

## MONDAY

Ante and Post Natal

9.30am - 12.30pm

Appointments -Please ring to book

Turbo Tots - Babies up to 2yrs

Turbo Kids - Ages 2- 5 years

10.00am - 11.00am

Soft play session in the Sports Centre. Suitable for children under 5 only.

**\*No session on 13th\***

Messy monsters

10.00am - 12.00noon

A fun messy session with lots of sensory experiences 0-18months.

Parent-Led Stay and Play

1.00pm - 3.00pm

Come along to a stay and play and meet other families.

Mini Master chefs

1.00pm - 3.00pm

Try a new and exciting recipe every week.

Contact centre to book

13th - Sweetheart Biscuits

27th - Vegetable Quesadilla

Twilight Mini Master chefs

3.30pm - 5.30pm

Come along as a family and prepare a healthy recipe for you to enjoy

6th Tuna Melt

21st Savoury Pancakes

Contact Centre to book

Twilight Play and Stay

3.30pm - 5.30pm

Please come along and join in the fun.

## TUESDAY

**\*NEW\***

Doorstop Bus

10.00am - 12.00noon

14th

Join us at Limefield Park, Rhodes, for fun activities

Baby Massage

10.00am - 12noon

Contact Centre to book

Inbetweeners

9.30am - 11.30am

This fun session will help your child develop confidence and independence in a fun environment.

From 6 months- 3 years

**\*No session on 14th\***

Young Parents Group

1.00pm - 3.00pm

Early Start Course

Continues

10week course starting  
Contact Centre for future courses

Half Term Family Fun Session

1.00 - 3.00pm

14th February

Little Soccer Stars

3.00pm - 4.00pm

At the Sports Centre. Suitable for children

2½ to 5 years

PACT Meeting

7.00pm - 9.00pm

7th February

Dads, Me and Tea

7th February

5.00pm - 7.00pm

Join us for a fun filled session & vegetable pasta bake for tea. Call centre to book

## WEDNESDAY

Ante and Post Natal

8.30am - 1.30pm

Childminders Network Group

9.30am - 11.30am

Sing and Sign

10.00am - 11.00am

Drop in session for babies up to 18 months. Help develop early communication skills.

Rhythm and Rhyme

11.00am -12noon

Singing session for children 18 months-4 years

Woodland Fun

10.00am - 11.30am

Around and about with playgroups.

Please phone centre for further details.

Magic Moments

1.00pm - 2.00pm

Relaxation and massage for you and baby. This session supports baby's sensory development and is suitable for babies 0 - 12 months old.

Buggy Buddies

2.00pm - 3.00pm

Join us for a healthy walk in the community

**\*No Session on 15th \***

Play & Learn

1.00pm - 3.00pm

Session is for children 0 - 5 to come to have fun & learn new skills

Music and Movement

3.30pm - 4.15pm

Physical session held at the Sports Centre  
Ages 2½ to 5

## THURSDAY

Ante and Post Natal

8.30am - 1.30pm

Appointments only

Please ring to book

Bumps to Babies

9.30am - 12.00noon

Drop in social group for expectant and new mums and dads and a play session for children up to 1 years old

**\*No Session on 16th\***

Play and Learn

9.30am - 11.00am

Come along and play. For children under 5 years, older siblings welcome

Story time in the Library

11.00am -11.30am

Come along to enjoy stories and activities.

Baby Massage

10.00am - 12noon

Contact Centre to book

Baby Clinic

1.30pm - 3.30pm

Have baby weighed, and join us at Budding Beginners

Budding Beginners

1.15pm - 3.15pm

Fun play session for babies up to 18 months

Stay and Play

3.30pm - 5.00pm

For children 0 - 5years, Older siblings welcome

## FRIDAY

Time for You Crèche

9.00am - 12.00noon

Enjoy time to yourself by booking your child age from 4 months to 5 years onto the crèche.

Places must be booked.

## SATURDAY

Kirkway Children's Centre

Dizzy Lizzy Puppet Show

10.00am - 12.00noon

Join us for a fun-filled morning with Dizzy Lizzy.

The lovable rag doll will amaze and dazzle young children.

Coming up in March

Friday 9th March

10.00am - 12.00noon

Consultation/Drop in for parents of children with a disability or additional needs.

Parents Views

We want to know what you think about the centre sessions and services. Join us for a brew. Crèche available.

Please book at reception.

Teenage Ante Natal Clinic

Wednesdays

2.00pm - 4.00pm

Ring centre for appointment.

Oral Health Advisor

Kelly From Oral Health will be available at the centre during the half term on the

14th Feb - 9.30am - 12.30pm

16th Feb - 1.30pm - 5.00pm

Parent craft with the midwife each Monday 5.30—7.00pm  
Please contact the centre to book appointments

If you or a friend are a victim of domestic violence call for support or advice.

Women's Helpline 0161 636 7525

Men's Helpline 0808 801 0327

**Toy and Book Library**  
All day Monday - Friday

Come along and have a look at our selection of Toys and books which you can loan to take home

**Citizens Advice Bureau**  
Tuesday 9.30 – 12.30am

For families with children under 5 years of age

Call centre to book appointment

If you or a friend have issues with alcohol or drugs call ADT for support or advice on

01706 924902

**Health Trainers**

Available to meet at the centre, to support you on your way to achieving your New Years Resolutions.

**Breastfeeding Support & Volunteering Peers**

Available when you need support. Please contact the centre for details.

**Join us online:**

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



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

twitter

RochdaleParents

**Contact Us:**

**Langley Children's Centre**  
Windermere Road, Langley Middleton  
M24 4LA

Call: 0161 653 9526

Email:

[cheryl.boardman@rochdale.gov.uk](mailto:cheryl.boardman@rochdale.gov.uk)

# Langley

A Sure Start Children's Centre



## Timetable

# February 2012

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.

**Sure Start**  
**Children's Centres**  
Rochdale

 **ROCHDALE**  
METROPOLITAN BOROUGH  
**COUNCIL**