

Welcome to our Spring newsletter!

We hope you will enjoy our Spring Newsletter; we would like to take this opportunity to wish you a Merry Christmas and a Happy New Year and thank you for supporting us over this last year.



We are currently undertaking our annual consultation exercise, so if you haven't yet completed the survey please take the time to either complete one in Centre or complete one online, your views are really important to us and we use them to plan and develop our services.

If you are looking to save money in the New Year, we are holding some drop in sessions around switching your energy supplier, look out for the dates in Centre or on our website/Facebook.

Tina Burke
Service Manager

Annual Consultation

Each year in December we ask families to have their say and tell us how we have been doing over the last 12 months. You may already have been asked to complete our consultation survey in one of our centres.

This year you can also complete the survey online, this couldn't be easier to do, simply [click here](#) to take you directly to the survey. All our surveys are entered into a prize draw for a £50 voucher.



Get filling those surveys in to be in with a chance of winning.

We will also be undertaking our Bi-annual exercise again in January 2018, where our Family Support Team will be making visits to those families that we haven't had any contact with over the last six months.

Ofsted Inspection Tuesday 19th September 2017 at Elland Children's Centre

The OFSTED inspection was carried out by Angela Syson on 19th September 2017, the setting was given ½ a days notice prior to inspection.

Angela met with Gail Crabtree (Deputy Manager) and Nicola Rossi (Centre Manager) and discussed the plans for the day.

Gail and Nicki spoke about the setting, explaining the staffing structure and produced the legal documentation required, for example risk assessments, staff qualifications, registers of children and staff rotas. Angela was very satisfied that everything was in place and being adhered to. She was eager to observe the nursery and daily routine.

Angela observed an autumn activity which was being led by Rachel Scholes (Senior Early Years Practitioner). Angela feedback that the practice was outstanding, saying "Rachel is an excellent practitioner and role model to the children, she allowed them to work things out for themselves but was skilled enough to know when to intervene in order to extend their learning".

Angela observed that all staff are ambitious and provide the best possible care and education for all children. She agreed that the staff at Elland Children's Centre are well trained and provide a warm and nurturing environment where all children are valued.

Angela was also impressed with the outdoor area stating that "It is well planned and a real strength".

The staff at Elland were pleased with the report and that the strong team spirit was recognised. The final judgement by the inspector was Good (with Outstanding features).

You are very welcome to come and see our day care for yourselves.

You can now follow the children's centre on Facebook by clicking on the link below.

<https://www.facebook.com/Elland-Childrens-Centre-343416592737656/>

Gail Crabtree
Deputy Children's Centre Manager



Health News



Healthy Early Years

[Healthy Early Years](#) is a new website and mobile app, packed with top tips to support you and your child from birth to five years.

This website has been put together by NHS Calderdale Clinical Commissioning Group and Calderdale Council who would like to thank members of the public and local organisations for their input. We are working together to improve the lives of all children and their families in Calderdale.

Working in partnership, we are able to offer advice about common health issues as well as social and emotional wellbeing alongside more specialised care in a much more coordinated way. There is of course specialist support if your child needs it, but there is so much you, as a parent or carer can do to promote a healthy lifestyle early on, and in turn help prevent your child from becoming unwell or unhealthy in the first place.

This website promotes wellbeing and healthy lifestyles right from the start. Every parent or carer wants to know how to have a healthy pregnancy and what to do when a child is ill - use this resource to learn how to care for your child at home, when to call your GP, when to discuss with your health visitor or pharmacist and when to contact the emergency services. Most issues your child will experience are part of growing up and are often helped by talking to your health visitor or GP.

If you are worried you must get further advice - you know your child best - trust your instincts.



Four sessions for parents expecting a new baby

Run by your Health Visiting Team, Children's Centre Team and your Midwives

Week 1: Giving your baby the best start.

Week 2: Labour and birth.

Week 3: Getting to know your baby.

Week 4: Looking after your baby.

Please contact your local Children's Centre or visit maternitycoursebooking.cht.nhs.uk to book a place or for more information

Getting Ready for Baby is offered monthly at various venues including:

Creations Children's Centre
Boothtown Children's Centre
Todmorden Health Centre
Elland Children's Centre
Jubilee Children's Centre
Innovations Children's Centre
New Road Children's Centre
Field Lane Children's Centre
Siddal Children's Centre

Sure Start
Children's Centres
North Halifax Partnership

Calderdale and Huddersfield
NHS Foundation Trust

NHS

Locala
Calderdale PHEYS

halifax
opportunities
trust



'Child Health-Well Baby Clinics' are on the move!

'Child Health-Well Baby Clinics' are run by Locala's Health Visiting team, offering health and development advice and support for you and your child.

From December 2017 we'll be hosting them at:

Field Lane Children's Centre, Rastrick
Tuesdays 1pm - 3pm

Elland Children's Centre, Elland
Wednesdays 9am - 11am

Wellholme Children's Centre, Brighouse
Thursdays 9.30am - 11.30am

For more information contact the Health Visiting Team on: 030 0304 5076

To find out about other children's centre services and activities, please contact your local Children's Centre.

