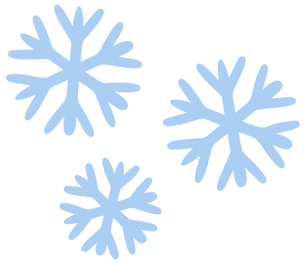
Lower Calder Valley Family Hubs
What's On Guide November 2026

Brighouse, Elland, Greetland, Stainland, Hipperholme, Lightcliffe and Rastrick

Hub	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Elland **Elland Family |Hub and Nursery** Tel: 01422 652367	**Baby & Toddler Group #13 #19** Southgate Methodist Church, Langdale Street, Elland, HX5 0JL 0 - 5 Years **9:30 am – 11:00 am** Call 01422 652367 for more information No need to book, just come along! **Latch Clinic** 1-2-1 Breastfeeding Support **10:00 am - 12:00 pm** Appointment Only at **10am, 11am or 12pm** Call 0300 304 5076 to book	 **Support Along the Spectrum** Support along the Spectrum is a 6-week programme aimed at supporting families where Autism, ADHD or both is a factor. All parents are welcome to attend. To find out more, please contact our Lower CalderValley Family Support Team on: 01422 652368		**Antenatal Clinic** **9am - 3pm** Call 01484 355754 to book Appointment only **Child Health Clinic** Suitable for children under five **All day** Appointment only Call 03003045076 to book	**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	**Shining Stars SEN Group** Saturday 7th November Wellholme ParkFamily Hub Call 01484 262051 for more information
Rastrick Area **Tel: 01484 652368**	**Baby & Toddler Group #18 #42** The Space Community Centre, Rastrick 0 - 5 Years **1:15 pm - 2:45 pm** No need to book, just come along!			 **Take a look at the hashtags next to the group names for extra ideas to do at home!**	**FAMILY LEARNING COURSES** Scan the QR code or visit our website If you have any queries contact 01422 342552	 Check out "50 Things to do before you're 5!" at: https://www.50thingstodo.org #13 Shout and Shhh #19 Growing little people, plant and things #18 Dance #42 The Rough and the Smooth
Brighouse **Wellholme Park Family Hub and Nursery** **01484 262051**	**Child Health Clinic** Suitable for children under five **9:30 am - 11:30 am** No appointment needed **12:00pm - 5:00pm** Appointment needed Call 03003045076 to book	**Antenatal Clinic** **9.30 - 11.30am - Drop in** **1 - 3pm- Appointments only** Call 01484 355754 to book **Nourish and Nurture Sessions** Drop in breastfeeding group, combine the art of Infant Massage and Breastfeeding **10am-11.30 am** No need to book, just turn up!	**Baby Group #13 #19** A play session for parents/carers with children from birth to just walking **10.00am to 11.30am** No need to book, just turn up!	 **Scan the QR code to register with Family Hubs**		

Group Descriptions

Baby and Toddler Group

Join our friendly weekly group designed especially for babies and toddlers. Enjoy a relaxed, welcoming space filled with fun, engaging activities that support your child's development - and a chance to meet other parents too.
No need to book - just come along, we'd love to see you!

Child Health Clinic

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

Shining Stars

A welcoming and supportive group for children under 5 with SEND and their families. Join us for a relaxed, friendly session filled with engaging activities, as well as opportunities to connect with others and access support.
Held on the first Saturday of every month, 10:00-11:30am. To book your place, please call 01484 262051 - we'd love to see you there!

Lower Calder Valley Family Support Team Advice Line

If you're looking for advice, information, or a bit of extra support, our friendly team is here to help. Simply call 01422 652368 and a member of the team will get back to you - ready to listen and offer guidance.

Antenatal Clinic

Our antenatal clinic offers supportive care and guidance throughout your pregnancy. Appointments are available to book - please call 01484 355754 to arrange a time that suits you.

Breastfeeding Support Group

Join our friendly, relaxed breastfeeding groups where you can receive support and advice from experienced peer supporters. A welcoming space to ask questions, share experiences, and connect with other parents.

Nourish & Nurture

Our Nourish and Nurture sessions gently combine the calming benefits of infant massage with supportive guidance around breastfeeding. Designed for parents whose babies are receiving any amount of breast milk, these sessions offer a relaxed and welcoming space to bond with your baby, learn new skills, and connect with others on a similar journey.

The Latch Clinic

Our Latch Clinic offers caring, one-to-one support if you're finding breastfeeding challenging. Whether you're having difficulty with latching, experiencing discomfort, or have questions about milk supply, we're here to help. Face-to-face appointments provide personalised support tailored to you and your baby.

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!