

**Derby Street
Children's Centre**
Derby Street, Heywood
OL10 4QJ

Tel no: 01706 369889
Opening hours
Monday to Friday 8.00 — 6 pm

Meanwood Children's Centre
Churchill Street, Rochdale
OL12 7DJ
Tel no: 01706 753240

Opening Hours
Monday to Friday
8.45– 16.45pm

Woodland Children's Centre
Regent Street, Heywood
OL10 3BX
E-mail:
woodlandcc@rochdale.gov.uk
Telephone 01706 926800

Opening Hours
Monday to Wednesday 8.45—15.45 pm

Family Support
We can offer advice and support
on a wide range of issues:
Housing, back to work and training,
behaviour management,
supporting your child to give up
their dummy and much more.
Ring your local centre for more
information

**The Early Help Assessment
(EHA)**
A new way of working with
Children and young people. It
involves listening to you and your
child to find out your families
needs and what is working well in
your child's life. Speak to staff for
details

Join us online:
rochdale.gov.uk/childrenscentres

Find us at:



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.



Heywood Locality Timetable including Derby Street, Woodland, & Meanwood

Sure Start Children's Centre

**My brain
grows better
when you relax
with me.**
I like it when you take your
time and let me have my turn
to talk. Let's enjoy our time
together.

**My brain
grows better
when you
cuddle me.**
When you cuddle me, tell me
what's around me rather
than asking lots
of questions.

**My brain
grows better
when you play
with me**
I like it when you turn off the
TV, tablet and phone and join
me in my play. This helps me
concentrate.
Let me show you what
I'm interested in.

**My brain
grows better
when you
talk to me**
I learn more when you talk about
what I'm looking at and doing.
I like to hear the same words again
and again. Talk at my level, not too
simple, not too hard.
Use gestures with your words
to help me understand.

**My brain
grows better
when you
respond to me**
I like it best when I can see
your face. Watch and listen to
me. What am I trying
to tell you?



Woodland

MONDAY	<p>Song and Rhyme Time 9.30am-10.15am Join us for a fun singing session 18 months and over</p> <p>Song and Rhyme Time 10.30am-11.15am Singing fun especially for babies For babies 0-18 months</p> <p>Baby Bonding For expectant parents from 36 weeks Starts Monday 17th October 2022 10-11.30am Prepare for the best start for you and baby. Enjoy simple, gentle, playful activities to help build strong relationships with your little one. Learn how babies develop and how you play the most important part of all Must Book</p>	<p>Breastfeeding Support Group 1-2pm An informal, friendly group session for breastfeeding mums and mums to be who would like information or advice on their breastfeeding journey Drop in Session</p> <p>New Session Soothing Senses 31st October 2022 2.15-3.15pm A Play and Learn session especially for children with diagnosed or undiagnosed SEND needs. Where parents can share experiences and give each other help and advice. Must Book</p>
TUESDAY	<p>All Sessions in our Centres are FREE to attend!!!</p> <p>We only ask that you fill in a Registration Form when you first come to visit us. We look forward to seeing you!</p> <p>For up to date timetable information please go to Our Rochdale Website www.ourrochdale.org.uk</p> <p>On "Must Book" sessions priority is given to Heywood families.</p>	<p>Baby Messy Play 1pm—2.30pm A session in which your baby can explore different textures. Food will be used so please speak to staff if your child has any allergies For non walking babies over 6 months</p> <p>All information in this timetable of activities was correct at the time of print, but may be subject to change</p>
WEDNESDAY	<p>Family Food 10-11am Ask for next start date and to book on A 3 week course to support your baby on their weaning journey For babies aged 6 months Must Book As food will be provided please advise staff of any allergies</p> <p>Song & Rhyme, Baby Messy Play and Breastfeeding Support Group at Woodland are drop in sessions. All other sessions must be booked There will be no sessions on Wednesday 26th October</p>	<p>Baby Massage 1.30-2.30pm A block of 6 weekly sessions Supports bonding and attachment, & baby's brain development. Helps to ease colic and builds communication skills Suitable for 0-6 month Must Book Bump to Baby 5.30-7pm Wednesday 2nd November 2022 A 3 week course for Mums and Dads to be from 16 weeks+ focusing on bonding, recognising baby's needs, safe sleep, equipment needed, and more. We also explain what Children's Centres offers Must Book</p>

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Infant crying is normal and it will stop!
Babies start to cry more frequently from around 2 weeks of age.

