

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 contact **2756699**. You can also call into your local children's centre for more information.

Useful Telephone Numbers and links:

For information on activities, organisations and services for you and your family, visit www.sheffielddirectory.org.uk

For Family Support: North MAST (Multi Agency Support Team) can help. Contact them on 2331189 or visit www.sheffield0to19.org.uk where a range of information is available.

Jobs / Training & Volunteering: Volunteering opportunities are available in Children's Centres. If you would like to become a volunteer & access training please contact SOAR on 0114 2134075

Search for a job www.gov.uk/jobsearch

Community Organisations and Support

SOAR – designed to improve health, wellbeing and employability **Tel: 2134065**
Foxhill Community Forum – a variety of activities and services including health, fitness, volunteering opportunities and employability services **Tel: 2315522**

Parson Cross Forum - Helping to develop community cohesion through activities, education and assistance for all **Tel: 3279727**

Information about services for children and young people with special needs or disabilities www.signdisability.org.uk

Find us on 

www.facebook.com/sheffieldchildrenscentres

 [@SheffBumpto5](https://twitter.com/SheffBumpto5)



Children's Centres

The best start for you and your family

What's On

EARLY DAYS CHILDREN'S CENTRE

Parson Cross, Foxhill & Colley

July - September 2017



For the latest information please call 0114 2503060

or pop in to Early Days Children's Centre

71 Palgrave Road, S5 8GS

www.sheffield.gov.uk/childrenscentres



Groups and Activities at the Children's Centre

Telephone 2503060 for more information on the following:

Early Groovers

Monday 10.00am – 11.00am. 5 week course for children aged 1 – 2 years.
Session including songs & rhymes, movement & games and stories.
Ring the Centre for more information.

Talking Toddlers

(referral only) **Monday** 1pm - 3pm. Language Development Group

Breastfeeding Social Group

Tuesday 10.00am – 11.30am at Early Days Children's Centre

Support Group run by Light Sheffield

Tuesday 1.00pm – 2.30pm for mums and families who are pregnant or recently had a baby and are feeling low

Little Explorers Group

Wednesday 9.45am – 11.00am & 11.15am - 12.30pm
for babies from birth up to 1 year old

Please telephone 0114 2503060 to book a place on your preferred session



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

Wednesday 12.30pm – 3pm from 3rd May. A free 8 week course for families with children under 5 based around Health, Exercise and Nutrition

Health Visitor drop-in sessions

Thursday 9.30am – 11.30am at Early Days Children's Centre

In the area

Little Foxes Toddler Group (run by volunteers) Thursday 9.30am - 11am at Fox Hill Forum **Tel: 2315522**

Tabor Tots Thursday 1pm – 2.30pm at Mount Tabor Church **Tel: 2314237**

For Parenting Courses in the area

Contact the Multi Agency Support Team (MAST) **Tel: 2331189**

For a full list of baby and toddler groups in Parson Cross, Foxhill & Colley area please contact the Sheffield's Family Information Service on **2756699**

& Netmums www.netmums.com/local-to-you

Healthy Start Vitamins

You can get vitamin tablets for you and vitamin drops for your baby from this Children's Centre. **Tel: 2503060**

Health Visitor Drop In Sessions

One Stop Shop Thursdays 9.30am - 11.30am at Early Days Children's Centre

One Stop Shop Tuesdays 1.30pm - 2.45pm at Fox Hill Medical Centre

One Stop Shop Tuesdays 1.30pm - 3pm at Church on the Corner

The speech and language therapist will be available to discuss any language development concerns on the 2nd Thursday of each month at EDCC

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.

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

Breastfeeding Social Group

Tuesday 10am – 11.30am at Early Days Children's Centre

Weaning Group

The Health Visitors run monthly sessions to offer advice around weaning your baby onto solid food. Sessions are as follows: 10am – 11am

Monday 10th July, **Monday** 14th August, **Monday** 11th September

Baby Massage – 4 week bookable programme

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.

Please contact Early Days Children's Centre on **2503060** for details

Sensory Room

There is a Sensory Room in the centre which is available for families to use. You must register with the centre and undergo a short induction before you can book it out. Please phone **2503060** for details



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.

Midwife Ante-natal and Postnatal Clinics at Early Days Children's Centre – APPOINTMENTS ONLY

To make an appointment please phone Early Days Children's Centre on **2503060**

**For clinical advice contact
Community Triage / Jessop Wing: 2268091**