

**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](mailto: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](http://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

<b>MONDAY</b>	<p><b>Song and Rhyme Time</b> 9.30am-10.15am Join us for a fun singing session <b>18 months and over</b></p> <p><b>Song and Rhyme Time</b> 10.30am-11.15am Singing fun especially for babies <b>For babies 0-18 months</b></p> <p><b>Baby Bonding</b> For expectant parents from 36 weeks A reminder for those booked on <b>10-11.30am</b> 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 <b>Must Book</b></p>	<p><b>Breastfeeding Group</b> 1-2pm An informal, friendly group session especially for breastfeeding mums and their babies with sensory play. Mums to be who are looking to breastfeed are welcome to attend <b>Drop in Session</b></p> <p><b>Happy Talk Plus</b> <b>Next course starts January</b> 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 <b>Must Book</b></p>
<b>TUESDAY</b>	<p><b>All Sessions in our Centres are FREE to attend!!!</b> <b>We only ask that you fill in a Registration Form when you first come to visit us. We look forward to seeing you!</b></p> <p><b>For up to date timetable information please go to Our Rochdale Website</b> <a href="http://www.ourrochdale.org.uk">www.ourrochdale.org.uk</a></p> <p><b>On "Must Book" sessions priority is given to Heywood families.</b></p>	<p><b>Baby Messy Play</b> 1.30pm-3pm 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 <b>For non walking babies over 6 months</b></p> <p><b>All information in this timetable of activities was correct at the time of print, but may be subject to change</b></p>
<b>WEDNESDAY</b>	<p><b>Derby Street &amp; Meanwood Children's Centre will be closed from 24th December 2021 and will re-open on Tuesday 3rd January 2023</b></p> <p><b>Woodland will be closed from Thursday 22nd December and will re-open on Tuesday 3rd January 2023</b></p> <p><b>Song &amp; Rhyme, Baby Messy Play and Breastfeeding Support Group at Woodland are drop in sessions.</b> <b>All other sessions must be booked</b></p>	<p><b>Baby Massage</b> 1.30-2.30pm A block of 6 weekly sessions Supports bonding and attachment, &amp; baby's brain development. Helps to ease colic and builds communication skills <b>Suitable for 0-6 month</b> <b>Must Book</b></p> <p><b>Bump to Baby</b> 5.30-7pm Wednesday 25th January 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 offer <b>Must Book</b></p>

ICON

[WWW.ICONCOPE.ORG](http://WWW.ICONCOPE.ORG)  
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I

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

C

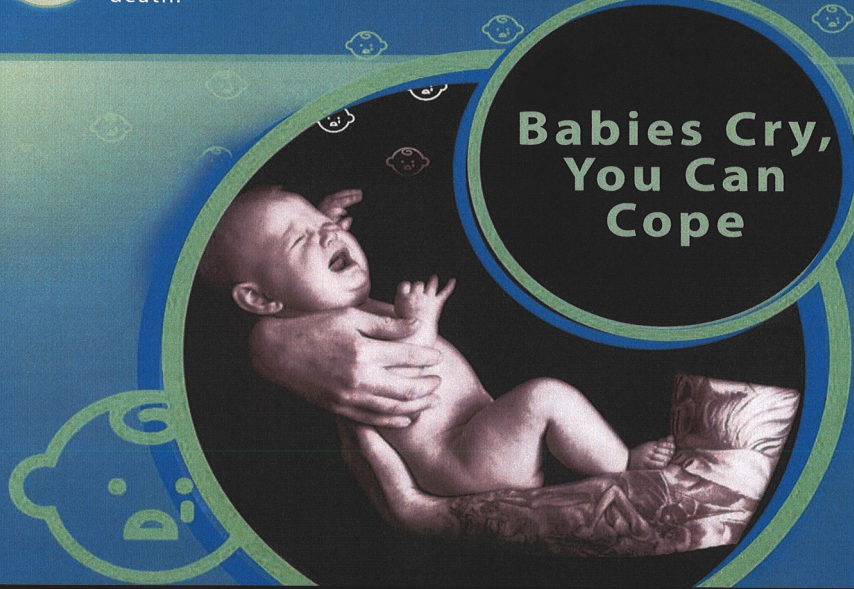
Comfort methods can sometimes soothe the baby and the crying will stop. Is the baby hungry, tired or in need of a nappy change?