New Baby Clinics in Lower Valley

From December 2017 our centres will have new Child Health — Well Baby Clinics running alongside our baby groups at Field Lane, Elland and Wellholme Park Children's Centres. Families can come along and speak to your health visiting team who are running the sessions, you will be able to gain advice and support for you and your child.

Running alongside the clinics are our baby groups, aimed at babies through to walkers and is a great chance to meet other parents/carers and watch your babies grow together through music, play and laughter. A range of age appropriate activities are provided including sensory baskets and our sensory area to soft and interactive toys, books and messy play. No need to book, just turn up. £1.50 per family during term time only.

Getting Ready for Baby is also back in the new year, four sessions for parents expecting a new baby. Organised by your Health Visiting Team, Children's Centre Team and the Midwives. All sessions are 6pm — 8pm. To book please visit maternitycoursebooking.cht.nhs.uk

The next courses are:

5th February — Creations Community Children's Centre, Albert Road, Pellon HX2 0QD

9th April — Elland Children's Centre, Boxhall Road, Elland HX5 0BB

Safety News

Choking

Choking is very serious in babies and young children. It is one of the leading causes of accidental death for infants. Children, particularly those aged from one to five, often put objects in their mouth. This is a normal part of how they explore the world. Some small objects, such as marbles, beads and button batteries, are just the right size to get stuck in a child's airway and cause choking. The best way to avoid this is to make sure that small objects like these are kept out of your child's reach.

They are at high risk of choking because they have less practice controlling food in their mouths as they do not have molar teeth to grind foods into a smooth paste.

Cut food for babies and young children into pieces no larger than one-half inch. Encourage children to chew food well and always supervise meal times. Encourage children to sit down while eating. Children should never run, walk, play, or lie down with food in their mouths.

Be aware of older children's actions. Many choking incidents are caused when an older child gives a dangerous toy or food to a younger child. Young children should always be supervised while eating and playing.

Remember, you should always stay with your baby while they are eating in case they choke.

Tips on helping a choking child

- If you can see the object, try to remove it. Don't poke blindly or repeatedly with your fingers. You could make things worse by pushing the object further in and making it harder to remove.
- If your child is coughing loudly, there's no need to do anything. Encourage them to carry on coughing and don't leave them.
- If your child's coughing is not effective (it's silent or they can't breathe in properly), shout for help immediately and decide whether they're still conscious.
- If your child is still conscious, but they're either not coughing or their coughing is not effective, use back blows.

Back blows for babies under one year

- Sit down and lay your baby face down along your thighs, supporting their head with your hand.
- Give up to five sharp back blows with the heel of one hand in the middle of the back between the shoulder blades.

Back blows for children over one year

- Lay a small child face down on your lap as you would a baby.
- If this isn't possible, support your child in a forward-leaning position and give five back blows from behind.

If back blows don't relieve the choking and your baby or child is still conscious, give chest thrusts (see below) to infants under one year or abdominal thrusts (see below) to children over one year. This will create an artificial cough, increasing pressure in the chest and helping to dislodge the object.

Chest thrusts for children under one year

- Lay your baby face up along the length of your thighs.
- Find the breastbone, and place two fingers in the middle.
- Give five sharp chest thrusts (pushes), compressing the chest by about a third.

Abdominal thrusts for children over one year

- Stand or kneel behind your child. Place your arms under the child's arms and around their upper abdomen.
- Clench your fist and place it between the navel and ribs.
- Grasp this hand with your other hand and pull sharply inwards and upwards.
- Repeat up to five times.
- Make sure you don't apply pressure to the lower ribcage, as this may cause damage.

Following chest or abdominal thrusts, reassess your child as follows

- If the object is still not dislodged and your child is still conscious, continue the sequence of back blows and either chest or abdominal thrusts.
- Call out or send for help, if you're still on your own.
- Don't leave the child.
- Even if the object has come out, get medical help. Part of the object might have been left behind, or your child might have been hurt by the procedure.

Unconscious child with choking

- If a choking child is, or becomes, unconscious, put them on a firm, flat surface and shout for help.
- Call 999, putting the phone on speakerphone so your hands are free.
- Don't leave the child at any stage.
- Open the child's mouth. If the object is clearly visible and you can grasp it easily, then remove it.
- Start CPR if you know how to.



Children's Centre News

NHP Energy Levels — Boosting Your Energy, Saving Your Money.

Have you thought about switching your energy provider, but not found the time to do it?



Ofgem and Citizen's Advice give really easy to follow support with Energy Best Deal and [Go Energy Shopping](#).

Come to one of our drop in sessions in January — March 2018, and we'll help you find your options there and then, using this impartial tool. All you need is the following information:

- The name of your supplier and the tariff you are on
- How much energy you used in the last year
- How you currently pay for your energy
- Your postcode

Tuesday 16th Jan 11:15am — 1pm at Innovations CC
Wednesday 24th Jan 1pm — 3pm at Elland CC
Tuesday 30th Jan 12noon — 2pm at Kevin Pearce CC
Tuesday 13th February 11:15am — 1pm Ash Green CC Upper Site
Wednesday 14th Feb 1pm — 3pm Wellholme Park CC
Monday 12th Mar 2pm — 4pm Creations CCC
Wednesday 14th Mar 1pm — 3pm
Field Lane CC

Sign up to our website to receive our newsletters, take our online quiz and for more information visit our [Energy Levels](#) website.



