












Hub	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pellon</b> Creations Family Hub and Nursery 01422 434006 	<b>Antenatal Clinic</b> <b>When? 9.00am-4.30pm</b> <b>How to book?</b> Call 01422 261351 <b>Appointment only</b>	<b>Baby &amp; Toddler Group</b> <b>Up to 4 years old</b> <b>When? 9.15-10.45am</b> <b>Term time only</b> <b>No booking required</b>	<b>Antenatal Clinic</b> <b>When? 9.00am-4.30pm</b> <b>How to book?</b> Call 01422 261351 <b>Appointment only</b> <b>Child Health Clinic</b> <b>When? 9.30am-1.00pm</b> <b>How to book?</b> Call 0300 3045 076 <b>Appointment only</b>		<b>Family Learning Courses</b> Scan the QR code or visit our website  If you have any queries contact 01422 251090	<b>ONE FOR ALL SEN GROUP</b> <b>Saturday 11th April</b> <b>10am-11.30AM</b> <b>Ash Green Family Hub</b> <b>Booking only, please call</b> <b>01422 243941</b>  <b>ONE FOR ALL SEN GROUP</b> <b>Saturday 18th April</b> <b>10am-11.30AM</b> <b>Creations Family Hub</b> <b>Booking only, please call</b> <b>01422 434006</b>  <b>ONE FOR ALL SEN GROUP</b> <b>Saturday 25th April</b> <b>10am-11.30AM</b> <b>Kevin Pearce Family Hub</b> <b>Booking only, please call</b> <b>01422 252209</b>
<b>Mixenden</b> Ash Green Family Hub and Nursery 01422 243941 	<b>Child Health Clinic</b> <b>When? Every other Monday</b> <b>9.30am -12.30pm</b> <b>At Ash Green Vicarage</b> <b>How to book?</b> <b>Appointment only</b> Call 03003045076			<b>Antenatal Clinic</b> <b>When? 9.30am-5.00pm</b> <b>How to book?</b> <b>Appointment only Telephone 01422 261351</b> <b>Baby &amp; Toddler Group</b> <b>When? 9.30am-11.00am. Term time only</b> <b>At Holy Nativity Church</b> <b>No booking required</b>		
<b>Illingworth</b> Illingworth Family Hub 01422 243633 		<b>Goldfish SEND Support Group</b> <b>Peer support and sensory stay and play sessions</b> <b>When? 9.30-11.30am</b> <b>the second &amp; fourth Tuesday of every month</b> <b>No booking required</b>	<b>Antenatal Clinic</b> <b>When? 9.00am-4.00pm</b> <b>How to book? Call 01422 261351</b> <b>Appointment only</b> <b>Baby &amp; Toddler Group</b> <b>Drop in stay and play activity session 0-3 years</b> <b>When?</b> <b>9.30-11.00am Term time only</b>	<b>Child Health Clinic</b> <b>Clinic to weigh your baby and seek advice of health visitors</b> <b>When? Every Thursday</b> <b>9.30am-12.30am</b> <b>How to book?</b> Call 0300 3045076 <b>Appointment only</b>	<b>Nourish and Nurture Sessions</b> <b>Drop in breast feeding group, combine the art of Infant Massage and breastfeeding</b> <b>When? 10am-12am</b> <b>No booking required.</b> Call 03003045076 for more info. <b>Latch Clinic</b> <b>Support with breastfeeding and latching</b> <b>When?</b> <b>1pm-2pm</b> <b>How to book?</b> Call 03003045076 to make an appointment.	
<b>Ovenden</b> Innovations Family Hub and Nursery 01422 248222 	<b>Antenatal Clinic</b> <b>When?</b> <b>9.00am-4.00pm</b> <b>How to book?</b> Call 01422 261351 <b>Appointment only</b>	<b>Antenatal Clinic</b> <b>When?</b> <b>9.00am-4.00pm</b> <b>How to book?</b> Call 01422 261351 <b>Appointment only</b>	<b>BABY &amp; ME</b> 5 week course for parents with children under 6 months followed by a 5 week baby massage course. Various locations and times. Scan the QR code for options: 	<b>Child Health Clinic</b> <b>Clinic to weigh your baby and seek advice of health visitors</b> <b>When?</b> <b>9.00am-12.30pm</b> <b>How to book?</b> Call 0300 3045076 <b>Appointment only</b>	<b>Baby &amp; Toddler Group</b> <b>When?</b> <b>9.15-10.45am</b> <b>Term time only</b> <b>No booking required</b>	
<b>Ovenden</b> Kevin Pearce Family Hub and Nursery 01422 252209 	<b>"Have your say"</b> We have regular meetings for our Parents Forum and Stakeholder Locality <b>How to book?</b> Contact Nicola Birchall on 01422 252209 <b>Noah's Ark</b> <b>Counselling Service</b> <b>8.00am - 12.00pm</b> <b>Booking only -07732453775</b>	<b>Family Support Team</b> <b>Parent call back service</b> <b>When? All day every Tuesday</b> <b>How to book? Contact Family Support Team on 01422 251090</b>  <b>Well Baby Drop In Clinic</b> <b>Based in the annexe building</b> <b>When? Drop in 9.30-11.30</b>  <b>Noah's Ark</b> <b>Counselling Service</b> <b>When? 9.00am-5.00pm</b> <b>How to book? Call 07732453775</b> <b>Bookings only</b>	<b>Family Support Team</b> <b>Parent call back service</b> <b>When? All day every Wednesday</b> <b>How to book?</b> Contact Family Support Team on 01422 251090  <b>Better Living Team</b> <b>Annexe Building</b> <b>When? 1.00pm-4.00pm</b> <b>How to book?</b> <b>Appointment only to meet face to face.</b> Call 01422 230230 to speak to the Better Living Team.	<b>Antenatal &amp; Postnatal Clinic</b> <b>When?</b> <b>8.30am-5.00pm</b> <b>How to book?</b> Call 01422 261351 <b>Appointment only</b>	<b>Baby &amp; Toddler Group</b> <b>Kevin Pearce Annexe</b> <b>When? 1.20pm-2.40pm. Term time only</b> <b>No booking required</b>  <b>Better Living Team</b> <b>Based at the annexe building</b> <b>When? 9.00am-12.00pm</b> <b>How to book?</b> <b>Appointment only to meet face to face. Call 01422 230230 to speak to the Better Living Team</b>	
<b>Northowram and Shelf</b> Northowram and Shelf Family Hub 01422 434006 		<b>Child Health Clinic</b> <b>When?</b> <b>9.00am-3.00pm</b> <b>How to book?</b> Call 0300 3045 076	<b>Child Health Clinic</b> <b>When?</b> <b>9.00am-3.00pm</b> <b>How to book?</b> Call 0300 3045 076 <b>Appointment only</b>	<b>Baby &amp; Toddler Group</b> <b>When?</b> <b>1.30-3.00pm</b> <b>Term time only</b>  <b>How to book?</b> <b>No booking required</b>		

