

## We can also support you with:

### Healthy start vitamins

You can obtain the vitamins from the centre for free if you bring along your healthy start entitlement letter

### 2 year funding applications

Did you know your child could be entitled to 15 hours per week of free childcare? To find out more please contact the centre.

### Speech and language screening

Are you worried about your child's speech? If so please ask a member of staff if you would like more information on the screening tool.

### Breastfeeding support

1:1 breastfeeding support is available at the centre; please call us to book in.

### Domestic Abuse

We offer Domestic Abuse courses, support, advice and signpost to specialist services.

### Volunteering/ Parent Champion

An exciting way to become involved in your local centre whilst gaining practical work based experience. Call us to find out more

### Lending Library

We have an extensive library of information books and children's story sacks available to borrow

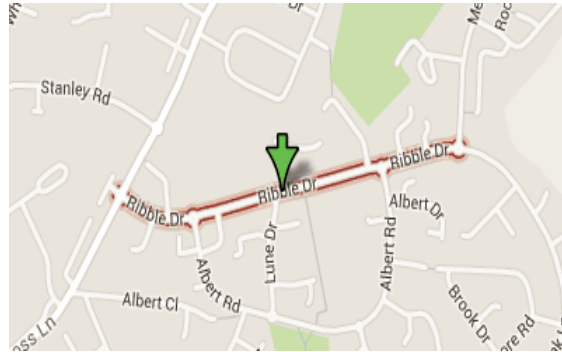
### Outreach support for families

If you have a child under the age of five, and feel you would benefit from 1:1 support in the home or at the centre then please get in touch with us.

## How to find us:

### Whitefield Children's Centre Hub

We can be contacted on 0161 253 5077 or [whitefieldhub@bury.gov.uk](mailto:whitefieldhub@bury.gov.uk)



**St Michael's Church Hall**, Ribble Drive, Whitefield (between St Michael's School and St Michael's Church)

**Whitefield Park**, Stanley Rd, Whitefield, Manchester M45 8AB (opposite Morrison's)

### Whitefield Children's Centre Hub

Based at Ribble Drive Primary School  
Ribble Drive  
Whitefield  
Manchester  
M45 8TD

**Tel: 0161 253 5077**

**Email: [whitefieldhub@bury.gov.uk](mailto:whitefieldhub@bury.gov.uk)**

# What's on at

Whitefield Children's  
Centre Hub

**4<sup>th</sup> January – 1<sup>st</sup> April**

**2016**



**Please see the Bury Directory for details of other session available across Bury**  
[http://www.theburydirectory.co.uk/kb5/bury/directory/sub\\_category.page?familychannel=3&sorttype=field](http://www.theburydirectory.co.uk/kb5/bury/directory/sub_category.page?familychannel=3&sorttype=field)

## MONDAY

### **Job Centre Plus\***

Support with seeking work & claiming correct benefits  
9:00 - 4:00

**Whitefield Hub**

### **Childminder Stay & Play**

A fun play session suitable for Childminders and the children they care for  
9:30 - 11:00

**Whitefield Hub**

£1.50 per adult

### **Stay & Play**

A fun play session suitable for children 0-5 and their parent/carer  
1:30 - 3:00

**St. Michael's Church Hall**

£1.50 per family

## TUESDAY

### **Child Health Clinic**

Have your baby weighed or discuss any health concerns  
9:30 - 11:30

**Whitefield Hub**

### **Baby Stay & Play**

A fun play session for babies aged 0-1 and their parent /carer  
9:30 - 11:00

**Whitefield Hub**

£1.50 per family

### **Citizens Advice Bureau\***

CAB Appointments  
10:00 - 1:00

**Whitefield Hub**

### **Weaning**

Learn about weaning  
1<sup>st</sup> Tuesday of the month

1:30 - 2:30

**Whitefield Hub**

### **Preparation for Parenthood\***

Need to know for expectant parents  
3 Week Course  
6:00 - 7:30

**Bury East Spoke**

Contact 0161 253 6186 to book

## WEDNESDAY

### **IWIYW Buggy Baby Bootcamp**

A fitness session for parents/carers and their children  
9:45 - 10:45

£2.50 per family

**St. Michael's Church Hall**

### **Midwifery Drop In**

Drop in to speak to a midwife about any concerns

10:00 - 11:00

**Whitefield Hub**

### **Postnatal Clinic**

Postnatal advice and support

11:00 - 12:30

**Whitefield Hub**

### **Pre Birth Breastfeeding Workshop\***

Breastfeeding advice and guidance for expectant mothers and their partners  
20<sup>th</sup> January

5:30 - 7:30

**Whitefield Hub**

## THURSDAY

### **Antenatal Clinic**

Antenatal advice and support

8:30 - 4:00

**Whitefield Hub**

### **Physical Activity Session in the Park**

A fun and active physical play session in the park suitable for children aged 0-4 years

(siblings aged 0-7 are welcome during the school holidays)

2:00 - 3:00

**Whitefield Park**

£1.50 per family

## FRIDAY

### **Parenting Clinic**

Drop in to talk to professionals about parenting concerns  
9:30 - 11:30

**Whitefield Hub**

### **Breastfeeding Support**

Please call in for breastfeeding support and guidance  
9:30 - 10:30

**Whitefield Hub**

### **Work Club Drop In**

Practical help and advice for those looking for work  
12:00 - 2:00

**Whitefield Hub**

## **MORE INFORMATION**

We have colour-coded our sessions so that you know the main purpose of each:

**Helps keep children fit and well**

**Helps children get ready for school**

**Helps families to prosper**

**Helps to keep children and families safe**

All sessions marked with an asterisk \* require booking in advance. Please call the centre to book your place.