



Holiday Activities

Light and Dark Theme

Tuesday 29th October
10:30am – 12:00pm

St Pauls Methodist Church, Tower Hill, Sowerby Bridge,
HX6 2EQ

Wednesday 30th October
1:15pm – 2:45pm

Todmorden College Hall, Burnley Road, Todmorden,
OL14 7BX

Thursday 31st October
1:15pm – 2:45pm

Little Stars Family Hub, Parkinson Lane, Halifax
HX1 3XQ

Lots of free fun for families with children aged 0 – 8 years old

No need to book – just turn up!

For more information call:
01422 252022 or
01706 399970



children & families



Group Descriptions:

Baby Group (0-24 months): A weekly supportive group with lots of fun activities to support baby's development. No need to book—just come along!

Family Group: Free and fun activities for all the family; Suitable for families with children aged 0-8 years old. Creative activities, messy play, games, music and more!

Breastfeeding Groups (Virtual and face-to-face): For advice and support with breastfeeding in a relaxed setting with experienced peer supporters.

Friends Group: Join us and other parents, while your child is looked after by Early Years experts, and learn mental wellbeing, stress and anxiety reduction strategies, mindfulness and more. Classes take place each week for five weeks. To find out more and book your place please call: 01706 399976.

Latch Clinic: The Latch Clinic has been set up to offer support if you are struggling to latch your baby for a breastfeed, you are experiencing pain, or wondering if you have enough breast milk. Appointments are face-to-face and on a one-to-one basis.

Stay and Play (0-5 yrs): A rolling programme of fun-filled activities for families; includes messy play, free play and singing circle.

Baby Clinic: Meet your health visitor for baby weighing or to discuss your baby's health. Appointment and drop-in available. Please call Locata on: 03300 3045076 to book an appointment.

Family Support Book-in: You can make an appointment to speak to a Family Support Worker for confidential support and advice on family issues. Book-ins are held, face to face at the hubs, via appointment only. To book call 01706 399976. If you do not live within walking distance of our hubs, or have difficulty accessing our book-ins due to disability or other issues, we may be able to organise a visit to your home.

Baby Massage: For babies up to 6 months. The quality of closeness between parent and baby can have lifelong benefits. Evidence shows that massaging your baby may help to improve communication & attachment process between parent & baby, can calm baby & relieve stress, soothe & help them to sleep better, aid digestion, relieve colic & constipation, strengthen babies' immune system, help baby to develop muscle tone & coordination.

Strengthening Families, Strengthening Communities: The Family Support team based at Todmorden Family Hub will be running the parenting course Strengthening Families, Strengthening Communities. The course focuses on improving relationships within the family as well as tried and tested strategies for improving behaviour and helping your child reach their full potential. If you are interested in finding out more please contact our team on 01706 399976.

Spectrum Along the Spectrum: 6 week programme aimed at supporting families where neurodiversity is a factor. All parents are welcome to attend and we are also able to offer a play and learn environment for primary aged children to come along too. Activities offered for the children will mirror what their parents are learning and topics covered will include Sensory Issues, Communication and Social Skills, Rules, Routines, Boundaries, Sleep and School.

For Midwife appointments/non-urgent enquiries/first point of contact/newly pregnant, please call 01484 355754 between 9am – 4pm, Monday – Friday. Visit www.halifaxopportunities.com to register your pregnancy.



Family Group

Come and join us for lots of free and fun activities for all the family! Suitable for families with children aged 0-8 years old. There will be creative activities, messy play, games, music and more! Don't forget Dads and male carers can come along too!

2nd Saturday, alternate months 10 am -12 noon

14th September 2024 @ Todmorden College Hall, OL14 7BX

9th November 2024 @ Todmorden College Hall, OL14 7BX

All children must be accompanied by an adult. For more information please call Todmorden Family Hub on 01706 399970.




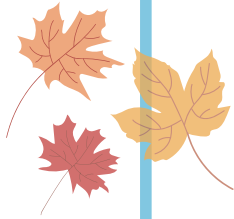




Upper Valley Family Hubs



What's On?
Autumn Term
2024



Upper Valley Family Hubs Autumn Wall Planner 2024

Hub	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mytholmroyd St Michael's Church Hall, Church Street, Mytholmroyd, HX7 5DS</p>	<p>Baby & Toddler Group term-time only 1:30 pm - 3:00 pm Just come along No need to book (0-5 years)</p>				
<p> Todmorden Todmorden Family Hub, Todmorden Learning Centre and Community Hub Burnley Road, Todmorden, OL14 7BX Tel: 01706 399970</p> <p>Todmorden Health Centre, Lower George Street, Todmorden, OL14 5RN (2nd Floor)</p>		<p>Strengthening Families, Strengthening Communities Starting 10/09/24 runs for 13 weeks term time only 9:30am -12:30pm with creche - call 01706 399976</p> <p>Speech & Language Group 1:30 pm - 3:00 pm Call 01706 399970 to book (2 – 5 years)</p> <p>Friends Group 1:00 pm - 3:00 pm 6 week course with creche, will take place in September & November Call 01706 399976 to find out more</p>	<p>Stay & Play term-time only (Todmorden Health Centre) 1:30 pm - 3:00 pm Just come along No need to book (0-5 years)</p> <p>The Latch Clinic 9:30 am - 4:30 pm Appointment only Please call Locala on 03003045076</p> 	<p>Breastfeeding Group (Todmorden Health Centre) 10:00 am - 12 noon No need to book, just come along.</p> <p>Support Along the Spectrum 2 courses will be delivered @ Todmorden Health Centre 5:00 pm - 6:00 pm 12/09/24 for 6 weeks finishing 17/10/24 07/11/24 for 6 weeks finishing 12/12/24 Call 01706 399976 for more details.</p>	<p>Baby Group (Todmorden Health Centre) 9:30 am - 11:00 am No need to book, just come along (0 - 2 years)</p> <p>Baby Clinic (Todmorden Health Centre) drop-in 9:00 am - 11:00 am</p> <p>Breastfeeding Group (via 'Zoom') 1:00 pm - 2:00 pm Please call 01706 399970 to be sent a link</p>
					<p>Saturday Family Group See flyer over leaf 2nd Saturday, alternate months. 10:00 am - 12 pm No need to book, just come along (0-8 years)</p>