



**Gateway  
programme**  
01744 673420

**Dart  
programme**  
01744 673420

# Children's Centres Activity Timetable

Winter 2023

## For more information

**Email:** [childrenscentres@sthelens.gov.uk](mailto:childrenscentres@sthelens.gov.uk)

**Visit:** [www.sthelens.gov.uk/childrenscentres](http://www.sthelens.gov.uk/childrenscentres)

**Facebook:** @STHCCentres

**Central Link Hub: 01744 673445 for:**

Moss Bank Children's Centre  
Fourways Children's Centre  
Thatto Heath Children's Centre

**Parr Hub: 01744 671788 for:**

Sutton Children's Centre  
Newton Children's Centre  
Haydock Children's Centre

Our centres are open from 9.00am-5.00pm

You can also register your child for a place at one of our Children's Centres online.

If you would like to refer a family for support, help and training, please contact us on the numbers above.

Follow us on  
Facebook  
**@STHCCentres**



**ST HELENS**  
BOROUGH COUNCIL



**Café Laziz is a community café set up by OLCOTWISH CIC (Our Little Corner of the World in St.Helens) for recently settled refugees and asylum seekers to work and train in and integrate with the local community.**

We are all volunteers and all profits will be reinvested into Café Laziz in order to help it grow.

As Café Laziz grows it will provide paid employment opportunities and clear employment pathways.

We are passionate about delivering fresh, wholesome international food at reasonable prices. Please try our food and talk to us about it.

We have all attended English classes and now we want to put our skills into practice and meet the friendly St.Helens community.

We also have a question and answer wall where any questions you may not feel comfortable asking can be posted anonymously and we will do our best to answer them as honestly as we can.



# LAZIZ

لاذيز



# Central Link Hub




		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Central Link</b> Peter Street WA10 2EB	<b>AM</b>	Daycare (Invite only) Central Link Children's Centre 9.15am - 12.15pm  Development Clinic (Invite only) Central Link Children's Centre 9.30am - 12.00pm  Chatterbox (Invite Only) Central Link Children's Centre 9.30am - 10.30am  Read and Rhyme Peter Street Library 11.00am	Daycare (Invite only) Central Link Children's Centre 9.15am - 12.15pm  Triple P – Teen (Invite only) Central Link Children's Centre 9.30am - 12.00pm  Read and Rhyme Eccleston Library 10.30am  Mini Chefs Central Link Children's Centre 11:00am - 12:00pm	Daycare (Invite only) Central Link Children's Centre 9.15am - 12.15pm  Triple P – Stepping Stones (Invite only) Central Link Children's Centre 9.30am - 12.00pm  Read and Rhyme St Helens Library 10.15am  Warm Spaces 9.30am - 11.30am	Daycare (Invite only) Central Link Children's Centre 9.15am - 12.15pm  Incredible Years (Invite only) St Thomas Church 9.30am - 11.30am  Read and Rhyme St Helens Library 10.15am  	Daycare (Invite only) Central Link Children's Centre 9.15am - 12.15pm  Read and Rhyme Eccleston Library 10.30am  
	<b>PM</b>	Sensory Baby Group (0-12 mths) Central Link Children's Centre 1.30pm - 2.30pm	Cook & Taste Central Link Children's Centre Wellbeing Service 1:00pm - 2:00pm	Cook & Taste Central Link Children's Centre 1:00pm - 2:30pm  Chatterbox (Invite Only) Central Link Children's Centre 1.15pm - 2.15pm  Tot's Talking Virtual Central Link Children's Centre 1.30pm - 2.15pm  New Beginnings Central Link Children's Centre 3.30pm - 4.30pm	Café Laziz Central Link Children's Centre 12.00pm - 2.00pm  Mini Melodies (0-12 mths) Central Link Children's Centre 2.00pm - 3.00pm  	Cook & Taste Central Link Children's Centre Wellbeing Service 1:00pm - 2:00pm  Let's Get Ready for Nursery (6 - 36 months) Central Link Children's Centre 2.00pm -3.00pm  



