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.

Belfield Children’s Centre
Samson Street
Rochdale
OL16 2XW
Tel: 01706 356634

Heybrook Children’s Centre
Park Road
Rochdale
OL12 9BJ
Tel: 01706 630712

Littleborough Children’s Centre
Denhurst Road
Littleborough
OL15 9LD
Tel: 01706 378166

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

Please note
Until further notice Belfield and Heybrook are closed.
All calls and questions should be directed to Littleborough which is open Tues, Thur and Fri.

Family Support
We can offer advice and support on a wide range of issues:
- Housing
- Back to work and training
- Dome violence
- Toilet training
- Behaviour management
Suppose your child to give up their Dummy and much more

Belfield Hub
Including Heybrook and Littleborough, Virtual Timetable
Sure Start Children’s Centre

July 2020

Family Support

- My brain grows better when you play with me
  I like it when you talk to me. I like it when you laugh at my jokes. It helps me learn and be happy.
- My brain grows better when you cuddle me
  I feel safe when you cuddle me. When you cuddle me, tell me what’s going on in your life, but don’t scare me.
- My brain grows better when you talk to me
  I love it when you talk to me. I learn a lot from you. Tell me what you like, what you don’t like, and ask me questions.
- My brain grows better when you response to me
  I love it when you respond to me. It helps me know you are interested in me.

Sure Start Children’s Centre

Rochdale Borough Council

Sure Start
Children’s Centres

Rochdale Borough Council

Sure Start Children’s Centres

Rochdale Borough Council

Sure Start
Children’s Centres

Rochdale Borough Council

Sure Start Children’s Centres

Rochdale Borough Council
Littleborough Children’s Centre

FOOD Club

Who We Are

A local FOOD club running every Thursday from 1.00 pm until 3.30 pm.

In partnership with Family Action, a national charity working in partnership with Fareshare to bring this FOOD club to your local area.

Find us in Littleborough Children’s Centre on Denhurst Road, Littleborough Phone 01706 368166

A weekly FOOD club to reduce food waste and provide local families with a range of food at the low cost of £3.50 per week.

For more information please contact Littleborough Children’s Centre on 01706 378166

You must live or work within 30 minutes walking distance of the centre.

Although the Children centre’s are closed, we are still able to offer a range of support, such as weaning advice, parenting support, home learning support.

If you do want any advice or support please telephone 01706 378166 or email Littleboroughcc@rochdale.gov.uk

Five essential things you do every day that helps your child’s growing brain.

Respond • Cuddle

Relax • Play • Talk

Do these five things each time you interact with your child from the time they are born and you will help to grow a healthy, strong and confident child.

My brain grows better when you respond to me - I feel safe when I hear your voice, you look at me and you are close to me.

I learn from watching and interacting with you, other children and adults.

My brain grows better when you cuddle me - I feel most safe when I get the contact I need with an adult who loves me.

I learn when you spend time singing songs and rhymes with me.

My brain grows better when you relax with me - When you are calm, I am calm.

I learn from you sharing stories and books with me.

My brain grows better when you play with me - Toys are great but the best toy in the world for me is you.

I learn when you give me opportunities to play and become independent, so let me have a go.

My brain grows better when you talk to me - I learn from the sound of your voice. The more you talk the more I copy you.

I need you to listen to me and take notice of what I am trying to say.
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td><strong>Storytime</strong> 1.00pm</td>
<td>Join us for an interactive story time session. This session will support your child’s attention and listening skills.</td>
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<tr>
<td></td>
<td></td>
<td><strong>Breastfeeding Support</strong> 10.30am</td>
<td>Support and information</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Bump to Baby</strong> 2.00pm</td>
<td>Antenatal session for parents to be from 28 weeks pregnant.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Rhyme Time</strong> 11.00am</td>
<td>Join us for a virtual singing session aimed at younger Children to support communication skills.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Weaning</strong> 10.30am</td>
<td>Join us for a weaning session. This session will support your child moving on to solid food.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Baby Massage</strong> 6.00pm</td>
<td>A relaxed session you can do at home virtually with your baby, led by our centre workers. The session will support bonding and attachment, baby’s brain development, colic issues and communication skills. 0-6 months</td>
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<tr>
<td></td>
<td></td>
<td><strong>Bonding with Baby</strong> 2.00pm</td>
<td>Antenatal session for parents to be from 16 weeks pregnant</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Bedtime Story with Lynn</strong> 6.30pm</td>
<td>Join Lynn for a relaxing, calming bedtime story. Bring along your teddy/doll if you like, they might want to listen as well.</td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td><strong>Messy Play</strong> 10.30am</td>
<td>Join us for an interactive Messy play session.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Baby Rhyme Time</strong> 11.00am</td>
<td>Join us for a virtual singing session aimed at younger Children to support communication skills. 0-18 months</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Sing a long with us</strong> 11.00am</td>
<td>Join us for an interactive Singing session. This session will support your child’s attention and listening skills. 0-18 months</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Baby Rhyme Time</strong> 1.30pm</td>
<td>Join us for a virtual singing session aimed at younger Children to support communication skills. 0-18 months</td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td><strong>ALL OUR SESSIONS ARE VIRTUAL.</strong></td>
<td>DELIVERED BY OUR STAFF USING ZOOM.</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Please do not attend our children's centre for any of these sessions.</strong></td>
<td>All children centres are closed, unless you are attending an appointment</td>
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<td></td>
<td></td>
<td><strong>Face covering must be worn for appointments</strong></td>
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</tbody>
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**Contact:**

- **Telephone:** 01706 378166
- **Email:** Littleboroughcc@rochdale.gov.uk

**All children’s centres are closed, unless you are attending an appointment. Face covering must be worn for appointments.**