

HENRY – Health, Exercise, Nutrition for the Really Young

A great 8 week course for families who would like to:

- Feel more confident as a parent
- Reduce meal time stress
- Have less stressful bedtimes
- Enjoy being active as a family more often



To find out more or to book your interest contact
startwell@sheffield.gov.uk

Save a Baby

Emergency First Aid covering CPR and choking in babies and toddlers
A free 2 hour session, delivered by St Johns Ambulance trained students.

To find out dates, to book on or to be put on the waiting list
contact Primrose Children's Centre on 0114 2052723

Sing and Sign

Now taking bookings for September!

Baby signing the fun way!

Tuesday's at Primrose Children's Centre, Creswick Street, S6 2TN

Please note this is an externally run group and as such incurs costs.

For more information and to book on:

<http://www.singandsign.com/classes/classes-near-you/sheffield>

Light

A support group for women feeling low or anxious in pregnancy or following childbirth. Come and chat to other women who have felt the same. Please note a group is run from Primrose Children's Centre or Early Days Children's Centre.

Email sheffieldlight@gmail.com to enquire about attending.

Headstart

Free advice around feeding choices and bonding, for pregnant women and their partners. Book through reception after you reach 32 weeks.

0114 2039082

Employment Support

Need help writing a CV or would like advice on an application form?
Contact Zest for Work for more information on 0114 270 2045.



Children's Centres
The best start for you and your family

What's On

Shooters Grove Children's Centre

July - September 2017



Shooters Grove Children's Centre, Wood Lane,
Sheffield, S6 5HN

Tel: 0114 2039082

Email: shootersgrovechildrenscentre@sheffield.gov.uk



Find us on Facebook - [Sheffield Children's Centres](#)



We are now on Twitter! "[SheffBumpTo5](#)"

www.sheffield.gov.uk/childrenscentres



DP19110

Midwife Ante-natal and Postnatal Clinics – Appointment ONLY

At the Children's Centre:

Monday 1.30 – 3.30 Postnatal Clinic,
Tuesday 8.30 – 5.00pm Antenatal & Postnatal Clinic,
Wednesday 9.00 – 12.00 Postnatal Clinic
Wednesday 1.00 – 4.00N.I.P.E Clinic for Newborn baby
Thursday 8.30 – 4.30 Antenatal & Postnatal Clinic
Friday 1.00 – 3.00 Antenatal & Postnatal Clinic

**Community
Triage contact
number**

0114 226 8091

Health Visitor Drop In Sessions

**WELL BABY (Health Visitor Baby Clinic) Drop-In Session for all
Shooters Grove Children's Centre - Friday 10.00 – 11.00**

Clinics running in local area

Primrose Children's Centre – Monday 1.30pm – 2.30pm
First Point Housing (Hillsborough) – Tuesday 1pm – 2.00pm
Zest Centre – Thursday 1:00 – 2:00
Fairlawns Medical Centre – Thursday 1pm - 2.00pm
Rockingham House – Alternate Thursdays 10am – 11:30am

Free Baby Massage

4 week rolling programme by appointment

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.

Sessions are run in:-

The Library in Hillsborough Park (Monday AM)
Wisewood Methodist Church (Wednesday AM)

Primrose Children's Centre (Tuesday AM)
Totley Rise Methodist Church S17 (Thursday AM)

Summer Activities

Some of our groups will not be running over the July / August school holidays. There are planned activities in the parks, contact either Primrose or Shooters Grove Children's Centre for details!

Messy Play Toddler Group – Monday's

Due to high numbers the Messy Play Toddler Group at Shooters Grove on Monday's is again being split in to age groups. Children aged 0-2 years and children aged 3-4 years will be accommodated on alternate weeks. For information about which week to come along please give Shooters Grove a call on 0114 203 9082

PLEASE NOTE: The time of the group will now be from 10.30am – 12pm with an immediate effect.

Infant Feeding Support

Infant Feeding support workers work closely with Midwives and Health Visitors. They are available to offer information and support to all families during the antenatal and postnatal period around feeding, caring and bonding with your baby. They can call you, meet you in your local Children's Centre or visit you at home if need be. They run groups in Children's Centres such as Baby Massage, Breastfeeding Sessions and attend various clinics.

The Infant feeding Support Workers are:

Emma Pestereff – **07792 327862** (Mon, Tues & Weds)
Carolynn Hayes – **07580 296973** (Weds, Thurs & Fri)
Kayla Thompson – **07881 512295** (Mon, Tues & Weds)

Head Start An informal information session for mum to be (and partner) to attend in your pregnancy to prepare for the reality of having a baby – ring the centre to book a place:

Tuesday 1pm – 2pm at Shooters Grove Children's Centre
Wednesday 1pm – 2pm at Primrose Children's Centre

Breastfeeding Support Drop In:

Every Monday – 1pm – 3pm – Hillsborough Bowling Pavilion (Hillsborough Park)
Every Wednesday – 1pm – 3pm at Wisewood Methodist Church (Owlerton Room)
Every Wednesday – 10am – 12pm at Primrose Children's Centre

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

What's happening in the area?

Messy Play Toddler Group

Monday's 10.30am – 11.30am at Shooters Grove CC – This session is fortnightly depending on the age of your child, please ring 0114 2039082 for details

Multiples Support Group (Volunteer led multiple group)

Tuesday's 10.00am – 12.00pm at Shooters Grove CC

Breastfeeding Drop In

Wednesday's 1.00pm – 3.00pm at Wisewood Methodist Church (Owlerton Room)

Child-minders' Support Group

Thursday's 1.00pm – 2.30pm at Shooters Grove CC

Speech Therapist

(2nd Friday of the Month in Drop in HV Clinic)

Friday's 10.00am – 11.00am at Shooters Grove CC

Hillsborough Library - Contact 0114 203 9529

Story Time Tuesday's 2.00pm – 3.00pm (term time only)

Baby Time Wednesday's 10.15am – 11.15am (term time only)

For Dads and young children:

Dads Group – Every other Saturday 10.00am – 11.30am

Baby and Toddler Groups / Activities / Childcare

The Sheffield Directory can be used to search for any local activities or providers for you and your family: www.sheffielddirectory.org.uk