

MONDAY

Time for you Crèche
9.00am - 12.00pm

If you fancy a break, or need to do some shopping, why not use our free Crèche. Ring the centre to book.

Teenage Ante Natal Clinic.
(up to age of 18)
10.00am - 12.00pm.
Ring the centre for an appointment.

Citizens Advice
1.30pm – 4.30pm
Please see reception for an appointment.
For families of children under 5 years old.

Little Movers
1.00pm - 3.00pm
Come along for a fun physical play session with our new soft play.

Toy and Book Library
Borrow a book or toy of your choice to take home free of charge.
Available during any Stay & Play session and also every Thursday at Newbold Playgroup

TUESDAY

Stay & Play
9.30am - 11.30am
Come along with your children and take part in fun activities. All parents/carers and grandparents are welcome!

Minor Ailments Clinic
9.30am – 11.30am
The Health Visitor is here to prescribe for minor illnesses in children aged 0-5yrs.

Jobcentre Plus
9.30am - 4.00pm
Lone Parent Interviews are held at the centre every other Tuesday. Please call the Jobcentre On 01706 705034 to arrange your appointment.

Survival Skills for Families
1.00pm - 3.00pm
Until 27th March
For information
Tel: 0845 226 5533.
Term time only

Roch Vale Play Session
4.00pm - 5.00pm
A play session for travelling families. At the portakabin.

WEDNESDAY

Ante-Natal Clinic
9.00am – 12.00pm
Baby Moves
10.00am – 11.30am
A music and sensory play session for babies

Aqua Tots
11.00am – 1.30pm
(Except 15th)
Meet at the centre for 11.00am for a light snack and then walk down to (Rochdale Leisure Centre Instructor present)

Infant Feeding Support
1.00pm – 3.00pm
Advice and support on breastfeeding.

Ante and Post Natal Drop In
1.00pm – 2.00pm

Family Support
1.00pm - 3.00pm
Please see Centre Workers for more information.

Stay and Play Including a light tea
3.30pm – 5.30pm
Come along with your children and take part in all our fun activities. Families welcome.

Baby Shower
** 22nd Feb Only **
9.30am-11.30am
Meet new parents to be over a coffee.

THURSDAY

Stay & Play
9.30am - 11.30am
Bring your children along to a morning of messy activities.

Baby Massage
10.00am-11.00am
A lovely experience which helps soothe irritable babies and aids sleep. For babies 0-9 months.

NEW SESSION
Bumps to Babies
Starts 9th February
10.30am-12.00pm
A session for expectant parents under 21 yrs old. Partners/Dads welcome.

Baby Play
11.00am - 12.00pm
A relaxed play session for parent/carers and their babies, meet other parents over a slice of toast.

PANDA
1.00pm - 3.00pm
Until 9th February
A course that covers food, nutrition, meal planning and budgeting.

NEW SESSION
Introduction to Child Development
1.00pm - 3.00pm
Starts 23rd February
A six week course looking at supporting a child's learning through positive relationships.
Please book your place at reception.

FRIDAY

Stay & Play at Turf Hill Community Centre
9.30am - 11.30am
Come along and join our Stay & Play session.
Everyone welcome.

Well Baby Clinic
*** 3rd Feb only***
10.00am - 11.30am
The first Friday of every month. With play activities from 9.30am

Junk Food Swap Shop
10.00am – 12.00pm
Drop in to cook healthy alternatives to your children's favourite foods.

Sing, Sign and Rhyme Time.
10.15am - 11.30am
At Balderstone Library
Term time only

Time for you Crèche
1.00pm - 3.00pm
Ring the centre to book.

All our activities and sessions are for families with children aged under 5 years including those with additional needs

NHS Baby Life Checks
A computer is available everyday. It can also be used to access Job Centre Plus and Housing.

Health Trainer
Sohail the areas local NHS Health Trainer offers free advice and support from healthy eating and getting active to quitting smoking and helping you feel happier & healthier. Please contact the Centre for information.

Young Parent Worker
Natalie our Young Parent Worker is available for advice and help for young parents under 21. Natalie can also be contacted on 07807 412454

Police Surgery
16th Feb Only
2.00pm - 4.00pm

Please see overleaf for activities during February half term

Activities in February

Tues 14th Feb
10.00am-2.00pm

Valentine Special.

Come along and join in the Valentine special, including Valentine's crafts and lunch.



Thurs 16th Feb
9.30am-11.30am

Family Stay & Play

1.00pm-3.00pm

Noah's Ark

Come along on our trip to Noah's Ark soft play centre. Meet at the centre for 12.30pm to walk with staff down to Noah's Ark, or meet there at 1.00pm. Special price of £2.00.

Fri 17th Feb
10.00am-12.00pm

Family Junk food swap shop

Come and join in the pancake fun! All welcome.



Wed 22nd Feb
3.30pm-5.30pm

Birthday Party

Is it your child's birthday in February? Come and join in the party fun. Invites to be sent in the post.

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:

Newbold Children's Centre
Moss Street
Rochdale
OL16 5NL

Tel. 01706 649729

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

Newbold

A Sure Start Children's Centre



February

2012

