



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

Free Childcare for 2, 3 & 4 year olds

Find out if you can claim FREE childcare hours for your 2 year old.
All 3 & 4 year olds get FREE childcare hours.

Apply online: www.sheffield.gov.uk/freeearlylearning or contact your choice of nursery or childminder.

For more information about local approved childcare in your area please contact **2756699**. You can also call into your local children's centre for more information.

Useful Phone Numbers:

North Mast: 01114 2331189

NHS: 111

Sheffield's Directory: 0114 2734567

Foxhill and Parson Cross Advice Service: 0114 2450287

Find us on 

www.facebook.com/sheffieldchildrenscentres

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@SheffBumpto5



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

What's On

**Angram Bank
July - September 2017**



For the latest information please call or come and see us

Angram Bank Children's Centre

Kinsey Road,

Sheffield, S35 4HN

Contact us - 0114 2846204

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

www.sheffield.gov.uk/childrenscentres



DP19110

Midwife Antenatal and Postnatal Clinics

Monday and Wednesday
at Angram Bank Children's Centre
9am – 3pm

For enquiries or to make an appointment please ring 0114 2846204

Or alternatively speak to a community midwife:

Contact – Jessop Wing: for antenatal enquiries 0114 2268091

Health Visitor Clinics Drop-in

Every Tuesday at Angram Bank Children's Centre
10am – 11.45am

Every Thursday at Chapeltown Library
10am – 11.45am

Baby Massage

4 week programme for babies 8 weeks to 6 months old

Baby massage is a relaxing and pleasant experience for you and your baby. It can help reduce colic and constipation and supports bonding and attachment.

This course gets booked up fast so
to book onto the next course call Angram Bank on 0114 2846204
or Donna Appleyard on 07837 304070

Incredible Years

The Incredible Baby Programme for parents with babies under six months of age.

For more information about the upcoming Incredible Years courses and to book on call North MAST on 0114 2331189

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 if necessary.

They run groups in your Children's Centre such as Baby Massage, Breastfeeding Groups and they attend Health Visitor Clinics.

The Infant Feeding Support Worker for Angram Bank is:
Donna Appleyard - 07837304070

Breastfeeding Support Group:

Every Thursday 12.30pm – 2.30pm (drop in) at
Angram Bank Children's Centre drop-in for information and support.

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

Groups at Angram Bank

Childminders Group: Monday 9.30 – 12pm
A chance for childminders in the area to meet

Music Movers: Tuesday PM.

Babies to 1st Steps: Wednesday 10am – 11.30am
A chance for new parents with young babies to meet up and socialise

Book Start: Wednesday PM.

Little Rhymers: Friday 10 am – 11.30am (term time only)
An informal parent led baby and toddler group for children age 1-3 years.

Places must be booked – please call the centre on 0114 2846204

You will find a full list of baby and toddler groups in the High Green, Chapeltown, Grenoside and Ecclesfield area at the Children's Centre or please contact the Sheffield's Directory 0114 2734567