

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.

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

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

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

Introduction to Children's Centre Welcome session

Tuesday 15th November
9.30-10.30am

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

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

Family Journey Sessions

1.30-3pm
30th November 2022
Behaviour Management
Must Book

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 12.30-2pm 10th November 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

Family Journey
Fussy Eaters and Toilet Training will be on in December 2022
Please ask staff to book on waiting list

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

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

Bonfire Party

Tuesday 1st November 2022
4pm

Meet at Derby St Children's Centre and we will all walk over together for singing around the fire and then join us after at the centre for hot bonfire food

Must Book



ROCHDALE
BOROUGH COUNCIL



ROCHDALE
BOROUGH COUNCIL

Meanwood

MONDAY

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

www.ourrochdale.org.uk

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

Family Journey
Fussy Eaters and Toilet Training will be on
in December 2022
Please ask staff to book on waiting list

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

Baby Massage
10-11am

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

Suitable for 0-6 months
Must Book

Introduction to Children's Centre
Welcome session
Tuesday 22nd November
12-1pm

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

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 staff 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

**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

New Session
Soothing Senses
17th November 2022
10-11am

A Play and Learn session offering a
calm, soothing, low stimulation
environment.
Parents can share experiences and
give each other help and advice.

Suitable for children with sensory needs

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

Ask staff for start date and more info
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 Chil-
dren'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
22nd November 2022 12-1pm

Derby Street
15th November 2022 9.30-10.30am

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

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



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 15th November 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>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

Thursday 17th November 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.



ROCHDALE
BOROUGH COUNCIL

Woodland

MONDAY

Song and Rhyme Time 9.30am-10.15am

Join us for a fun singing session

18 months and over

Song and Rhyme Time 10.30am-11.15am

Singing fun especially for babies

For babies 0-18 months

Baby Bonding

For expectant parents from 36 weeks

A reminder for those booked on

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

Breastfeeding Group 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

Drop in Session

Happy Talk Plus

Starts Monday 14th November 2022

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

TUESDAY

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!

For up to date timetable information please go to Our **Rochdale Website**
www.ourrochdale.org.uk

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

Baby Messy Play 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

For non walking babies over 6 months

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

WEDNESDAY

Family Food 10-11am

Starts Wednesday 9th November 2022

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

Song & Rhyme, Baby Messy Play and Breastfeeding Support Group at Woodland are drop in sessions.

All other sessions must be booked

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

ICON

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



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.



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

**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:

 [rochdalecouncil](https://www.facebook.com/rochdalecouncil)

 [rochdalecouncil](https://twitter.com/rochdalecouncil)

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?



November 2022