**Wizz Kids is a fun and interactive activity-based group based on the Parents as First Teacher's model which support you and your children.**

**Wizz Kids will enable you and your children to become: -**

-  **Healthier.**
-  **School Ready.**
-  **Increases learning and development opportunities.**
-  **Increases parental confidence.**
-  **Supports the home learning environment... and everyday learning opportunities to for children to grow, learn and develop to realise their full potential.**

**For further information or to book a place on one of our courses please contact your local Children's Centre on 01744 671788/673445.**













**St.Helens  
Children's Centres**

**ST HELENS**  
BOROUGH COUNCIL



# Moss Bank

Kentmere Avenue WA11 7PQ

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<p>Let's Get Ready for Nursery (6-36 mths) Moss Bank Children's Centre 9.30am – 10.30am</p> 	<p>Portage Group (Invite Only) ** Moss Bank Children's Centre 10.00am – 11.00am</p> <p>Read and Rhyme Rainford Library 10.30am</p> 	<p>Butterflies Group (Invite Only) ** Moss Bank Children's Centre 9.00am – 10.30am</p> <p>Well Baby Clinics (Appointment only, ring to book 01744 624925) Moss Bank Children's Centre 9.30am – 11.30am</p> <p>Butterflies Group (Invite Only) ** Moss Bank Children's Centre 10.45am – 12.15pm</p> 	<p>Sunbeams (Invite Only) ** Moss Bank Children's Centre 10.00am – 11.30am</p> 	<p>Ladybirds Group 2 (Invite Only) ** Moss Bank Children's Centre 10.00am – 11.30am</p> <p>Read and Rhyme Moss Bank Library 10.30am</p> 
PM	<p>Starbuds Group (Invite Only) ** Moss Bank Children's Centre 12.45pm – 2.15pm</p> <p>Ladybirds Group 1 (Invite Only) ** Moss Bank Children's Centre 2.30pm – 4.00pm</p> 	<p>Refugee Stay &amp; Play Moss Bank Children's Centre 1.30pm – 3.00pm</p> 	<p>Butterflies Group (Invite Only) ** Moss Bank Children's Centre 12.45pm – 2.15pm</p> <p>Butterflies Group (Invite Only) ** Moss Bank Children's Centre 2.30pm – 4.00pm</p> 	<p>Baby Group (0 – 12 mths) Moss Bank Children's Centre 1.30pm – 2.30pm</p> 	<p>Stay &amp; Play (Invite only) ** Moss Bank Children's Centre 1.00pm – 2.00pm &amp; 2.30pm – 3.30pm</p> 



Caring for a new baby and feel low, worried, alone?



## Talk and support for partners



*scan for info*



'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it."'

'The 1:1 support really helped my confidence – as a parent and in myself.'

**nct** 1ST 1,000 DAYS  
NEW PARENT SUPPORT

For more information text/call Holly on: 07562 207644  
or email: [parentsinmind.nw@nct.org.uk](mailto:parentsinmind.nw@nct.org.uk)



► Caring for a new baby and feel low, worried, alone?



## Talk and support from men, for men



*scan for info*



'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it."'

'The 1:1 support really helped my confidence – as a parent and in myself.'

**nct** **1ST 1,000 DAYS**  
NEW PARENT SUPPORT

For more information text/call Holly on: 07562 207644  
or email: [parentsinmind.nw@nct.org.uk](mailto:parentsinmind.nw@nct.org.uk)