# Group Descriptions

## **Well Baby Drop In Clinic**

The Well Baby Drop In Clinic is led by Community Nursery Nurses and is open from 9:30 am - 11:15am, with the last appointment available at 11:15am. This is a drop in session for health advice, support and baby weighing.

## **Baby and Toddler Group**

Suitable for children aged 0-5 years. Fun sessions to help support your child's development. Each session will be themed differently. No need to book just turn up. Term time only.

## **Nourish and Nurture**

Nourish and Nurture sessions combine the art of Infant Massage with support and information about breastfeeding and are aimed at parents whose babies are receiving any amounts of breast milk.

## **The Latch Clinic**

The Latch Clinic has been set up to offer support if you are struggling to latch your baby for a breastfeed, you are experiencing pain, or wondering if you have enough breastmilk. Appointments are face-to-face and on a one-to-one basis.

## **Strengthening Families, Strengthening Communities**

Our 13 week accredited parenting programme where we discuss child development, improving relationships and positive behaviour management techniques.

## **Getting Ready for Baby**

A 3 week course run by health colleagues, supported by Family Hubs staff, providing information on how to prepare for a new baby and much more, including a baby massage session.

## **One for All SEND Group**

A free, fun and fully inclusive family morning of activities, a light snack and chance to ask questions and share knowledge. For families with a child or teenager with additional needs aged 0-18yrs. All sessions 10-11.30am.

## **Baby and Me**

A course designed to empower and support you on the incredible adventure of parenthood by creating a strong foundation for both you and your little one.

## **Child Health Clinic**

Suitable for children under 5yrs. Appointments only. Call 0300 3045 076 to book your appointment.

## **North Halifax Family Support Team - Advice Line**

A parent call back service offering support for various issues. Available all day every Wednesday. Call the Family Support Team on 01422 251090.

## **Better Living Team**

The Better Living Team can help with; stopping smoking, expecting and new mums, alcohol awareness, losing weight and eating well, how to get active and stay fit. Call 01422 230230 to speak to a member of the Better Living Team.