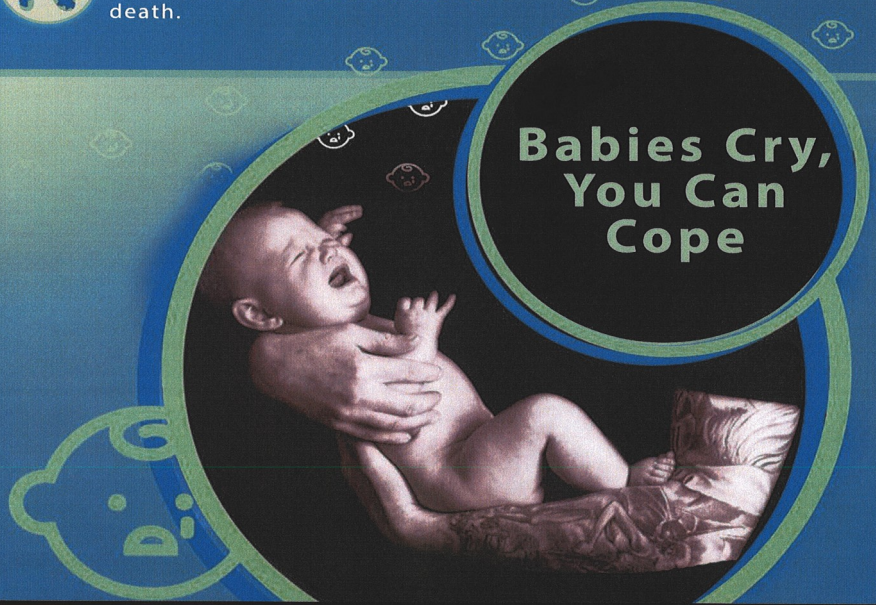
C

Comfort methods can sometimes soothe the baby and the crying will stop. Is the baby hungry, tired or in need of a nappy change?

It's ok to walk away if you have checked the baby is safe and the crying is getting to you. After a few minutes when you are feeling calm, go back and check on the baby.

N

Never, ever shake or hurt a baby.
It can cause lasting brain damage or death.