NHP Board Directors

North Halifax Partnership is a community-led charity with a purpose to support individuals from cradle to grave, and to carry out activities which relieve poverty and disadvantage, promote health and wellbeing, and strengthen communities.



Since 1998, we've been working for the social and economic regeneration of North Halifax and our vision is 'A better future for all generations'.

Community Board Directors help drive the work of the North Halifax Partnership and we currently have **vacancies on our Board**.

If you would like to know more about what we do or the role of a Community Board member please contact Kim Connell, Company Secretary on 01422 251090 or email Kim.Connell@nhpltd.org.uk for a chat.

To join the NHP Board you must be a resident of North Halifax (Illingworth, Mixenden or Ovenden) and a member of the Partnership. **It's easy to join!**

Just go to northhalifaxpartnership.org/join-us/.

Members are kept up to date with what's going on with a weekly email newsletter and invitation to our annual general meeting (held in November).

Strengthening Families Strengthening Communities — Our Parenting Course

(SFSC) Course is for all parents and carers: Mothers, Fathers, Partners and Grandparents.

It is for anyone who would like support and have a better understanding of the things their children face as they are growing up, and how this can effect their children's behaviour.

Each session provides the chance for Parents/carers to share personal experiences whilst learning new skills and strategies. It also allows parents to build up a support network within their local community.



Key facts of the SFSC parenting programme:

- * It is popular with parents and carers
- * It helps you to enjoy your relationship with your child
- * The course is for parents of children aged between 0-18
- * North Halifax Partnership run courses throughout the year

During the Course we will explore issues together such as:

- * Using positive discipline techniques
- * Understanding child development
- * Developing children's Self esteem, Self discipline and Social Competence
- * Making better connections with the local community

Comments from Parents and Carers after completing the course:

- No more shouting in our house, better communication with kids.
- Really enjoyed the course found it very beneficial.
- Brilliant teachers and enjoyed the course, will miss it badly.
- I have learned how to deal with my child's behaviour, good and bad.
- I am listening to both my children more
- I feel more confident in my parenting

Strengthening Families Strengthening Communities (SFSC)

Course length — 13 Weeks

For parents with Children aged 0-18

If you are interested in attending a SFSC Parenting Course or you require more information please contact:

Emma Cooke
Senior Family Support Worker
Kevin Pearce Children's Centre
Ovenden Road
Ovenden
Halifax
HX3 5RQ Tel: 01422 251090

Website:
www.surestartchildrenscentresnhp.org.uk

Facebook: Sure Start Childrens Centres NHP

Nursery News

Facebook and website update

We are pleased to inform you that we now have a Facebook page for all of our Children's Centres. We have found this social media platform to be invaluable in keeping our families updated on services and activities in each centre. We are also using these pages to show what we have been doing in nursery and groups during the week with parents' permission. Here are just a few of the recent activities in some centres.

If you have Facebook please search for our centre pages and like them so you receive the latest updates in your newsfeed, we promise you won't be inundated with posts – watch out for the like and share competitions!

Innovations Children's Centre

Staff and children baked and decorated cakes and invited parents in for afternoon tea on 20th October to celebrate National Baking week.



Wellholme Children's Centre

Children in the 2-5 room made poppies to decorate the nursery for Remembrance Day

Elland Children's Centre



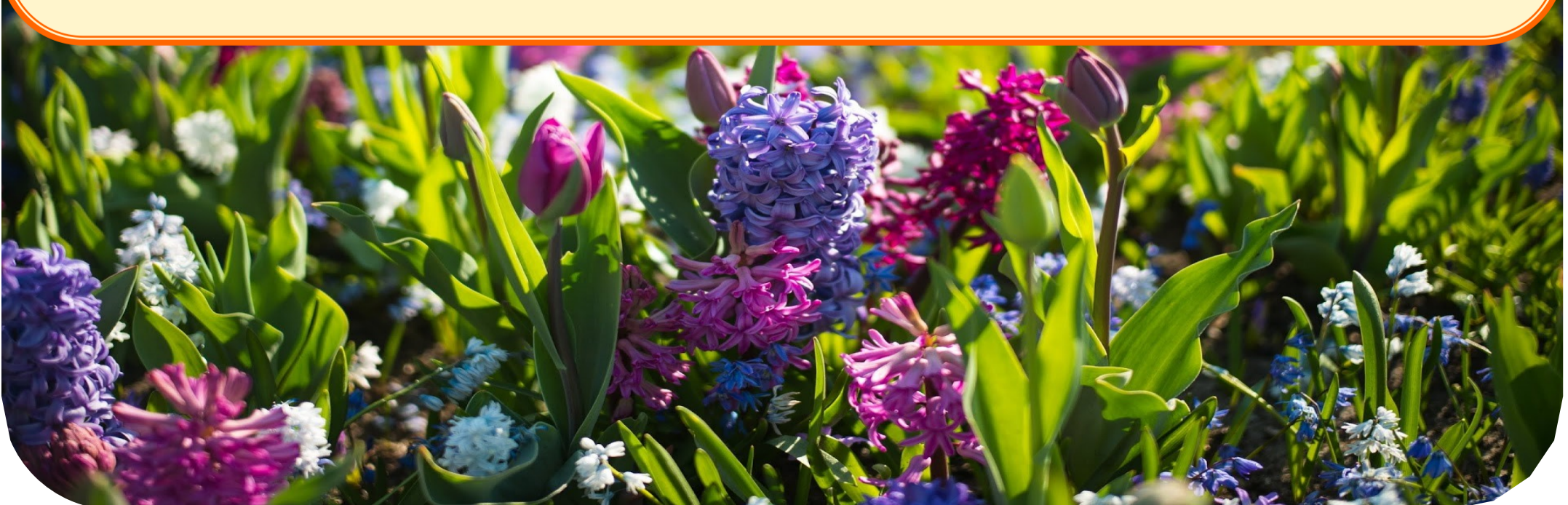
Dads and Male Carers were invited into the centre for breakfast and to enjoy some creative crafts with their children. We are extremely pleased with the number of dads that took us up on this offer.

