

MONDAY

Stay and Play 10am - 12pm

A quality play session in our early years room. Both indoor and outdoor activities with **Natasha and Michelle.**
0-5 Years

Time For You Crèche 1pm – 4pm

Would you like a break and time for yourself? Our qualified staff can care for your child/children.
MUST BOOK
Call in or phone 01706 646103 Option. **0-5 Years**

Job Centre Plus 9am - 4pm

Appointments are booked through the Job Centre.

Parent Champions

An active group of friendly parents who meet every 8 weeks to support the work of the Children's Centre. Your views and opinions are of great importance to the Centre. Please call Linzi for more details.

These sessions are for children under 5 years old

TUESDAY

Chill and Chat plus Breast Feeding Support group 10am - 12pm

Ideal for new parents, parents to be, call in for support, meet other parents and find out what our Centre has to offer. With **Paula and our Midwife**

Post-Natal 9am - 12pm **MUST BOOK**

Physical Fun at Greenbank School
10am - 11.30am
A physical play session held in the gym by **Natasha and Rafeena.**
Aged 2-5 years only
Term Time only
(use the Willows Parents entrance)

Dinky Dancers at Shawclough Primary School
2pm - 3pm
Singing, musical instruments, action rhymes to develop language skills with **Michelle.**
0-5 Years

Ante-Natal
1pm - 4pm
MUST BOOK
Drop In and Play
9am - 5pm
We offer a wide range of support to families including support for children with individual needs, family support, parent training, health services, and lots more. With **Michelle and Rafeena.**
0-5 years

WEDNESDAY

Citizens Advice
9.30am - 12.30pm
Reg can offer advice and support. **MUST BOOK**

Craft and Play
9.30am - 11am
Come along to the session and get creative.
Rafeena 0-5 Years

Music Time
10am-11am
Singing, musical instruments, action rhymes to develop language skills. With **Michelle.**
18 months–5 years
Lets Play Out
11am - 11.30am
A short outside session that allows children to explore our outdoor area.
With Natasha. 0-5 years.

Lunch Munch
11.30am - 12.30pm
Join us for a healthy lunch. Encourage your child to try new foods. With **Paula and Michelle**
0-5 years.

Messy Play
1.30pm - 3pm
Messy fun, paint, gloop, crafts, sand, water and lots more. With **Natasha 0-5 years**
Baby Clinic at Ashworth St Clinic 1pm - 3pm
For those who attend the clinic. With **Rafeena.**

Baby Play at Shawclough School
1.30pm – 3pm
Discover the importance of play with your child. With **Paula and Michelle.**
0–18 months

THURSDAY

Ante Natal
9am - 12pm
MUST BOOK
With the midwife
Please ring 01706 646103 Option 1

Baby Massage
9.15am - 10.15am
MUST BOOK
With **Paula**
Please ring 01706 646103 Option 1

Baby Clinic at Thrum Hall Church
10am - 11.30 am
For those who attend the clinic. With **Michelle**

Health Visitor Drop In
11am – 12pm
and Baby Play
10.30 am - 12.00pm
Call in for advice, have your baby weighed and enjoy quality time with your baby in our Baby Play session. With **Paula. 0–2 years** (It's recommended babies are weighed every 4 wks)

Sing and Rhyme at Wheatsheaf Library Rochdale
10am – 11am
Join us for singing, action rhymes and lots of fun. Choose a library book to take home. With **Natasha 0-5 years**

Healthy Eating through practical cookery skills
1pm – 3pm
Learn how to cook and serve healthy meals from scratch. Make healthy changes to the family diet.
MUST BOOK
Crèche provided

FRIDAY

Baby Moves
10am - 11am
A dedicated session for babies under 12 months. With **Paula.**
No need to book

Childminders at Howard St
9.30am - 11.45am
Play session for registered childminders

Toy Library for Nursery and Day Care children
AM and PM
Children may choose an educational toy and book to take home for the week.

Sing and Rhyme at Shawclough School
Starts 20th January
10am – 11am
Join us for singing and action rhymes. A fun active session. With **Rafeena.**

ESOL
(English for Beginners)
1 pm–3 pm
A 12 week training course. Crèche provided.
MUST BOOK
Please ring 01706 646103 Option 1

All our sessions are for families with children under 5 including those with additional needs and disabilities.

NOTICES

Jobs Board
The job vacancy board is updated weekly with local jobs please call in at the centre to have a look. The centre is open between 8am-6pm

Citizens Advice
If you have a child 0-5 years and need advice and support please ring 01706 646103 Option 1 or call in to make an appointment.
EVERY WEDNESDAY MORNING

Coming soon.....

Child Development Course

Starts 19th April
A 6 week course ran by the Family learning Service tutor for parents of children aged between 3 and 5 years.

Parent Craft
1, 8,15,22
February
A 4 night course ran by the midwives for Parents to be.
MUST BOOK

Sessions in Schools are term time only

Young Parent Worker Support

is available to offer support and advice to parents under the age of 21. Please contact a member of staff for details

Safeguarding Children

The team at Howard St Children's Centre are committed to working in partnership with parents. We involve parents/carers to the highest degree, wherever possible, whilst maintaining the focus on the best interest of the child. Howard St Children's Centre follows Rochdale Borough Safeguarding Children's Board procedures whenever a concern exists about harm or potential harm to a child. The policies and procedures that we follow are available for you to read in the Early Years room and in the main office.

Citizens Advice

Citizens Advice Bureau offer a service to parents of children under five years or pregnant. The advice sessions are free, independent, impartial and confidential.

Join us online:

[www.rochdale.gov.uk/
childrenscentres](http://www.rochdale.gov.uk/childrenscentres)



Find us at: Sure Start
Children's Centres in
Rochdale borough



Rochdale Parents

Contact Us:

Howard Street
Children's Centre
Howard Street
Rochdale OL12 OPP

Tel: 01706 646103
Option 1

Sure Start Children's Centres Rochdale offer access to a range of support and services for families with children aged under 5 to give children the best start in life and help them to reach their potential. Services include early learning and childcare, parenting advice and health services and help for parents to find work or training. All sessions are for families with children aged under 5 years including those with additional needs and disabilities.

Howard Street Children's Centre

A Sure Start Children's Centre



Timetable January - March 2012