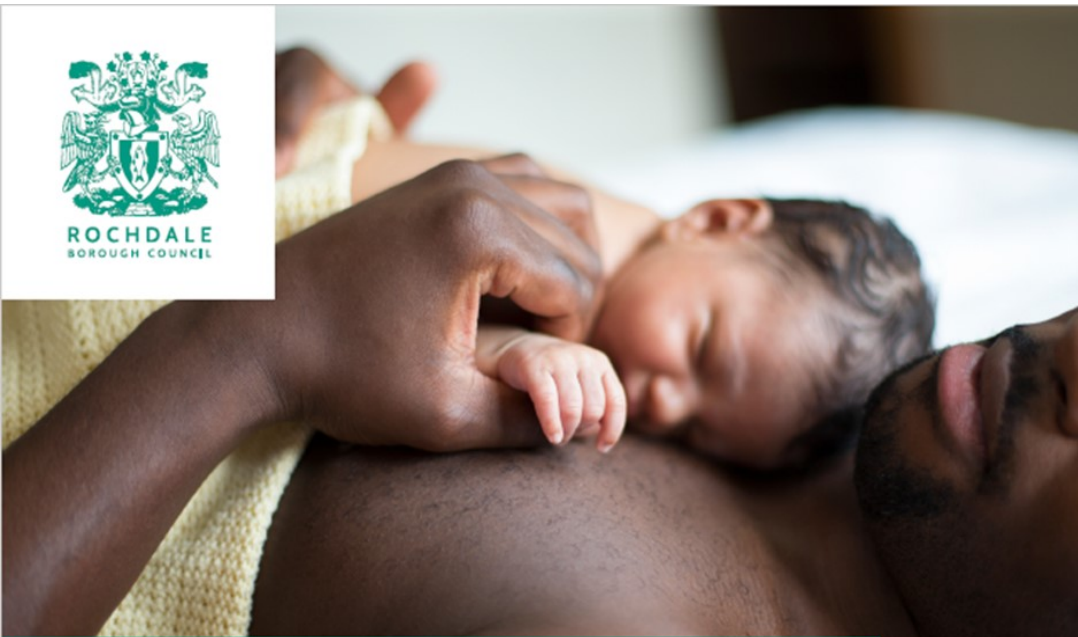
Babies Cry,
You Can
Cope

Speak to someone if you need support such as your family, friends, Midwife, Health Visitor or GP.

If you require any advice or support with potty training, behavior management, or any other issues please speak to a member of staff in your local Centre

For up to date timetable information please go to Our Rochdale Website

www.ourrochdale.org.uk



Baby bonding

The best start possible

6 week programme for parents to transition to parenthood and build a relationships with baby

Attend while pregnant

Week 1 - welcome session

Introduction to this evidence based programme that nurtures and promotes a secure parent-child relationship and attachment

Week 2 - learning about baby's states

Looking at which state your baby is in- deep sleep, drowsy, awake and alert, or fussing. Reading baby's minds—what are they thinking? Relaxation techniques.

Week 3 - looking after me, looking after you

Focus on relaxation for parents. Loving touch (massage strokes on baby). Seeing the world through your baby's eyes.

Attend after birth

Week 4 - learning and attachment

Learning about attachment styles in babies and children. Nursery rhymes and songs with baby. Baby watching.

Week 5 - my baby's amazing brain

Looking at your baby's brain development. Songs, rhymes and games. Sensory activities.

Week 6 - baby bonding celebrations

Recap on the previous weeks. Activity with something to take home such as sensory bottles, or song and rhyme puppets. Ideas for activities at home with baby.

Sessions run at children's centres. Please ring your local centre to book Derby Street 01706 369889 Woodland 01706 926800

Woodland

THURSDAY

Dad & Me

Thursday 20th October 2022 at Woodland Children's Centre

5.00-7.00pm

Come along for some fun bonding with your Dad, Grandad or male carer. An evening session where you can do activities such as crafting, water/ & sand play, reading or playing together with the toys

Hot food will be provided so please advise staff when booking if you have any special dietary requirements or allergies

For children aged 0-5 and siblings up to the age of 8 years
Must Book



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.

Outreach Sessions

MONDAY	<p>For up to date timetable information please go to Our Rochdale Website</p> <p>www.ourrochdale.org.uk</p>	<p>Spotland Library Story Time Weekly Session</p> <p>1-2pm Suitable for ages 0-5 years Drop in Session Term Time Only</p>
TUESDAY	<p>Heywood Sports Village Turbo Tots Weekly Session 9.30.11.15 am</p> <p>A fun physical session with soft play equipment</p> <p>There will be a charge of £2.80 per child</p> <p>For children aged 0-5 years Drop in Session Term Time Only</p>	<p>Heywood Sports Village Splash & Play</p> <p>Monthly swimming session Tuesday 11th October 2022 11.45-12.45pm</p> <p>For children aged 0-5 years</p> <p>There will be a charge of £5.20 per adult and children go free</p> <p>1 Child per Adult</p> <p>Must Book</p>
	 <p>SOFAS ARE NOT SAFE FOR SLEEPING BABIES</p>  <p><small>Sleeping on a sofa with your baby increases the risk of Sudden Infant Death Syndrome by up to 50 times Learn how to give your baby the safest possible sleep at www.lullabytrust.org.uk/saferleep or call 0808 802 6868</small></p>	<p>All information in this timetable of activities was correct at the time of print, but may be subject to change</p>

TEN TIPS FOR TALKING

GREATER MANCHESTER
DOING THINGS DIFFERENTLY FOR OUR CHILDREN & YOUNG PEOPLE

Here are some really simple things that you can do to support the development of your child's speech, language and communication skills, from birth to age five.

