Belfield Children's Centre

Samson Street
Rochdale
OL16 2XW

Tel: 01706 356634

Heybrook Children's Centre

Park Road
Rochdale
OL12 9BJ

Tel: 01706 630712

Littleborough Children's Centre (sessions Littleborough Sports Centre)

Calderbrook Road
Littleborough
OL15 9JN

01706 378166

Moorhouse Children's Centre

Crossley Street
Rochdale
OL16 4DR

Tel: 01706 837480

Join us online:

rochdale.gov.uk/childrenscentres

Find us at:

rochdalecouncil

rochdalecouncil

Early Help Assessment (EHA)

We offer support about any issues that that are affecting your children (0-19 years) or yourself, which are impacting on the children. This may include housing, money worries, development issues, school, wellbeing of both children and adults For more details, please call the Centres.

Rochdale's Sure Start Children's Centres

Offer access to a range of support services for families with children 0 - 19 years. For children under 5 we will support you to get your child **ready for school** by offering toilet training, weaning, early learning and a range of other services.

Sure Start Children's Centres Rochdale

ROCHDALE BOROUGH COUNCIL



Pennine Locality Timetable

Including;

Belfield, Heybrook, Littleborough and Moorhouse Children's Centres



MAY 2022

ROCHDALE BOROUGH COUNCIL

BELFIELD CHILDREN'S CENTRE

MONDAY

Parent and Child Interaction
Date & time confirmed on invite
Are you concerned about your child's development? These sessions are aimed at supporting children's learning and development. *. **Booking only Please contact the centre.**

Play and Learn with Story And Crafts
12.45pm– 2.45pm
Join us for a fun story and craft session aimed at younger children to develop their speech, language and support communication skills. **0-5 year old**

TUESDAY

Play and Learn
9.30 am –11.30am
Join us for a fun session aimed at younger children to develop their speech, language and support communication skills. **0-5 year old**

Parent and Child Interaction
Date & time confirmed on invite
Are you concerned about your child's development? These sessions are aimed at supporting children's learning and development. *. **Booking only Please contact the centre.**

WEDNESDAY

Bump to Baby
3 Week Course
10.00am –12.00pm
Antenatal session for parents to be from 28 weeks pregnant. This programme aims to build the relationship between parent and their unborn babies.
Please Book–

NEW Baby Play with Breastfeeding Support
9.30am –11.30am
No session 4th May (breastfeeding advise still available please ring)
Come and join us for a baby play and Learn which includes Peer to Peer breastfeeding Support.

Lets Talk Parent
Starting May
Communication and language session for parents only.
Please ring centre for more information and booking

THURSDAY

NEW IY Baby Course
Starts May
A 10 week course for you and your baby. Gain information on how you can support bonding, attachment and baby's brain development
Please contact centre for more information

Messy Play
12.45pm– 2.45pm
Join us for a fun session aimed at younger children to develop their speech and language. And support communication skills through Messy Play
0-5 years

Baby Massage
1pm - 2pm
The session will support bonding & attachment, baby's brain development, colic issues & communication skills **0-6 months**
Please Book

FRIDAY

HAPPY TALK
10-11pm
Suitable for 1-2 years old
Speech and Language strategies through play.
Please Book

Play and Learn with Story And Crafts
12.45pm– 2.45pm
Join us for a fun story and craft
0-5 year old

Please contact Belfield Children's Centre on 01706 356634

This means you must book on a session. All other sessions are drop in sessions

TEN TIPS FOR TALKING

GREATER MANCHESTER
DOING THINGS DIFFERENTLY FOR OUR CHILDREN & YOUNG PEOPLE

Here are some really simple things that you can do to support the development of your child's speech, language and communication skills, from birth to age five.