Kevin Pearce Children's Centre








Children attending the Mini Movers Baby Group enjoyed the Halloween themed session. How could anyone this cute be scary!



We have also reviewed the day care pages on our overall website and these will be going live soon.











What's on Guide

	 <p>Elland Children's Centre A Sure Start Children's Centre</p> <p>Tel: 01422 266197</p>	 <p>Field Lane Children's Centre A Sure Start Children's Centre</p> <p>Tel: 01484 386621</p>	 <p>Holywell Green Children's Centre A Sure Start Children's Centre</p> <p>Tel: 01422 266197</p>	 <p>Wellholme Park Children's Centre A Sure Start Children's Centre</p> <p>Tel: 01484 714768</p>	 <p>Ash Green Children's Centre A Sure Start Children's Centre</p> <p>Tel: 01422 243941</p>
Monday	<p>Work Club: 1pm — 3pm Support & advice for seeing employment. Just drop in!</p>	<p>Family Support Drop In: 9am—11am. No need to book, just drop in!</p> <p>Messy Monkeys: 1:30pm — 3pm Stay & Play sessions for parents and their children from 'crawling' to 5yrs. Just drop in! £1.50 per family.</p>			
Tuesday		<p>Tiny Treasures: 1pm — 3pm Stay & play aimed at 0 — 'walkers' Term time only. Just drop in! £1.50 per family.</p> <p>*NEW* - Well Baby Clinic 1pm — 3pm. For more info ring 03003045076</p>	<p>Tiny Treasures: 1pm — 2:30pm, aimed at 0 — 'walkers' Just drop in! £1.50 per family.</p>	<p>Childminders Group: 9:30am — 11:00am. Just drop in! £1.50 per family</p>	<p>Big & Little Explorers: Upper Portacabin every Tuesday 9am - 11am. Stay & play for parents and children 0 — 5yrs Term time only £1.60 per family Just turn up!</p>
Wednesday	<p>Tiny Treasures: 9:30am — 11am, aimed at 0 — 'walkers' Just drop in! £1.50 per family.</p> <p>*NEW* Well Baby Clinic every week 9am — 11am. For more information ring 03003045076</p>	<p>Postnatal Buggy Walk: 9:30am — 10:30am Just turn up each week for coffee a chat and some exercise. Weather dependant.</p>		<p>Messy Monkeys Whinney Hill Community Centre: 9:15am — 10:45am Term time only, Just drop in! £1.50 per family.</p>	
Thursday	<p>Yorkshire Smoke Free - Stop Smoking Clinic: 1 — 4pm For info call 01422 262373</p>		<p>Messy Monkeys: 1pm — 2:30pm Stay & Play sessions for parents and their children from walkers — 5yrs . Just drop in! £1.50 per family.</p>	<p>Baby Group: 10:00am — 11:30am Aimed at 0 — 'walkers' Just drop in! £1.50 per family.</p> <p>*NEW* Well Baby Clinic 9:30am — 11:30am. For more information ring 03003045076</p>	<p>Singing & Story Time: Holy Nativity Church (delivered during the last 30 mins of the Holy Nativity playgroup 11am — 11:30am Just turn up! FREE ACTIVITY</p>
Friday	<p>Family Support Drop In: 9:30am—11:30am Support & advice for parents. Just drop in!</p>			<p>Postnatal Buggy Walk: 9:15am — 10:15am 1st Friday of the month, weather dependant. Meet 9am at the centre for a 40 min walk then drinks afterwards. FREE</p>	
Saturday			<p>Saturday Splat Group: stay and play session for families with children who have additional needs. First Saturday of every month. Booking essential call 01484 714768</p>	<p>Saturday Splat Group: 10am — 11:30am. 6th Jan, 3rd Feb, 3rd Mar & 7th April. To book call 01484 714768 £1.50 per family</p>	





Details were correct at time of publishing, please ring and check before travelling to a centre.

