

### Free Childcare for 3 & 4 year olds

All 3 and 4 year olds get FREE childcare hours. Contact your choice of nursery or childminder.

### Free Childcare for 2 year olds

Find out if you can claim FREE childcare hours for your 2 year old. Apply online at [www.sheffield.gov.uk/freeearlylearning](http://www.sheffield.gov.uk/freeearlylearning) or book an appointment at **First Start Children's Centre** on **0114 203 9307** where we can help you to register and look at childcare options.

For more information about local approved childcare in your area please contact **275 6699**. You can also call into your local children's centre for more information.

### Useful Telephone Numbers and Links

Local Advice and Information [www.advicesheffield.org.uk](http://www.advicesheffield.org.uk)  
[www.sheffield.gov.uk/benefits](http://www.sheffield.gov.uk/benefits)

For family support and parenting courses contact North MAST (Multi Agency Support Team) on **0114 233 1189** or visit [www.sheffield0to19.org.uk](http://www.sheffield0to19.org.uk) where a range of information is available.

### Jobs Training and Volunteering

If you would like to become a volunteer or access training please contact Angela Woodward at SOAR Community on **0114 213 4075** or **07960 084 252** Search for a job at [www.gov.uk/search](http://www.gov.uk/search)

### Community Organisations and Support

**SOAR Community** is designed to improve health, wellbeing and employability, you can contact 0114 231 4065 for further information on what is available to you.

Information about services for children and young people with special needs or disabilities [www.signdisability.org.uk](http://www.signdisability.org.uk)

Find us on 

[www.facebook.com/sheffieldchildrenscentres](http://www.facebook.com/sheffieldchildrenscentres)

 @SheffBumpto5



**Children's Centres**  
The best start for you and your family

# What's On

**Brightside, Wincobank & Shiregreen  
July – September 2017**



**For the latest information please call 0114 261 9867  
or pop in to Brightside Children's Centre**

**Jenkin Road, Sheffield, S9 1AS**

**Please phone the centre to check details of activities before  
attending**

[www.sheffield.gov.uk/childrenscentres](http://www.sheffield.gov.uk/childrenscentres)



## Groups and Activities held at Brightside Children's Centre

### Tuesday

Early Movers Toddler Group (free) 9.00am to 11.00am  
Contact: 0114 261 9867 Term time only Please note: limited numbers therefore arrive early to avoid disappointment

### Wednesday

Early Movers Toddler Group (free) 9.00am to 11.00am  
Contact: 0114 261 9867 Term time only Please note: limited numbers therefore arrive early to avoid disappointment

Community Clinic / Health Visitor Drop In Session  
First and Third **Wednesday** of the month 1.00pm to 3.00pm



### **HENRY (Health, Exercise, Nutrition for the really young)**

HENRY is a popular 8 week FREE fun programme designed to give babies and young children (0-5 years) a good start and to help the whole family to adopt a healthier lifestyle. It helps families change old habits and to achieve their healthy lifestyle goals. Each session begins with family time and young children are then cared for while parents and carers explore the topic of the week.

### **Community Clinics / Health Visitor Drop-In Sessions**

Health Visitors are available to offer you and your family advice and support. Come along and have your baby weighed, have a chat and meet other parents and carers. Just drop in.

**Brightside Children's Centre** (Jenkin Road) every **First and Third Wednesday** of the month 1.00pm to 3.00pm

**Shiregreen Neighborhood Centre** (West all Road) every **Tuesday** 1.00pm to 3.00pm

Health Visitors Telephone Number 0114 305 3224 or 0114 261 9867 if you would like to find out more

## Infant Feeding Support

Infant Feeding Support Workers work closely with Midwives and Health Visitors and are available to offer information and support families during the antenatal and postnatal period around feeding, caring for and bonding with your baby. They can ring you, see you in your local Children's Centre and visit you at home. They run groups in your Children's Centre such as Baby Massage, Breastfeeding Groups and they attend Health Visitor Clinics

Infant Feeding Support Worker: **Jane 07890 536 655 or 0114 261 9867**

**Infant Feeding Group (Drop In)** Every **Wednesday** 10.30am to 11.30am at First Start Children's Centre, 441 Firth Park Road, S5 6HH

**If you require support at evening or weekends you can contact the National Breastfeeding Helpline on 0300 100 0212**

### Baby Massage

Baby massage is a free 4-week course for you to learn baby massage techniques to help reduce colic and constipation and support bonding and attachment. Courses for Shiregreen and Brightside areas are held at First Start Children's Centre. To add your name to the waiting list please contact the centre on 203 9307.

### Healthy Start Vitamins

You can get vitamin tablets for you and vitamin drops for your child from this children's centre Tel: 261 9867

## Midwife Ante-natal and Postnatal Clinics – Appointment ONLY

**Fir Vale Page Hall Antenatal Clinic:** **Mondays** 9.00am to 12 noon and 1.00pm to 4.00pm at Brightside Children's Centre

**Antenatal Clinic:** **Thursdays** 9.00am to 12 noon and 1.00pm to 4.00pm at Brightside Children's Centre

**Fir Vale Page Hall Postnatal Clinic:** **Fridays** 1.30pm to 4.00pm at Brightside Children's Centre

All appointments, including the Fir Vale Page Hall clinics, as well as the Brightside clinics are made through Brightside Children's Centre on 0114 261 9867 Or alternatively to speak to a midwife:

**Contact Triage: 0114 226 8091**