

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 First Start Children's Centre on 3rd July, 7th August or 4th September, where we can help you to register and look at childcare choices.

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:

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

For Family Support and parenting courses contact North MAST (Multi Agency Support Team) on **2331189** or visit www.sheffield0to19.org.uk where a range of information is available.

Jobs, Training and Volunteering

If you would like to become a volunteer and access training please contact Angela Woodward at SOAR Community on **2134075** or **07960 084 252**

Search for a job www.gov.uk/jobsearch

Community Organisations and Support

SOAR Community is designed to improve health, wellbeing and employability, you can contact 2314065

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

Find us on 

www.facebook.com/sheffieldchildrenscentres

 **twitter**

@SheffBumpto5



Children's Centres

The best start for you and your family

What's On

First Start Children's Centre July to September 2017



For the latest information please call 0114 2039307 or pop into

First Start Children's Centre

441 Firth Park Road, S5 6HH

Email us at Firststartchildrenscentre@sheffield.gov.uk

www.sheffield.gov.uk/childrenscentres



Groups and Activities at First Start Children's Centre

Telephone 2039307 for more information on the following

Monday

ESOL classes 12.30pm to 2.30pm (term time only)
Baby Massage 1.15pm to 2.15pm

Tuesday

Baby Massage 1.00pm to 2.00pm

Wednesday

Birth Registrations 10.00am to 4.00pm
Infant Feeding Group 10.30am to 11.30am

Thursday

Health Visitor Clinic 9.30am to 11.30am
Little Blossoms Baby Group 9.45am to 10.45am and 11.00am to 12.00pm



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.

Groups and Activities in the area

Toddler Time – Monday- 10.00am to 12.00 noon at Firth Park Community Allotment, Vickers Drive, Sheffield, S5 6TG

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

Toddler Time – Thursday - 1.00pm to 3.00pm at Firth Park Community Allotment, Vickers Drive, Sheffield, S5 6TG

For a full list of baby and toddler groups in the area please contact Sheffield Directory on 2756699 or visit www.sheffielddirectory.org.uk

Health Visitor Drop In Sessions

Every Thursday morning between 9.30am and 11.30am at the Centre, Health Visitors are available for advice and support. Come and have your baby weighed, have a chat and meet other parents, carers and families!
Just drop in!

Health Visitor's telephone number 0114 305 3224

Do you want to measure how much your child is growing? We have some **FREE** height measuring charts on reception, please call in and ask for one.

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.

You can contact an Infant Feeding Worker, by calling the Centre on 0114 203 9307

If you require Breastfeeding advice in the evening or at weekends, contact the National Breastfeeding Helpline on 0300 100 0212

Baby Massage

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 the Children's Centre reception to book a place.

Healthy Start Vitamins

You can get vitamin tablets for you and vitamin drops for your baby from this Children's Centre **Tel: 2039307**

Midwife Clinics

Ante Natal/Post Natal Clinics with our Midwife Lorna (appointment only)
Mondays 9.00am to 12.30pm
Tuesdays 9.00am to 3.00pm

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

ESOL Classes

If you are interested in ESOL classes contact **SAVTE** on **0114 2536644** or contact First Start reception and fill out an application form.