N

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](http://www.ourrochdale.org.uk)

ROCHDALE  
BOROUGH COUNCIL

# Outreach Sessions

<b>MONDAY</b>	<p>For up to date timetable information please go to Our Rochdale Website</p> <p><a href="http://www.ourrochdale.org.uk">www.ourrochdale.org.uk</a></p>	<p><b>Spotland Library Story Time</b> Weekly Session</p> <p>1-2pm Suitable for ages 0-5 years <b>Drop in Session</b> <b>Term Time Only</b> <b>Last session for 2022 will be December 12th</b></p>
<b>TUESDAY</b>	<p><b>Heywood Sports Village Turbo Tots</b> Weekly Session 9.30.11.15 am</p> <p>A fun physical session with soft play equipment</p> <p><b>There will be a charge of £2.80 per child</b></p> <p><b>For children aged 0-5 years</b> <b>Drop in Session</b> <b>Term Time Only</b> <b>Last session of the year will be December 14th</b></p>	<p><b>Heywood Sports Village Splash &amp; Play</b> Monthly swimming session <b>Tuesday 13th December 2022</b> <b>11.45-12.45pm</b></p> <p>For children aged 0-5 years</p> <p><b>There will be a charge of £5.20 per adult and children go free</b> <b>1 Child per Adult</b></p> <p><b>Must Book</b></p>
	<p><b>On "Must Book" sessions priority is given to Heywood families.</b></p>	<p>All information in this timetable of activities was correct at the time of print, but may be subject to change</p>

# Woodland

**THURSDAY**

**Dad & Me Party**

Thursday 8th December at Woodland Children's Centre

**5.00-7.00pm**

Come along for some fun bonding with your Dad, Grandad or male carer. A Christmas themed session followed by Christmas buffet and a visit from Santa

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.

 <p>My brain grows better when you <b>respond</b> 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.</p>	 <p>My brain grows better when you <b>cuddle</b> 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.</p>	 <p>My brain grows better when you <b>relax</b> with me - When you are calm, I am calm. I learn from you sharing stories and books with me.</p>	 <p>My brain grows better when you <b>play</b> 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.</p>	 <p>My brain grows better when you <b>talk</b> 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.</p>
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# 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

# 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](http://greatermanchester-ca.gov.uk)

You can also find more tips, advice, activities and short films at [www.bbc.co.uk/tinyhappypeople](http://www.bbc.co.uk/tinyhappypeople)



## Meanwood

MONDAY

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

[www.ourrochdale.org.uk](http://www.ourrochdale.org.uk)

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Derby Street & Meanwood Children's Centre will be closed from 24th December 2021 and will re-open on Tuesday 3rd January 2023

Woodland will be closed from Thursday 22nd December and will re-open on Tuesday 3rd January 2023

TUESDAY

**Bump to Baby**  
Tuesday 10th January 2022  
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**

**Baby Massage**  
10-11am

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**

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

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**  
Starts 7th December  
1.30-2.30

**Please ask staff to book on**

A 2 week course to support your baby on their weaning journey

**For babies aged 6 months**  
**Must Book**

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

## Meanwood

THURSDAY

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

**Thursday 15th December**  
10-11am

Come and join us at this play session if you're new to the centres and want to know more about what we offer in the Heywood Locality

**Drop in Session**  
**Family Journey Sessions**  
10-11.30am

**15th December 2022**

**Weaning**

**Suitable for parents with babies aged 3-6 months. Come along to this session to get all the info you need before starting to wean your baby at 6 months**

**Must Book**

**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 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!**

**Happy Talk**  
**Next Course January 2023**  
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 aged 1-2 years

**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**

**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**  
**15th December 2022 10-11am**

**Derby Street**  
**12th December 2022 1-2pm**

## Derby Street

MONDAY

**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!**

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

**Introduction to Children's Centre  
Welcome session  
Monday 12th December  
1pm—2pm**

Come and join us at this play session if you're new to the centres and want to know more about what we offer in the Heywood Locality  
**Drop in Session**

**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**

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**

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

**As Messy Play is so popular this session is for Heywood families only**

**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  
Drop in session**

WEDNESDAY

**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**

**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**

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## Derby Street

THURSDAY

**Elklan for Parents  
Next course starts 12th January 2023  
9.30-11.30am  
7 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**  
Fussy Eaters, Weaning, Behaviour Management and Toilet Training courses. Please ask staff for future dates and to

**Thursday 8th December 2022  
SALT Drop in  
1-2.30pm**

If you have any concerns about your child's speech and language development, drop in to speak to the Early Years team and Speech & Language Therapist

**Soothing Senses  
22nd December 2022  
1.00-2.30pm**

A Play and Learn session offering a calm, soothing, low stimulation environment.

Parents can share experiences and give each other help and advice.

**Must Book**

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+  
There will be no Growing hands session on Friday 23rd December 2022**

**Friday 23rd December 2022  
9.30-11.30am**

**Christmas Craft Special**  
Join us for Christmas craft session followed by singing around the Christmas tree

**Family Journey Sessions  
10.00—11.30 am  
9th December 2022  
Potty Training  
Must Book**

**Baby Soft Play  
1.30-3.00pm**

A play session especially for babies

**Non Walking Babies Only  
Drop in Session**

**Christmas Party**

**Friday 16th December 2022  
1pm-2.30pm**

Join us for fun, games & a visit from Santa for you and your children

**Must Book**

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**Woodland will be closed from Thursday 22nd December and will re-open on Tuesday 3rd January 2023**