Rochdale’s Sure Start Children’s Centres 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.

Join us online:
rochdale.gov.uk/childrenscentres
Find us at:
rochdalecouncil
rochdalecouncil

Castleton Children’s Centre
Melville Street
Rochdale
OL11 2PL
Tel: 01706 516310
(Closed until further notice)

Sandbrook Children’s Centre
Hartley Lane
Rochdale
OL11 2LR
Tel: 01706 653677
Monday - Friday
8.00am - 6.00pm

Deeplish Children’s Centre
59 Hare Street
Rochdale
OL11 1JT
Tel: 01706 647959
(Closed until Further Notice)

Sandbrook Hub
Including Sandbrook, Deeplish and Castleton

Virtual Timetable
June 2020

BBC Tiny Happy People
Check out ‘Tiny Happy people’ Website by the BBC, with loads of top tips and short clips to watch, to help your child’s development.

www.bbc.co.uk/tiny-happy-people

June 2020
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10.00am</td>
<td>Baby Massage</td>
<td>Session to learn how to massage your baby from head to toe. This nurturing session supports bonding and attachment, babies brain development and communication skills.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1.00pm</td>
<td>Storytime</td>
<td>Does your child love to hear stories? Listen to our staff member read your children’s favourite stories. This session will support your child’s language skills whilst having fun at the same time.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10.00am</td>
<td>Boogie Beats.</td>
<td>Join us for a physical fun session in your home. This will develop your child’s physical and communication skills whilst burning that excess energy.</td>
</tr>
<tr>
<td>Thursday</td>
<td>2.00pm</td>
<td>Back to Basics</td>
<td>Join us for a fun session which gives your child the opportunity to learn through play. All equipment used are items that you can find in your own home. This session supports your child’s physical skills and builds on their imagination.</td>
</tr>
<tr>
<td>Friday</td>
<td>10am</td>
<td>Polite Notice</td>
<td>Join us for a fun singing session to support your child’s language and communication skills. Please note the separate times for different age ranges.</td>
</tr>
<tr>
<td></td>
<td>- 0-12mths</td>
<td></td>
<td><strong>ALL OUR SESSIONS ARE VIRTUAL.</strong> They will be delivered by qualified children centre staff using Zoom. If you are interested in joining any sessions please contact 01706 653677</td>
</tr>
</tbody>
</table>

### Weaning Party

Is your child 6 months and ready to move on to solid foods? Do you need advice on how to start and what foods they need?

Contact the centre to book on to our information session.

### Bump to Baby

A 3 week antenatal course for parents to be. Topics covered:

- Bonding with Baby
- Safety and practical care
- Feeding

Contact the centre to book on.

### Breastfeeding Workshops

This session provides information on positioning, attachment, milk flow and more. Both pre birth and after birth support available.

Contact the centre for more information.

Breastfeeding support is available daily please ring Kathryn on 01706 926827

### Do you have questions regarding your child’s development?

All our staff team can prepare a package of support for families offering you an individual one to one development sessions focusing on areas such as play, speech and language development or behaviour management.

Contact the centre for more information our School Readiness ses-