1. When I am in mum's tummy I can hear. I love to listen to your voice when you talk or sing to me. I even like to listen to your favourite music.
2. Cuddle me close so I can see your face and talk to me as soon as I am born.
3. Talk about things that interest me or tell me how you think I am feeling.
4. Don't ignore me.
5. I love it when we play, sing and look at books together.
6. Talk to me all the time.
7. Play talking tennis with me.
8. Teach me new words.
9. Take my dummy out when I am talking.
10. Use the language you know best when you talk to me at home.



The Ten Tips for Talking are part of Greater Manchester's work to give every child the best start in life.

Find out more at **greatermanchester-ca.gov.uk**

You can also find more tips, advice, activities and short films at **www.bbc.co.uk/tinyhappypeople**

Sure Start Children's Centres Rochdale

ROCHDALE BOROUGH COUNCIL



Five essential things you do every day that helps your child's growing brain.

Respond • Cuddle
Relax • Play • Talk

To these five things each time you interact with your child from the time they are born and you will help to grow a healthy, strong and confident child.



My brain grows better when you **respond** to me – I feel safe when I hear your voice, you look at me and you are close to me.

I learn from watching and interacting with you, other children and adults.



My brain grows better when you **cuddle** me – I feel most safe when I get the contact I need with an adult who loves me.

I learn when you spend time singing songs and rhymes with me.



My brain grows better when you **relax** with me – When you are calm, I am calm.

I learn from you sharing stories and books with me.



My brain grows better when you **play** with me – Toys are great but the best toy in the world for me is you.

I learn when you give me opportunities to play and become independent, so let me have a go.



My brain grows better when you **talk** to me – I learn from the sound of your voice. The more you talk the more I copy you.

I need you to listen to me and take notice of what I am trying to say.

Sure Start Children's Centres Rochdale

ROCHDALE BOROUGH COUNCIL

HEYBROOK CHILDREN'S CENTRE

MONDAY

FLS—Wellbeing Course
Every Monday morning,
9:30am— 11:30am
Please enquire at Reception for more details

NEW -Baby Messy Play
1.00pm-2.30pm
Starts 9th May
A fun sensory session allowing your baby to explore in: jelly, spaghetti, paints, beans, oats and much more!

TUESDAY

Freedom Course
Ask Centre for Details
9:30—11:30am

Webster Stratton Course
Webster Stratton Parenting Course.
1pm –3pm
14 weeks *Invite only*

WEDNESDAY

Baby Massage
10.00am-11.00am
11.00am-12.00pm
The session will support bonding , attachment, baby's brain development, colic issues and communication skills.
0-6 months-Please Book

Play and Learn
1.00pm–3.00pm
Join us for a fun session aimed at younger children.
0-5 year old

Parent and Child Interaction
Date & time confirmed on invite
Are you concerned about your child's development? These sessions are aimed at supporting children's learning and development. *. **Booking only**
Please contact the centre.

THURSDAY

Family Journey Sessions
Support around Behaviour Management,
Weaning, Toilet Training or sleep.
Please contact the
Please ring centre for dates and times

Bump to Baby
3 Week Course
1.00pm-3.00pm
Antenatal session for parents to be from 28 weeks pregnant. This programme aims to build the relationship between parent and their unborn babies.

NEW -ESOL Stepping stones
1.00pm-2.00pm
A 12 week course for parents who wish to learn basic English with their baby
Starts12th May

FRIDAY

Antenatal Clinic
8.45am-3.00pm
Appointments only.

Parent and Child Interaction
Date & time confirmed on invite
Are you concerned about your child's development? These sessions are aimed at supporting children's learning and development. *. **Booking only**
Please contact the centre.

Please contact Heybrook Children's Centre on 01706 630712

This means you must book on a session. All other sessions are drop in sessions

Further Information

Littleborough Children's Centre Food Club

We are a local Food Club running every Thursday from 1.00-3.30pm. We are in partnership with Family Action, a national charity working in partnership with Fareshare to bring this Food Club to your local area.
This Food Club aims to reduce food waste and provide local families with a range of food at the low cost of £3.50 per week.
You must live or work within 30 minutes walking distance of the Centre.