Jan — Mar 2018

	 A Sure Start Children's Centre Tel: 01422 266197	 A Sure Start Children's Centre Tel: 01484 386621	 A Sure Start Children's Centre Tel: 01422 266197	 A Sure Start Children's Centre Tel: 01484 714768	 A Sure Start Children's Centre Tel: 01422 243941
Monday	Manic Mondays: 9:30am — 11:30am. Stay & play session for parents and their children 0 — 5yrs. Just drop in! £1.60 per family		Mini Movers Baby Group: 9:45am - 11:15am. Stay & play for parents and children 0 — 2yrs Term time only. Just drop in! £1.60 per family	Crafty Ladies: Every fortnight starting 4pm — 6pm .Come along and indulge your hobby and make new friends.	
Tuesday	Baby Play Tuesdays: 9:30am — 11am Stay & play session for parents & children 0 — 2yrs £1.60 per family Just drop in!	Inbetweeners: 9:30am - 11:30am Stay & play group for parents & children 'walking' to 3yrs. £1.60 per family. Just turn up! Run by parents/ carers/volunteers	Big & Little Explorers: 9:30am — 11am Stay & play for parents and babies. Term time only £1.60 per family. Just drop in!	Well Baby Clinic: 9:30am — 11am Drop in clinic to weigh your baby & seek advice of health visitors.	Tiny Me: 9:30am — 11:30am Stay & play for parents and children 0 - 18mths. Term time only £1.60 per family. Just drop in! Well Baby Clinic: 1 — 3pm Drop in clinic to weigh your baby & seek advice
Wednesday	Well Baby Clinic: 9am - 10:30am Drop in clinic to weigh your baby and seek advice and guidance from the health visitors.	Buddy Bears: 9:30am - 11:30am Stay & play session for parents & children 0 - 4yrs Just drop in! £1.60 per family			
Thursday		Well Baby Clinic: 9:30am — 11:30am Drop in clinic to weigh your baby & seek advice of health visitors. Breastfeeding Advice & Support: 12noon — 1:30pm For further info contact the health visitors on 01422 367168		Yoga for Adults For more info and to book on call Helen 07925 102461. Art Class For more information call Annette Duncan on 07398021296.	Childminder Network: 9am - 11:30am Term time only for childminders and their children Just drop in! Chat & Play: 1:30pm - 3pm. Stay and play for parents & children 0 — 5yrs £1.60 per family Just drop in!
Friday		Baby Adventures: 1pm — 2:30pm Stay & play session for parents & children 0 - 2yrs Just drop in! £1.60 per family.			Yoga for Adults: 10 — 11:30am Term time only. Art Class: 1 — 3pm. All stages welcome & materials provided.
Saturday					

Click here to
book online

Activities for Families

Course Details	Start Date	Wks	Time	Where	Childcare
Activities just for Babies (6 weeks — walking) 					
Baby Massage	Mon 15 Jan	4	1:00pm — 2:00pm	Wellholme Park CC	Children in session
Parent & Baby Pilates	Mon 15 Mar	3	1:30pm — 2:30pm	Illingworth CC	Children in session
Activities just for Toddlers & Pre-school (Walking — 5yrs) 					
Rhythm Time	Wed 17 Jan	3	1:30pm — 2:30pm	Creations CC	Children in session
Jumping Clay	Thu 1 Feb	3	9:30am — 11:00am	Innovations CC	Children in session
Grow Big Sensory Project	Mon 5th Mar	2	9:30am — 11:30am	Innovations CC	Limited Crèche
Mini Fit	Sat 10 Mar	3	10:00am — 11:00am	Northowram Primary School	Children in session
Easter Bonnets	Fri 23 Mar	1	1:30pm — 2:30pm	Ash Green CC Upper Site	Children in session
Activities for Babies & Toddlers 					
Baby Sign	Tue 23 Jan	4	10:00am — 11:00am	Elland CC	Children in session
Sling Swing	Fri 2 Mar	3	1:00pm — 2:00pm	Bailiff Bridge Community Centre	Children in session
Sensory Baskets	Wed 14 Mar	3	1:00pm — 2:00pm	Holywell Green CC	Children in session
Hanging Baskets & Pots	Tue 27 Mar	3	1:00pm — 2:30pm	Threeways Community Garden	Children in session
Adult Only & Accredited Activities 					
New Year, New Start, Confident You	Mon 15 Jan	4	12:00pm — 2:00pm	Elland CC	Limited crèche
Customer Service	Mon 22 Jan	4	9:30am — 11:30am	Rastrick Fire Station	Limited crèche
Healthy Sleep, Healthy Family	Tue 23 Jan	4	9:30am — 11:30am	Lee Mount Primary School	Limited crèche
Jewellery Making	Thu 1 Feb	3	12:45pm — 2:45pm	Field Lane CC	Limited crèche
Practical Parent Helpers	Fri 2 Feb	7	9:30am — 11:30am	Deanfield Primary School	Limited crèche
Managing Your Money	Mon 26 Feb	4	12:00pm — 2:00pm	Elland CC	Limited crèche
DIY	Thu 1 Mar	3	9:30am — 11:30am	Phoenix Shed, Threeways	Limited crèche
Create a Life You Love	Thu 1 Mar	5	12:30pm — 2:30pm	Holy Nativity Church	Limited crèche
Paediatric First Aid	Fri 2 Mar	4	9:30am — 12:30pm	Creations CCC	Limited crèche
Gel Polish	Tue 6 Mar	4	9:30am — 11:30am	Holmfield Mill	Limited crèche
Volunteering is it for you?	Tue 6 Mar	1	10:00am — 12:00pm	Illingworth CC	No Childcare