Registered charity in England and Wales: 801395 and Scotland: SC041592



# Thatto Heath






Brisbane Street WA9 5QT

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM</b>	Sensory Baby Group (0-12 mths) Thatto Heath Children's Centre 9.30am – 10.30am	Chatterbox (Invite Only) Thatto Heath Children's Centre 9.30am – 10.30am		Grandtot's Group Thatto Heath Children's Centre 9.30am – 11.30am	Read and Rhyme Rainhill Library 10.30am  Read and Rhyme Thatto Heath Library 11.00am
<b>PM</b>		Baby Group (0-12 mths) Thatto Heath Children's Centre 1.30pm – 2.30pm  Read and Rhyme Rainhill Library 2.15pm	Tot's Talking Thatto Heath Children's Centre 3.00pm – 4.00pm	Chatterbox Thatto Heath (invite only) 1.30pm - 2.30pm	Let's Get Ready for Nursery (6-36 mths) Thatto Heath Children's Centre 3.30pm – 4.30pm

# Fourways

Burnage Avenue WA9 4QB

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM</b>	Read and Rhyme Chester Lane Library 11.00am  Little Wizz Kids (0-36 mths) Fourways Children's Centre 10.00am – 11.00am		Crafty Kids (18 – 36 months.) Fourways Children's Centre 10.00am – 11.00am	Chatterbox (Invite Only) Fourways Children's Centre 9.30am – 10.15am  Well Baby Clinic (drop-in) Fourways Children's Centre 9.30am – 11.30am	Development Checks (Invite Only) Fourways Children's Centre 9.30am – 12.00pm  Read and Rhyme Chester Lane Library 11.00am
<b>PM</b>	Baby Group (0-12 mths) Fourways Children's Centre 2.00pm -3.00pm  			Let's Get Ready For Nursery (0-36 mths) Fourways Children's Centre 1.45pm – 2.45pm  	

Parr Ashtons Green Drive WA9 2AP		Monday	Tuesday	Wednesday	Thursday	Friday
	AM	<p>Mini Melodies (0-12 mths) Parr Children's Centre 10.00am – 10.45am</p>		<p>Sensory Baby Group (0-12 mths) Parr Children's Centre 10.00am – 11.00am</p> <p>Little Wizz Kids (0-36 mths) Parr Children's Centre 11.00am - 12.00pm</p>	<p>Baby Group (0 – 12 mths) Parr Children's Centre 9.30am – 10.30am</p> <p>Warm Spaces 9.30am - 11.30am</p> 	<p>Incredible Years (Invite only) Allanson Street Primary School 9.30am – 12.00pm</p> <p>Chatterbox Parr Children's Centre 10.00am – 11.00am</p>
	PM	<p>Daycare (Invite only) Parr Children's Centre 1.15pm – 4.15pm</p> 	<p>Daycare (Invite only) Parr Children's Centre 1.15pm – 4.15pm</p> <p>Chatterbox (Invite Only) Parr Children's Centre 2.15pm – 3.15pm</p>	<p>Daycare (Invite only) Parr Children's Centre 1.15pm – 4.15pm</p>	<p>Daycare (Invite only) Parr Children's Centre 1.15pm – 4.15pm</p>	<p>Daycare (Invite only) Parr Children's Centre 1.15pm – 4.15pm</p> <p>Infant Bonding Parr Children's Centre 1.30pm – 2.30pm</p> <p>Read and Rhyme Parr Library 2.00pm</p>
Sutton Ellamsbridge Road WA9 3PY		Monday	Tuesday	Wednesday	Thursday	Friday
	AM		<p>Well Baby Clinics (drop in) Sutton Children's Centre 9.30am – 11.30am</p> <p>Hang Out Café Sutton Children's Centre 9.30am – 11.30am</p> <p>Baby Group (0-12 mths) Sutton Children's Centre 10.00am – 11.00am</p>	<p>Incredible Years Merton Bank Primary School 9.30am – 11.30am</p> <p>Hang Out Café Sutton Children's Centre 9.30am – 11.30am</p>	<p>Development Clinic (Invite only) Sutton Children's Centre 9.00am – 12.30pm</p> <p>Let's Get Ready for Nursery (6-36 mths) Sutton Children's Centre 9.30am – 10.30am</p>	
	PM	<p>Little Wizz Kids (0-36 mths) Sutton Children's Centre 1.30pm – 2.30pm</p>			<p>Warm Spaces 1.30pm - 3.30pm</p>	<p>Sensory Baby Group (0-12 mths) Sutton Children's Centre 2.15pm – 3.15pm</p>



