

Free Childcare for 3 & 4 year olds

All 3 & 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 or book an appointment at Burngreave Children's Centre where we can help you to register and look at childcare choices. The dates available are: **Wednesday 19th July and Wednesday 30th August between 10.00am – 11.45am.** Call 0114 2525220 to book in.

Useful Telephone Numbers and links:

Local advice and information: www.advicesheffield.org.uk
www.sheffield.gov.uk/benefits

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

If you would like to become a volunteer & access training please contact SOAR Community 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**
Firvale Centre – a variety of activities, courses and training **Tel: 2434340**

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



Children's Centres

The best start for you and your family

What's On

BURNGREAVE CHILDREN'S CENTRE

Firvale and Wensley

July - September 2017



For the latest information please call 0114 2525220 or pop in-to
Burngreave Children's Centre
19 Spital Street, Sheffield, S3 9LB

Please phone the centre to check details of activities before attending

www.sheffield.gov.uk/childrenscentres



Groups and Activities at Burngreave Children's Centre

Telephone 2525220 for more information on the following:

Monday

Parent and Toddler Group – three sessions (all term time only)
10.00am – 11.15am, 12.30pm – 1.45pm & 2.00pm – 3.15pm

Tuesday

Baby Group (birth to 12 months) 12.30pm – 2.00pm

Wednesday

Health Visitor Drop in 10.00am – 11.30am

Weaning session on 26th July & 27th September during Health Visitor drop in

Family Buggy Walks with SIV – meet at 10am at the children's centre

Baby Massage 12.30pm – 2.00pm

Friday

Talking Toddlers (referral only) 1.30pm – 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.

In the area

Stay & Play Group – Tuesday 1.15pm – 2.45pm (term time only) at Oasis Academy Fir Vale, Owler Lane, Sheffield S4 8GA

For Parenting Courses in the area

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

Baby and toddler groups

For a full list of baby and toddler groups in Burngreave, Firvale and Wensley area pick up a leaflet at Burngreave Children's Centre or contact:-

Family Information Directory on 0114 2756699 or visit the website

www.sheffielddirectory.org.uk

Healthy Start Vitamins

You can get vitamin tablets for you and vitamin drops for your baby from the Children's Centre. **Tel: 2525220**

Health Visitor Drop In Session

Monday 9.30am – 11.00am at Oasis Academy Fir Vale, Owler Lane, Sheffield S4 8GA (term time only)

Wednesday at Burngreave Children's Centre 10.00am – 11.30am

See the Health Visiting Team for support and advice. The Health Visitor and Community Nurse can advise you on weighing, weaning onto solids, teething, toilet training and other well baby needs.

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

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 Workers are:

Ali – 07826 993912 Sam – 07776 473615

Trish – 07817 867787

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

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 Burngreave Children's Centre on **2525220** for details

Midwife Clinics - APPOINTMENTS ONLY For Pitsmoor, Melrose, Burngreave surgeries and Sheffield Medical Centre

To make an appointment please phone Burngreave Children's Centre on **2525220**

Monday	Postnatal Clinic 1.20pm – 3.40pm
Tuesday	Antenatal Clinic 9.00am – 3.40pm – Pitsmoor Antenatal Clinic 9.00am – 3.40pm – Melrose/SMC
Wednesday	Antenatal Clinic 9.00am – 3.40pm - Burngreave Antenatal Clinic 9.00am – 11.20am - Pitsmoor
Thursday	Antenatal / Postnatal Clinic 9.00am to 12.00pm

For clinical advice contact - Triage / Jessop Wing: 0114 2268091