DIY

3 weeks of learning the basics of DIY, including what tools to use for specific projects, how to prepare a wall for decorating and hanging pictures and shelves. Hopefully giving learners the confidence to have a go.



Customer Service

4 weeks introduction to customer service, concentrating on different aspects of customer service. The four weeks will cover topics such as: What do we mean by customer service? Who are customers and why is good service important? What are the skills of customer service? How and where have you used them?

Gel Polish

A 4 week course where learners will learn the skills and knowledge to perform a professional gel manicure treatment for clients. Course covers, Contra-Indications, Contra-Actions, Aftercare, and hand and arm massage. Learners will need to attend all four sessions to gain the qualification.

New Year, New Start, Confident You

A 4 week programme of workshops aimed at adults, their well being and mental health. Sessions will include working with a life coach around emotional wellbeing, confidence, emotional intelligence, life coaching, prioritising yourself, self-awareness/self-esteem.

Completing a booking form does not guarantee you a place. Details correct at time of printing.

Spring 2018

[Click here to book online](#)

Baby Massage

A 4 week course designed to teach parents all the skills of baby massage, how it may aid relaxation, sleep and assist with the symptoms of colic. This course is a practical course suitable for families with young babies aged 0 to crawling/walking.

Parent & Baby Pilates

Our 3 week parent & baby Pilates class is unique and fun which aims to promote health and wellbeing in the post-natal population. Babies are welcome from birth and can join in from 6 weeks onwards (once they've had their initial check up) up to fast crawling stage. Mums should be able to participate from 8—10 weeks if they had a C-section. Exercises focus on general strengthening and toning post-pregnancy with particular attention to the abdominals, gluteal and pelvic floor.



Jumping Clay

A 3 week family learning activity using air drying clay which is non toxic and mess free. Families will make a model each week on a theme to take away as a set at the end of the course The theme will be a popular children's story. For 3 – 5 years.

Easter Bonnets

A one off session making Easter Bonnets ready for the Easter Fayre at Ash Green Primary School on 26th March. A chance to be creative using lots of crafty materials. Suitable for 2 — 5 years.

Rhythm Time

A 3 week family learning course exploring different sounds which can enhance co-ordination and develop a musical ear. Childrens confidence, creativity and self-expression will flourish with these fun sessions. Best suited for walkers to 5 yrs.

Mini Fit

A 3 week programme of Mini Fit, fun energetic sessions for toddlers and their families. Building up muscle and developing skills to run, jump, skip. Kicking, throwing and rolling a ball. Working on balance and co-ordination. Aimed at children aged 2+

Sling Swing

3 weeks of fun, dance and gentle movement sessions for mums, dads and babies in slings and baby carriers. No sling or carrier necessary as these are available in the session. Suitable for babies that are minimum age 6 weeks or 12 weeks post C-section following post natal check with health care provider.

Baby Sign

4 weeks of baby sign, designed to teach parent and child how to enhance communication. It involves playing with speech, sounds and phonics to help develop speech, language and the foundations of reading. Suitable for families with children aged 6 mths to 2 years (2½ years if the child has speech de-

Sensory Baskets

A 3 week activity where families will learn different ways to help their child learn through play. Each week will have a different focus from natural/home objects like pots and pans and wooden spoons to music and sound and messy/creative play. Suitable for children aged 0 – 2 1/2yrs.

Grow Big Sensory Play

2 weeks of sensory play which is vital for a child's brain development and encourages learning. It can improve children's social, emotional and communication skills, and we can show you how it can be done at home at little to no cost.



Healthy Sleep, Healthy Family

4 weeks learning and understanding how sleep effects family life including behaviour, routines, boundaries and the well being of not only children but parents as well. Learning and putting into practice positive ways to implement sleep routines and knew the strategies parents can use empower them.

Jewellery Making

3 weeks of designing and creating your own jewellery using different types of materials. Make gifts or pieces to wear for yourself. A great hobby or small business that is relaxing and could be a source of income.

Hanging Baskets & Pots

3 week of planting, growing and learning about the types of plants and flowers which grow well in pots and hanging baskets. Families will take away what they have made up at the end of the sessions. Suitable for all the family.