# Coming Soon

Chinese New Year

M.A.T.CH (Men And Their Children)

Children's Centre open days

Easter HAF programme

Paediatric First Aid

Sleep Tight

Cooking on a budget

Warm spaces

Please follow our Facebook  
page for updates

# Let's get ready for



**Let's Get Ready for Nursery is an interactive session for children aged (6-36 months).**

**Let's Get Ready will support you and your child to become school ready.**

**These sessions will support your child's learning through play, extend their creative thinking as well as encouraging practical tasks e.g. putting shoes on or fastening coat's.**

**For further information or to book a place on one of our courses please contact your local Children's Centre on 01744 671788/673445.**



**St. Helens  
Children's Centres**

**ST HELENS**  
BOROUGH COUNCIL

Haydock Leigh Road WA11 0ER		Monday	Tuesday	Wednesday	Thursday	Friday
	AM	Read and Rhyme Garswood Library 10.30am  Read and Rhyme Haydock Library 10.30am	Story Makers Haydock Library 10.00am – 11.00am		Well Baby Clinics (Appointment only, ring to book 01744 624925) Woodside HCC (Haydock Medical Centre) 9.30am – 12.00pm	Sensory Baby Group (0-12 mths) Haydock Library 10.00am – 11.00am
Newton Patterson Street WA12 9PZ	PM		Infant Bonding Haydock Library 2.00pm - 3.00pm  		Incredible Years Garswood County Primary School 1.15pm - 3.15pm  Read and Rhyme Haydock Library 2.15pm	
		Monday	Tuesday	Wednesday	Thursday	Friday
	AM	Well Baby Clinics (drop-in) Newton Children's Centre 10.00am – 12.00pm  Read and Rhyme Newton Library 10.30am	Incredible Years (Invite Only) Newton Children's Centre 9.30am – 11.30am  Musical Mayhem Newton Children's Centre 10.00am – 10.45am	Let's Get Ready for Nursery Group Newton Children's Centre 10.00am – 11.00am  	Walk and Talk Group Newton Children's Centre 10.00am – 12.00pm  	Sensory Baby Group Newton Children's Centre 10.00am – 11.00am  Asylum Seeker & Refugee Coffee morning Newton Children's Centre 11.00am – 1.00pm  
	PM			Nurture Group (0-36 mths) Newton Children's Centre 1.30pm – 3.00pm  		Chatterbox (Invite Only) Newton Children's Centre 1.30pm - 2.30pm  Read and Rhyme Newton Library 2.15pm



# Funded Early Education for 2-year olds

Telephone: 01744 676541

or apply online: [WWW.sthelens.gov.uk/free2](http://WWW.sthelens.gov.uk/free2)

**Your 2-year-old can get free childcare if you live in England and get one of the following benefits:**

- Income Support
- Income-based Job Seekers Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- The Guaranteed element of State Pension Credit
- Tax credits, and your household income if it is £16,190 a year or less before tax
- Universal Credit, and your household income is £15,400 a year or less after tax, not including benefit payments
- The working Tax Credit 4-week run on (the payment you get when you stop qualifying for Working Tax Credit)



**2-year olds can also get free childcare if they:**

- Are looked after by a local authority
- Have a statement of special education needs (SEN) or an education, health and care (EHC) plan
- Get Disability Living Allowance
- Have left care under an adoption order, special guardianship order or a child arrangements order

**If you're a non – EEA citizen who cannot claim benefits**

**Your 2-year-old may get free childcare if you are getting support under the Immigration and Asylum Act and have either:**

- Claimed asylum in the UK and are waiting for a decision (Known as 'part 6')
- Been refused asylum in the UK (Known as 'section 4')

**A 2-year-old you care for may also get free childcare if you household income is £15,400 a year or less after tax, and you have either:**

- Leave to remain with 'no recourse to public funds' on family or private life grounds
- The right to live in the UK because you're the main carer of the British citizen (Known as a Zambrano Carer)





► Are you pregnant or have a baby and feeling low, anxious, alone?

