yes – Places must be booked
	<b>Speak Easy</b> - <i>(crèche provided)</i> To enable you to provide positive sex and relationship education in the home by taking the role of the sex and relationships 'educator'	TBC	TBC	Yes – Places must be booked

If you are interested in attending any of the sessions above and would like more information or to be considered for a place, please speak to a member of the Children's Centre team. We can answer your questions and complete an Early Help form for you.

# SURE START THE VALLEYS NORTH - COLNE VALLEY & HOLME VALLEY NORTH CHILDREN'S CENTRE

Children are our future, together we will give them the best start in life



This is **Colne Valley** Children's Centre site at Slaithwaite Town Hall Carr Lane, Slaithwaite, HD7 5AF, 01484 234537



This is **Holme Valley North** Children's Centre site at Birmingham Lane, Meltham, HD9 5LH, 01484 234537

## Centre opening times:

<b>Tuesday</b>	<b>8:45am - 4:30pm</b>	<b>Holme Valley North</b>
<b>Wednesday</b>	<b>8:45am - 4:30pm</b>	<b>Colne Valley</b>
<b>Thursday</b>	<b>8:45am - 4:30pm</b>	<b>Colne Valley</b>
<b>Friday</b>	<b>8:45am - 4:30pm</b>	<b>Holme Valley North</b>



Like us on Facebook to keep up to date with all the goings on here at Sure Start Colne Valley & Holme Valley North Children's Centre

## HEALTHY START



All Pregnant women, women with a baby under one year old and children from six months old to their fourth birthday are entitled to **FREE** healthy start vitamins.  
Call into either Colne Valley or Holme Valley North Children's Centre during opening hours.

## Useful Contact Numbers

Family Information Services	01484 414887
Job Centre Plus	01484 228045
Kirklees Council enquiries	01484 221000
Citizens Advice Bureau	08448 487970
NHS Direct	111
Revenues & Benefits Advice	01924 324576
Domestic violence support	0800 0527222
Police- Non emergencies	101
School admissions	01484 225007
EOS	01484 531627
Safeguarding	01924 326097

## Domestic Violence Confidential Support

Pennine Domestic Violence group 24hr helpline  
0800 0527222 (this number will not show up on your phone bill)

The Freedom Programme is suitable for women who want to learn more about the reality of domestic abuse. It aims to help women recognise the tactics used by abusive men to illustrate the effects of domestic violence on children and to assist women to recognise potential future abusers. Sessions run at the Chestnut Children's Centre. Contact the Womens Centre 01422 386508.

## EOS FREE Support for Families

Are you committed to making life changes?  
If so we're committed to helping you.

Eos delivers support for families to help them move towards training, volunteering and employment opportunities.

They can help you with:

- Debt and money issues
- Physical or mental health issues
- Health and wellbeing
- Drug and alcohol issues

A key worker can provide you with:

- Training opportunities
- IT courses
- Raising aspirations
- Confidence and motivation
- Securing work or voluntary placements
- CV writing
- Interview techniques
- Identifying personal and career goals
- Work related qualifications

To find out more please contact the centre on 01484234537

## Infant Massage

If you have a baby 12 months or under and would like to improve their sleep, circulation, digestion and reduce the symptoms of colic, then infant massage could be the answer.

All our infant massage classes are delivered by a qualified member of the International Association of Infant Massage.

Our courses run for 5 weeks and there is a £25 fee at the time of booking.

Free places are available if you receive one or more of the following:

- Income Support
- Income Based Jobseekers Allowance
- Income related Employment and Support Allowance
- Support under part VI of the Immigration and Asylum Act 1999
- The guarantee element of State Pension Credit
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income that does not exceed £16,190

Please contact the centre on 01484 234537 for more information.