1

When I am in mum's tummy I can hear. I love to listen to your voice when you talk or sing to me. I even like to listen to your favourite music.

2

Cuddle me close so I can see your face and talk to me as soon as I am born.

3

Talk about things that interest me or tell me how you think I am feeling.

4

Don't ignore me.

5

I love it when we play, sing and look at books together.

6

Talk to me all the time.

7

Play talking tennis with me.

8

Teach me new words.

9

Take my dummy out when I am talking.

10

Use the language you know best when you talk to me at home.



The Ten Tips for Talking are part of Greater Manchester's work to give every child the best start in life.

Find out more at greatermanchester-ca.gov.uk

You can also find more tips, advice, activities and short films at www.bbc.co.uk/tinyhappypeople



Meanwood

MONDAY

**For up to date
timetable information please
go to Our Rochdale Website**

www.ourrochdale.org.uk

Spooky Week

24-28th October 2022

All sessions during this week will feature spooky activities, games and pumpkin carving

**Introduction to Children's Centre
Welcome session**

Monday 10th October 2022

1.30-2.30pm

Come and join us at this play session if you're new to the centre and want to know more about the Children's Centres in the Heywood Locality
Drop in Session

TUESDAY

**Bump to Baby
10-11am**

A 3 week course for Mums and Dads to be from 16 weeks+

Group sessions focusing on bonding, recognising baby's needs, safe sleep, equipment needed, feeding, and more

Must Book

**Family Journey Sessions
1-2.30pm**

**18th October- Weaning
Must Book**

**Baby Massage
1-3pm**

A block of 6 weekly sessions for your baby. Supports bonding and attachment, & baby's brain development. Helps to ease colic and builds communication skills
Suitable for 0-6 months

Must Book

WEDNESDAY

**Safenet Drop in
9.15am to 12.30pm**

Safenet provide essential support for victims and survivors of domestic abuse.

Alternatively you can ring 0300 303 3581 option 3 for confidential help, advice and support

Family Food

**Please ask for next start date
10-11am**

Please ask staff to book on

A 3 week course to support your baby on their weaning journey

**For babies aged 6 months
Must Book**

**There will be no sessions on
Wednesday 26th October 2022**

If you require any advice or support with potty training or behavior management please speak to a member of staff

On "Must Book" sessions priority is given to Heywood families.

Meanwood

THURSDAY

**All Sessions in our
Centres are FREE to
attend!!!**

**We only ask that you fill in a
Registration Form when you
first come to visit us. We look
forward to seeing you!**

**Play & Learn
1.00—2.30pm**

Join us for a variety of activities for you and your child to promote school readiness

Suitable from birth to 5 years

FRIDAY

**All information in this timetable of
activities was correct at the time of
print, but may be subject to change**

Happy Talk Plus

**A reminder for those booked on
1.30-2.30pm**

6 weekly sessions to support your child in becoming a confident communicator. Fun, practical techniques can be used at home to promote your child's School Readiness For children 2 years and over

Must Book

Bump to Baby

Are you pregnant and 16 weeks+

3 week course for Mums and Dads to be, focusing on bonding, skin to skin contact, developing a strong bond, and learning to recognize your baby's needs.

