

Old Moat Sure Start Children's Centre January - March 2024

Old Moat Lane, Withington, M20 1DE. Tel 0161 234 4711

Monday	<p><u>Baby Sensory Project 9.45 am-11am</u></p> <p>A five-week programme in a sensory space for babies and parents to explore, play and relax in. You will receive a free gift of some sensory materials.</p> 		<p><u>Antenatal Clinic</u></p> <p>Call 0161.291.2996 To book an appointment</p> 		<p><u>Health Development Reviews 9.30-3.00pm</u></p> <p>By appointment only. Discuss your child's milestones such as weaning, speech & language, toilet training etc.</p>
Tuesday	<p><u>Antenatal Clinic</u></p> <p>CALL 0161 291 2996 To Book an appointment</p> 	<p><u>R.E.A.L. Raising Early Achievement in Literacy</u></p> <p>Activities using day to day learning opportunities in the home, Children's Centre, and the community. Fun, interactive sessions!</p> <p>Speak to an Outreach worker</p>	<p><u>Early Words Together at 2 for children aged 2-3years</u></p> <p>A 5-week course to support your child's early language development by building daily communication, language and literacy activities into their everyday routine. Receive free books and a certificate on completion</p>		<p><u>Are you registered with your local library?</u></p> <p>Withington Library, 410 Wilmslow Rd</p> 
Wednesday	<p><u>Stay & Play Old Moat Primary School 0-5yrs 9.15-10.45am</u></p> <p>Make friends play & learn, fun activities including arts, crafts, outdoor play, stories, songs, and rhymes to support your child's development</p>		<p><u>Healthy Child Drop in 9.30-11.30am</u></p> <p>A drop-in session for advice from the health team and get your child weighed. You will be allocated a 10 minute slot for longer consultation please contact your health team.</p>	<p><u>Baby Massage</u></p> <p>From 4 weeks +, non-mobile babies.</p>  <p>Ring on the day to book your place.</p>	<p><u>Baby Stay, Play and Learn 1.15-2.15pm non mobile babies</u></p> <p>A safe space for babies and parents to explore, play and learn.</p> <p>Encouraging the development of early communication.</p> 
Thursday	<p><u>Childminders Drop in 9.30am-11.30am</u></p> <p>An opportunity to share good practice, ideas and resources. A chance to network, for children to make new friends.</p> <p>MCC term time only</p>	<p><u>Health Development Reviews 9.30-12</u></p> <p>By appointment only.</p> <p>Discuss your child's milestones such as weaning, speech & language, toilet training etc</p>	<p><u>Antenatal Clinic</u></p> <p>CALL 0161 291 2996</p>  <p>To Book an appointment</p>	<p><u>Family Language</u></p> <p>Courses for parents who want to improve their spoken English language and literacy skills Term time only</p> <p>For more information visit</p> <p>www.gmesol.org/esol-courses-in-manchester</p> <p>Or call 0161 234 5684</p>	
Friday	<p><u>Little Superstars 10.45 -11.45am</u></p> <p>Interactive sports session for parents and toddlers</p> 	<p><u>Antenatal Clinic</u></p> <p>Call 0160 291 2996 To Book an appointment</p> 		<p><u>Stay and Play 1.00pm- 2. 30pm mobile babies upwards</u></p> <p>Make friends, play & learn, fun activities including arts, craft, outdoor play, story, songs and rhymes supporting your child's development</p>	

18mth Child Development Assessment

Play sessions to support and assess your child's development. Speak to an outreach worker for an appointment to look at your toddler's development.

WellComm Language Screen

To help all children in Manchester be ready for school, Manchester City Council is offering the WellComm screen at your local Children's Centre. It is play based and gives you the opportunity to learn more about your child's communication and language development.

Free Childcare

For Two- and Three-Year Olds
15 or 30 hours per week.

Are you eligible?

Speak to one of the Outreach Workers at any Sure Start for more information.



The Manchester Bump to Baby Programme:

A free 4-week Course

For parents to be who are 24+ Weeks pregnant.

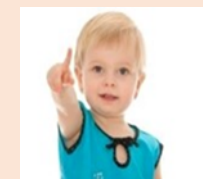
Early years outreach workers will deliver the programme with guest speakers.

Partners welcome, please contact the Sure Start centre for further information.

Runs from Burnage, Old Moat, Fallowfield, Whalley Range and Chorlton Park Children's centres in rotation



Do you want to volunteer for Sure Start? We have great opportunities for you. Pop in to the centre or call us to find out more



Children and Parents' Service



Focussing on strengthening parenting to develop appropriate and consistent management strategies to improve children's behaviour.

For further information contact.

Caroline Whittaker Tel: 07508003292

Allison Sinclair Tel: 07534214833

Promoting Positive Relationships

What is Promoting Positive Relationships about?

Sometimes we will have arguments or disagree in our relationships, and sometimes conflict can increase to a level that's not healthy for a family life. Not all arguing and conflict is damaging, but when children see adults, parents, carers and loved ones argue often or ignore each other frequently, it can have a negative impact.

Did you know, this can impact on your child's:

- Behaviour
- Mental and Physical Health
- Education
- Friendships and relationships
- Self-esteem and confidence



Arguing and conflict can also impact on adults, parents and carers lives too. Conflict can happen in all types of families, even if you are not living together. **Speak to an outreach worker for more information.**

Mums Matter

An eight-week course designed to support new mums in Manchester experiencing mental health challenges... because being a mum is hard enough. Speak to an outreach worker for more information.



Burnage and Old Moat
Sure Start Children's Centres