Create a Life You Love

A 5 week adult only course helping improve self-awareness to improve relationships and wellbeing. Enhancing a positive mind set, with a focus on goals and positive attributes. Encourage development of the ability to be aware of emotional reactions and behaviour and focus on strengths and the importance of emotional wellbeing and balancing needs, experiences, and aspirations. *Parents said: "Best course I've been on! Changed my life" "it helped me think differently about myself and my feelings"*

Practical Parent Helpers

A 7 week course introducing volunteering in schools. Giving learners the knowledge and understanding of how children learn and how schools work. An ideal course for anyone thinking about a career in schools.



Volunteering is it for you?

Interested in working with us? Thinking of getting back into work or a career change? We have lots of volunteering opportunities available, we can help you gain valuable skills and confidence which can be taken into paid employment. No crèche available.



Paediatric First Aid

4 weeks learning a Level 3 award in Paediatric First Aid, learners will gain the knowledge in dealing with first aid situations for example choking, CPR and shock. Learners must attend the full 12 hours to gain the accreditation.



Confirmation will be given in writing approximately two weeks before the course starts.

My Children's Centre Journey

My Children's Centre Journey: Ainsley found permanent full time work through our Sessional List



How it all began

Hi I'm Ainsley, I was employed by another organisation but decided to join our Sessional Staff list in August 2015 hoping for different opportunities. I undertook a 15 hour trial, passing successfully and after a short while was asked to work on reception at Kevin Pearce Children's Centre. Covering clinics such as the Well Baby Clinic and Antenatal Clinics along with other reception duties. This continued until December 2015 and then due to staff progression I was asked to cover full-time within the Business Support Team, answering queries from families and other organisations and being responsible for the free promotional materials we give out at events.

Moving on

The work within the Business Support unit continued right through until May 2016 when a permanent part-time Reception/Admin Assistant opportunity became available within the Kevin Pearce Children's Centre. I decided to apply and was successful; starting work part-time as well as continuing on the sessional list. This meant I was able to cover at other centres and still work part-time, one such centre is Illingworth Children's Centre where I covered the office duties as well as the busy groups which take place every week. This gave me the confidence and experience to apply for the full time position which came up within the Business Support Team.

Achieving New Skills & Training

During my employment with Sure Start I have undertaken several in-house training courses and attended workshops. This includes: Emergency First Aid at Work, Mindfulness, Managing Challenging Situations, Emotional Intelligence, PREVENT training, Introduction to North Halifax Partnership, Safeguarding and Cultural Awareness.

Qualifications

I have continued my professional development from Sixth Form through to North Halifax Partnership, by undertaking a BTEC Level 3 Diploma in Business and Administration which I have managed to complete in excess of 5 months before the allotted timescale.

Never Look Back

After being successful in January 2017 in achieving a full time post in the Business Support Team I have never looked back. I enjoy working full time and have learnt a myriad of skills and knowledge which all work in my favour to fulfil my role every day. My next goal is to either continue my learning and development and progression within North Halifax Partnership or take the valuable skills, training and qualification I have been privileged to acquire to another organisation where I will continue to fulfil my role and succeed.

Ainsley Kay — Reception/Administration Assistant

Due to the number of sessional application we received last year we had to close the list. We are really please to let you know that from January 2018 the list for sessional staff will be open again. If you would like to join us please look out on our website for details of how to apply.

What is Sessional Work?

Sure Start Children's Centres North Halifax Partnership have Sessional members of staff who are available to work and cover when they are required.

This type of work may suit your lifestyle - there are no set hours, it is casual work based on your availability.

This covers all areas of work - Administration, Reception, Childcare, Cleaner, Caretaker and Domestic.

You give us your availability and we work around you!

Take a look at our Sessional Roles available within our centres.

Childcare Role

Childcare roles are based within one of our seven Day Cares. The aim of each Children's Centre is to provide a happy and safe environment for children to develop to their full potential.

Admin & Reception role

Administration and Reception roles are based within all of our 9 Children's Centres, providing the first point of contact for Service Users.

Support Staff role

Support staff consist of Cleaners, Caretakers and Domestic and work across all of our 9 Children's Centres.



How you can get involved

Newsletter

This is our second edition of the newsletter which has been published online along with being sent to families by email rather than printing and sending it through the post. We emailed nearly 2000 families with the newsletter last term, if you or someone you know has missed it please get in touch with us at any of our children's centres and we can add your details to our mailing list.

We would really like to get your views on what you think to the new way of getting our newsletter out to families. You may also have noticed the newsletter has increased in the number of pages and hopefully the content is interesting and informative and keeping families up to date with everything going on in and around the centres.

We do need your help, please let us know if you have found an electronic version of the newsletter easier and more convenient to read, especially on the go? Is there anything you would like to see more of in the newsletter?

There are also some changes to the way our family and adult activities are grouped. Hopefully families will find it easier to see what their children can join in with as these are now grouped by activity age instead of by area.

Jaime Armitage — Senior Family Learning Administrator



COMMUNITY
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Creating Strong Communities through Local Giving



Grow Big Sensory Play

Back by popular demand, the Grow Big Outreach team will be back at Innovations Children's Centre on Monday 5th & 12th March 9:30am — 11:30am .

Sessions are for families and their children aged between 2 — 4 years.