## Talk & support, mum to mum



'The volunteer makes me feel normal. She listens like it's okay.'

'The 1:1 support really helped my confidence – as a mum and in myself.'

'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it."'

'Everyone there has been through similar things – it feels like a family.'

**nct** **1ST 1,000 DAYS**  
NEW PARENT SUPPORT

For more information text/call Holly on: 07562 207644  
or email: [parentsinmind.nw@nct.org.uk](mailto:parentsinmind.nw@nct.org.uk)

Registered charity in England and Wales: 801395 and Scotland: SC041592.





# Volunteering Programme

## Who can become a volunteer?

Anyone who:

- Has received Early Help services and wants to share their positive experience with other families
- Wants to become more active and give something back to the community
- Wants to gain experience of working with families alongside professionals to gain work.

## What's in it for me?

The whole volunteering experience can be very rewarding and can open doorways for career development working in partnership with the community.

### Volunteering can

- Be fun
- Increase friendship
- Be challenging
- Increase confidence and self-esteem.
- Widen learning experiences
- Enable you to brush up on the skills you already have and learn new ones
- Be a step towards returning to learning or work if that is what you wish

Volunteers will become part of the team, supporting the Children's Centre Core business, volunteering their time and commitment for the benefit of families within the community without financial reward.

## What next?

Firstly, contact and speak with a Children's Centre staff member to make sure that volunteering is what you want to do.

Secondly, complete a volunteer registration form or ask the member of staff to complete this on your behalf then pass this to the Community Development Officer.

An informal meeting will be arranged with you to complete barring and vetting procedures and to discuss volunteering roles.

**If you are interested in volunteering please contact one of the Children's Centres below and ask for:**

**Jill Healy**  
**Community Development Officer**

**Central Link**  
**Children's Centre**  
**Westfield Street**  
**St Helens**  
**WA10 1QF**  
**01744 673445**

**Parr Children's Centre**  
**Ashton's Green Drive**  
**Parr**  
**St Helens**  
**WA9 2AP**  
**01744 671788**



# **A fun and interactive hands-on cookery session for children 30 – 60 months.**

**Come along and create some tasty, healthy and nutritious meals and snacks.**

**For further information or to book a place on one of our courses please contact your local Children's Centre on 01744 671788/673445.**



**St. Helens  
Children's Centres**

**ST HELENS**  
BOROUGH COUNCIL

# Group Descriptions

At Children's Centres we have a range of groups, some of which are invite only and others that you can drop into without pre-booking. Our timetable will tell you which these groups are. Just to let you know for any of the drop-in sessions you can bring your other children along, but the session will be aimed at the age range shown on the timetable. We do however in the school holidays offer sessions for children up to the age of 11.

**Warm Spaces** are places where families with children can gather for free in a warm, safe, welcoming place and enjoy a hot drink and some company. Arts and crafts will be available at these sessions.

**Well Baby Clinic** health visitor led Baby Clinic, come along, and check your child's development, gain advice and support. **Please note some of these sessions are bookable, please see timetable.**

**Baby Group (0-12 months)** for babies aged 0- 12 months of age, this group will support bonding, attachment and the development of early skills for you and your child. The sessions will be fun and interactive with the children having the opportunity to learn through play. This session gives advice and tips on how everyday items can be used to extend your child's knowledge and increase their confidence.

**Mini Melodies (0-12 months)** a musical, movement, singing and dancing group for children ages 0 – 12 months olds. This group will introduce you and your child to new and exciting ways to interact with each other whilst promoting numeracy, literacy, speech, language and communication. The group will increase your child's understanding of the group around them and engage with their peers. These sessions use a variety of resources that you could also use at home supporting the home learning environment.

**Sensory Baby Group (0-12 months)** this group is for children aged 0 – 12 months and their parents. The sessions will introduce you to what is available in our Children's Centres and will promote tummy time, music and movement. The sessions will include simple and practical ways in which activities can be replicated within the home.

