

# Calder & Ryburn Family Hubs

## What's on Guide May 2026

Elland, Sowerby Bridge, Hebden Bridge

| Family Hub   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|---|---|--|--|--|--|
| <b>Sowerby Bridge</b><br>St Paul's Church<br>Tower Hill,<br>Sowerby Bridge,<br>HX6 2EQ<br> |   | <b>Stay &amp; Play</b><br>9:30 am - 11:00 am<br>Just come along<br>No need to book<br>(0-5 years) |  | <b>Well Baby Drop-in Clinic</b><br>09:30 am - 11:30 am<br>Just come along, no need to book.<br>Last available appointment:<br>10:45am<br>Term-time only<br><b>Baby Group</b><br>10:00 am - 11:30 am<br>No need to book, just come along<br>(0 - 2 years) |  |  |
| <b>Elland</b><br>Boxhall Road,<br>Elland,<br>HX5 0BB<br>                                   | <b>Baby &amp; Toddler Group</b><br>9:30 am–11:00 am<br>Held at Southgate<br>Methodist Church<br>Langdale Street, Elland<br>HX5 0JL<br>No need to book<br>just turn up<br><br><b>Lower Valley Family Support Team – Advice Line</b><br>Please see 'group descriptions' for more information. | Lots of new Family Learning courses starting!<br>Scan the code below:<br>                         | <b>Antenatal Clinic</b><br>All day<br><b>Appointment only</b><br>call 01484 355731 | <b>Antenatal Clinic</b><br>All day<br><b>Appointment only</b><br>call 01484 355731<br><br><b>Child Health Clinic</b><br>Suitable for children under five.<br><b>Appointment only</b><br>Call 03003045076   | <b>Lower Valley Family Support Team Advice Line</b><br>Please see 'group descriptions' for more information. | Support group for SEND children and their families<br>Call 01422 652367 to book your place and for more information.<br><br> |

# Group Descriptions

## **Baby & Me Massage**

5 weeks Baby and Me sessions followed by 5 weeks Baby Massage facilitated by an IAIM facilitator  
Appropriate for babies under 6 months.

## **Shining Stars**

Support group for SEN children and their families. Call  
01484 262051 to book a place.

## **Lower Valley Family Support Team—Advice Line**

If you need advice, information and support please ring 01422 652368 and a member  
of the team will call you back on either a Monday or a Friday.

## **Stay & Play**

Fun filled activity sessions for families, includes messy play, free play and singing time.

## **Baby Group (0 -24 months)**

A weekly supportive group with lots of fun activities to support baby's development.  
No need to book—just come along!

## **Well Baby Drop-in**

Pop in to see your Health Visitor and community nursery nurse in a relaxed and welcoming setting. You can have your baby weighed, ask questions, or chat about your baby's health and development - we're here to support you.  
For more information, call Locala on 0300 304 5076.