This is now based in Your Trust Sports Centre (formerly Link 4 Life) around the corner from the Children's Centre. Please ring 01706 378166 for more details.

National smile month



Jubilee celebrations



Watch out for out Jubliee celebrations coming in June. Flyer to follow

Sure Start Children's Centres Rochdale

ROCHDALE BOROUGH COUNCIL

Further Information

Speech and language Development

If you would like to speak to someone regarding your child's language and development please contact the centre.

Knowing your Centre.

Meet the staff & find out all about what is available at your local Children's Centre. Please ring the Centres to find out more.

Safe Sleep Advice

If you would like information on Safe sleep for babies under 1 years old please contact the centre for virtual support.

Breastfeeding Support

Support and information is available everyday. Please ring your local Centre for more information. Staff are available to support virtually or face to face.

Ring to book or call for advice.

Join us online:

rochdale.gov.uk/childrenscentres

Find us at:

rochdalecouncil

rochdalecouncil

This timetable of activities has been produced, at a time of print,in line with current COVID-19 guidelines and may be subject to change. You can latest information at **rochdale.gov.uk/childrenscentres**

*****Please Note -**

Whilst a booking system is no longer in place for our play and learn sessions please be aware we may have to limit the number of people attending due to room capacity. If Sessions become too busy, we may deny entry.You may wish to ring the centre and check before attending. Priority for sessions will be given to Pennine Locality Families

Sure Start Children's Centres Rochdale

ROCHDALE BOROUGH COUNCIL

LITTLEBOROUGH CHILDREN'S CENTRE

MONDAY

Centre Closed

TUESDAY

Play and Learn
9.30am– 11.30.am
Join us for a fun session aimed at younger children to develop their speech and language. support communication skills.
0-5 year old

Antenatal Clinic

9.00am– 3.45am

Appointment only

WEDNESDAY

Baby Sensations
6 week course
1.00pm– 2.00pm
Fun sensory session for babies
0 - 6 months
Please book

THURSDAY

Baby Massage
10am -11am
Supporting bonding, attachment, baby's brain development, colic issues and communication.
0 -6 months
Booking only

Antenatal Clinic
9.00am– 3.45am

FRIDAY

Centre Closed

This means a session must be booked. All other sessions are drop in Sessions.

Please contact Littleborough Children's Centre on 01706 378166

MOORHOUSE CHILDREN'S CENTRE

MONDAY

Parent and Child Interaction
Date & time confirmed on invite
Are you concerned about your child's development? These sessions are aimed at supporting children's learning and development. *. **Booking only**
Please contact the centre.

Baby Messy Play
1.00pm-3.00pm
A fun sensory session months, allowing your baby to explore in: jelly, spaghetti, paints, beans, oats and many more!
0-18 months

TUESDAY

Centre Closed

This means a session must be booked. All other sessions are drop in sessions.

WEDNESDAY

Play and Learn
With Story Time and Singing
9.30am–11.30am
No session 4th May
Join us for a fun session aimed at younger children to develop
their speech and language.
support communication skills.
0-5 year old

Bump to Baby
1.00pm –3.00pm
Antenatal session for parents to be from 28 weeks pregnant. This programme aims to build the relationship between parent and their unborn babies.
***3 Week Course* Please Book**

THURSDAY

Centre Closed

FRIDAY

Baby Massage
10.00am-11.00am
Supporting bonding, attachment, baby's brain development, colic issues and communication.
0 -6 months
Please Book

Milnrow Library Session
10.00am–11.00am
A fun singing and story session at Milnrow Library

Play and Learn
1.00pm–2.30pm
No Session 6th May
Join us for a fun session aimed at younger children to develop
their speech and language.
support communication skills. **0-5 Years**

Please contact Moorhouse Children's Centre on 01706 837480