**Story Makers (0-36 months)** is a fun, stimulating and interactive reading and play session for children from new-born to starting school. Story Makers will support your child's communication, language and literacy development. The session is led by a practitioner and will be an opportunity for you to build on the fun in reading and how you can replicate this at home.

**Little Wizz Kids (0 – 36 months)** is a fun, stimulating and interactive play, learning and development session for new-born babies up to children aged 36 months. This is based on Parents as the First Teachers model and supports families to build attachment and positive parenting behaviours; strengthen parent-child interaction within the Early Home Learning Environment; support school readiness.

**Musical Mayhem (12-36 months)** Musical mayhem is for children who have graduated from Mini Melodies and is aimed at children 12 – 36 months. This group will introduce you and your child to new and exciting ways to interact with each other whilst promoting numeracy, literacy, speech, language and communication. Musical Mayhem will help you to think about those skills that support your child to become nursery or school ready and practice these within a fun and interactive group.

**Crafty Kids (2-4 years)** Crafty kids is aimed at children aged 2 – 4 years of age. These sessions will enable your child (and you) to explore their creative side, explore new ideas, be creative and interact with their peers. It is a fun and interactive arts, crafts and messy play session that will help your child to be nursery or school ready.

**Let's Get Ready for Nursery (6-36 months)** fun and interactive sessions which will support you and your child to become school ready. These sessions will support your child's learning through play, extend their creative thinking as well as encouraging practical tasks e.g., putting shoes on or fastening your coat.

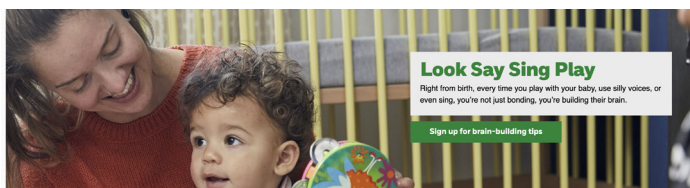
**Mini Chefs (30 – 60 months)** a fun and interactive cookery session for parents/carers and children. Come along and create some tasty, healthy and nutritious meals and snacks.

**Walk & Talk Group** These sessions are designed to reduce isolation, help you and your children to meet new people and to improve your overall wellbeing. For further information please contact Home Start on 01744 737400.

**Refugee /Asylum seeker Stay and Play** this group is aimed at new refugee/asylum seekers and is facilitated at Moss Bank Children's Centre every Tuesday. This group support integration, inclusion and celebrate diversity pop in and have a hot drink

## Online Support

**Look, Say, sing, Play - NSPCC** right from birth, every time you play with your baby, use silly voices, or even sing, you are not just bonding, you're building their brain.





# INFANT BONDING

**Infant Bonding is a fun and interactive course for babies aged 6 weeks to 6 months. Come along and learn the art of Infant Bonding with other new parents/carers.**

**Infant Bonding will:**

- ♥ Help you and your baby understand each other better.
- ♥ Soothe babies and reduce crying.
- ♥ Aid digestion and help relieve colic, wind and constipation.
- ♥ Help babies to sleep more deeply and for longer.
- ♥ Relieve nasal congestion and teething discomfort

**For further information or to book a place on one of our courses please contact your local Children's Centre on 01744 671788/673445.**



**St. Helens  
Children's Centres**

**ST HELENS**  
BOROUGH COUNCIL



# **Sensory Baby is a fun and stimulating group for babies aged 0 – 12 months and their parents.**

The sessions will introduce you to what's available in our Children's Centres and will promote tummy time, music and movement.

Sensory Baby will introduce simple and practical ways in which sensory activities can be replicated within the home.

For further information or to book a place on one of our courses please contact your local Children's Centre on 01744 671788/673445.