Sensory play is vital for a child's brain development and encourages learning. It can improve children's social, emotional and communication skills, and we can show you how sensory play can be done at home at little to no cost using just the basic household items or ingredients.

[Book your places online now!!](#)

New Year New Start Confident You



Workshops with Eve Remington
Elland Children's Centre,
Boxhall Road, Elland, HX5 0BB

Monday 15th January — 5th February 2018
12:00pm—2:00pm
Limited crèche available.

A 4 week programme of workshops aimed at adults, their well being and mental health. Sessions will include working with a life coach around emotional wellbeing, confidence, emotional intelligence, life coaching, prioritising yourself, self-awareness/self-esteem.



Managing Your Money Workshops
With West Yorkshire Community Accounting Service

Monday 26th February — 19th March 2018
12:00 — 2:00pm
Limited crèche available.



A 4 week programme of workshops aimed at adults and managing money, the sessions will cover: What is a budget and why budget, Calendar of spending, Raising Credit, Calculating a budget, Prioritising expenditure & increasing income, Considering energy bills, What to do if in debt & prioritising debt, Budgeting for shopping & celebrations.

To book a place, please ring
Sure Start Children's Centres North Halifax Partnership
01422 266197
or complete the form overleaf.
You can also book online;
www.surestartchildrenscentresnhp.org.uk

Sure Start
Children's Centres
North Halifax Partnership

Recruitment



Our next recruitment round will start Mid January 2018, please check the Jobs section on our website for any vacancies in the New Year.

We generally advertise 6—8 Weekly, and encourage job seekers to keep checking our website for the latest vacancies.

www.surestartchildrenscentresnhp.org.uk



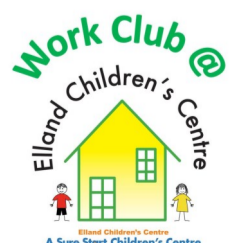
Good Luck

Work Club

If you are not quite ready to apply for one of our vacancies and feel you need a little help with updating your C.V. or interview preparation then why not call in and see Caroline at our Work Club in Elland.

The Work Club is on every Monday afternoon from 1pm until 3pm at Elland Children's Centre, Boxhall Road. Elland HX5 0BB. You can search for jobs, update or write your C.V. learn about our employability courses and lots more.

Don't delay pop in today!



Other News

Catch the comment



This quarters Catch the Comment winner is Carly Topham one of our mums who attended our family learning activity Sports Galore at Field Lane Children's Centre.

She left us this comment "We have attended the sports session today and both my boys aged 21 months and 4 years enjoyed the session. We also attended last week and came back as my 4 year old has been asking to go to sports all week since the last session"

Keep giving us your feedback on our services.



For your chance to win

Tell us your opinion.....

Ask reception for a

Catch the Comment Form.

Keep up to date



We put regular updates for groups and activities going on throughout all our centres on our Facebook page. Each centre now has their own Facebook page where parents can keep up to date with what goes on in nursery.



We are also working our way through giving each of our day-care web pages an overhaul. When they are finished they will be packed full of more information about each of our day-cares that we are sure parents will really like.

If you haven't already followed us on Facebook then head on over and search for Sure Start Childrens Centre NHP, give us a like and all our updates will appear in your news feed.

If you want to know more about what we do including day-care, family support and the family learning team then search for us on the web or [click here](#) to take you straight to our website.

What Family Support Offer

The Family Support Team are a dedicated team of support workers who can provide structured and tailored Family Support that suits you. We also offer practical, friendly advice to help you manage through those difficult times of family life. Being a parent isn't always easy, that's why we'd like to support you.

This is what we can offer:

- Practical Parenting advice and support through confidential one to one support for parents/carers.
- Support with your child's behaviour
- Routines and boundaries
- Support and advice on your child's developmental needs
- Support to access benefits and debt advice
- Signposting, advice and referrals to other services if needed
- Support to attend relevant meetings



We are available 9am — 5pm Monday to Friday to talk over your needs, worries or concerns, offering general advice and information.

Contact Details

Ash Green Children's Centre 1 Sunny Bank Road, Mixenden, Halifax HX2 8RX Tel: 01422 243941	Elland Children's Centre Boxhall Road Elland, Halifax HX5 0BB Tel: 01422 266197	Holywell Green Children's Centre Bradley View Holywell Green Halifax, HX4 9AE Tel: 01422 266197	Illingworth Community Children's Centre Occupation Lane, Illingworth, Halifax, HX2 9RL Tel: 01422 243633	Kevin Pearce Children's Centre Ovenden Road, Ovenden, Halifax, HX3 5RQ Tel: 01422 252209
Creations Community Children's Centre Albert Road, Pellon, Halifax, HX2 0QD Tel: 01422 434006	Field Lane Children's Centre Burnsall Road Rastrick, HD6 3JT Tel: 01484 386621	Innovations Children's Centre Cousin Lane, Ovenden, Halifax, HX2 8DQ Tel: 01422 248222	Northowram and Shelf Hub Lydgate, Northowram, HX3 7EJ Tel: 01422 434006	Wellholme Park Children's Centre Bradford Road Brighouse, HD6 4AF Tel: 01484 714768