We discuss changes needed in the home, issues such as safe sleeping, safety and the equipment you will need. Benefit information is also given

Week 3 is practical week in which we give information on practical issues of feeding, dressing and bathing your baby. We also look at what your local Children's Centre can offer for you and your baby

Must Book

Baby Bonding

New 6 weeks course

Lovely local session getting you and your baby off to the best start. Enjoy simple, gentle and playful activities to help build strong relationships with your little one. Learn about how babies develop and how you play the most important part of all.

First 3 weeks delivered to pregnant mums and the 2nd 3 weeks delivered after baby arrives.

**Suitable for parents 36 plus weeks.
Must Book**

Derby Street

MONDAY

Family Fortunes 9.30-11.30am

A reminder for those booked on

A 5 week course delivered by Family Learning Service in partnership with the Money Advice Service at Derby Street Children's Centre

Must Book

Spooky Week

24-28th October 2022

All sessions during this week will feature spooky activities, games and pumpkin carving

Family Journey Sessions 1-2.30pm 17th October—Behaviour Management **Must Book**

Incredible Years Baby
A reminder for those booked on

A course for parents with babies aged 0-4 months at start of course

Must Book

Introduction to Children's Centre Welcome session

Monday 31st October 2022

1.30-2.30pm

Come and join us at this play session if you're new to the centre and want to know more about the Children's Centres in the Heywood Locality

Drop in Session

TUESDAY

Baby Sensory Play 9.30-11.00am

A stimulating session for babies to promote relaxation, communication and bonding

Suitable for 0-6 months

Drop in Session

On "Must Book" sessions priority is given to Heywood families.

Family Journey Sessions 1-2.30pm

11th October—Weaning

Must Book

Messy Play

1pm—2.30pm

A session in which your child can explore different textures. Food will be used so please speak to staff if your child has any allergies

Suitable for ages 0-5 years

WEDNESDAY

There will be no sessions on Wednesday 26th October 2022

Play & Learn 9.30-11.30am

Join us for a variety of indoor & outdoor activities for you and your child to promote school readiness

Suitable from birth to 5 years

If you require any advice or support with potty training or behavior management please speak to a member of staff

There will be no sessions on Wednesday 26th October 2022

Baby Massage 1-3pm

A block of 6 weekly sessions for your baby. Supports bonding and attachment, & baby's brain development. Helps ease colic and builds communication skills

For babies aged 0-6 months

Must Book

If you require any advice or support with potty training or behavior management please speak to a member of staff

Derby Street

THURSDAY

Elklan for Parents 9.30-11.30am 6 week course

An opportunity for parents to gain an understanding of how to promote communication and language skills to help children become school ready

Must Book

For ages 0-5 years

Family Journey Sessions 1-2.30pm 27th October—Fussy Eaters **Must Book**

All Sessions in our Centres are FREE to attend!!!

We only ask that you fill in a Registration Form when you first come to visit us. We look forward to seeing you!

FRIDAY

Growing Hands -incorporating Dough Disco, Finger Gym & Write Dance 10.30-11.30am

Activities to help your child strengthen fine motor muscles to develop writing skills and promote school readiness

Suitable for Children aged 2+

All information in this timetable of activities was correct at the time of print, but may be subject to change

Family Journey Sessions 1-2.30pm

21st October—Potty Training

Must Book

Baby Soft Play 1.30-3.00pm

A play session especially for babies

Non Walking Babies Only

Drop in Session



Family First Aid Course Wednesday 22nd November 2022 9.30am-3.30pm At Derby Street Children's Centre

Do you know how to give CPR or save a choking baby? Learn about first aid, bleeding & burns, recovery position, meningitis, febrile convulsions and much more.

You can bring babies up to 1 year to the session
Must Book

Training Provided by Family Action/Millie's Trust

Introduction to Children's Centre Welcome session

Monthly drop in sessions for those who are new to the area or to the Children's Centre. Come along and join us if you wish to know more about what the Centres can offer families with children aged 0-5 years.

**Meanwood
10th October 2022 1.30-2.30pm**

**Derby Street
31st October 2022 1.30-2.30pm**