St. Helens  
**Children's Centres**

**ST HELENS**  
BOROUGH COUNCIL



**Referral Only** – Children's Centres deliver a number of groups or interventions where a child or family want to access a little bit more support. We know for some children that speech and language or being ready for school they may need a little extra support. Or you may be a parent/carer who wants to build on your knowledge and experience to give your child the **Best Start in life. If you need any further advice or support on any of the interventions detailed below, please speak to your local Children's Centre, Health Visitor, school or lead professional.**

**\*\* Delivered by the Bridge Centre** the Bridge Centre provide specialist assessments for children with SEND and groups are referral only.

**Change, Grow, Live "Think Family"** via any professional or self-referral, offering one to one support and family focused advice to empower people to improve their health and wellbeing and take control of the direction of their lives.

**Chatterbox** is a Speech and language support group that emphasises the significant role that parents/carers play in actively engaging your child using strategies that are proven to enhance speech, language, and development (referral from Health Visitor or Lead Professional working with a family).

**Daycare** is a 15-hour a week placement, which supports children's learning and development. This will which enhance your child's speech, language and social and emotional skills. (Referral only).

**DART (Domestic abuse recovering together)** programme is a 10-week group work programme which allows mothers and children to work independently combined with joint sessions to improve the mother-child relationship after the perpetrator has left the relationship. School must agree to the children taking time out of lessons. During the weekly sessions, mothers and children participate in a range of activities designed to strengthen their relationship, promote communication about abuse and support one another through their recovery.

**The Gateway Group Programme** is a 7 week accredited programme for women victim's of domestic abuse. It is delivered by trained facilitators and focuses on the non-abusive partner's experiences whilst in an abusive and controlling relationship.

**Development Checks** Health and development reviews that support you and your baby, and make sure their development is on track. Developmental checks are delivered by Health Visitors within Children's Centres. These sessions will support you and your child's learning and development in the early years.

**Incredible Years** is a course for parent/carers for children aged 0-12 years. 12-week positive parenting programme which is designed to strengthen parent/carer/child interactions and promote positive attachments, whilst supporting parents/carers to reduce harsh discipline measures. The programme works with parents/carers to promote their child's social, emotional and language development and school participation. Courses for parents of children 0-12 years which increases parent/child relationship and promotes positive discipline and mutual respect.

**Tots Talking (24 months)** is a fun and interactive virtual session for parents/carers with children aged 24 months which will provide you will advise, guidance and tips on how you can support your child to start the art of communication. This session will highlight the importance of joining in with children's play and following their interests, using everyday opportunities to extend their knowledge and use words.

**Triple P** Parenting courses for parents of children 0-12yrs, Teens and Steppingstones for parents of children with a disability, development delay and conduct disorder. By referral only - call 01744 676543

**New Beginnings** practical parent educational programme for new and expectant parents at the beginning of your parenting journey, the sessions include bathing, safe sleep and feeding.

## **Pre Book**

**Cook & Taste** a hands-on cookery session which will enable you to improve your cooking skills and support you to provide healthier affordable food choices for all your family. Call the Wellbeing Service on 01744 371111.

**ESOL (English for Speakers of Other Languages)** a course for those whose first language is not English. This course will help to improve your speaking, listening, reading and writing skills in small, friendly classes. Please ring 01744 677675

**English & Maths Course** Contact Adult and Community Learning for more details – 01744 677314.

**Infant Bonding** A course for babies aged 8 weeks to 6 months - Come along and learn the art of Infant Bonding with other new parents/carers. By using simple massage strokes, you can enhance your role as a parent/carer and provide the right type of stimulation to promote your child development, promote relaxation assist with wind, colic etc. You and your baby will experience many benefits from infant massage which will increase your bond for many years to come. - ring Parr Children's Centre to book your place 01744 671788.

**Sensory Rooms sessions** – A sensory room session which will help your child to improve their visual, auditory and tactile processing, as well as fine and gross motor skills. By providing a sense of calm and comfort, sensory rooms help children learn to self-regulate their behaviours, which ultimately improves focus. Sensory rooms are available at Fourways, Parr and Thatto Heath please ring 01744 671788 to book.