

Autumn 2019 at H.O.P.E. Family Centre

morning

Monday

9am-4pm
MIDWIFE CLINIC
by appointment
01885 483412
(Nunwell Surgery)

10.30am-11.30am
BABY MASSAGE
Booking essential
see overleaf



Tuesday

10am-12noon
and 1-3pm
PARENTS WITH
PROSPECTS
Booking essential
(please see overleaf)



Wednesday

9.30am-11am
PENCOMBE TOTS
£2.50 per family
Ages 0-5
(run by external provider at
Pencombe Nursery)



Thursday

10.30am-12 noon
BABY LET'S PLAY
Health Visitor
FREE Well Baby Clinic
Drop-in



Friday

LET'S PLAY -
BOUNCE & RHYME
in association with



10.30-11.15am
at Bromyard Library

Donations appreciated



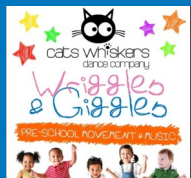
Open every day Oscar's Cafe with PLAYZONE

afternoon

12noon-1pm
BABY YOGA
Booking essential
see overleaf



1.45pm-2.30pm
WRIGGLES &
GIGGLES
(please see overleaf)



1.30pm-4pm
JOB CLUB
in association with



Drop-in. All welcome



12.30pm-3.30pm
NURSERY NURSE
DEVELOPMENT
CLINIC
Appointment only



Check our website and
Facebook for
information about
UPCOMING EVENTS

SENSORY ROOM

NOT CURRENTLY
AVAILABLE - PLEASE
CHECK FACEBOOK FOR
UPDATES

Supporting Families Services at HOPE Family Centre

Our activities are supported by our Children's Centre workers, who are trained to offer services that include: parenting support, advice and guidance on breastfeeding /weaning, children's health or behavioural problems, family routines, child development, housing, budgeting and debt, speech and language support, claiming benefits, accessing services such as Early Education and childcare, and links to adult education, training and employment. We can provide additional support to families in our Children's Centre area; to find out more please see our Supporting Families leaflet or contact our Family Support team by dropping into one of our sessions, calling 01885 488495, visiting our website or emailing info@hopefamilycentre.org

COMMUNITY MENTOR

If you need to access adult learning or support in regard to good mental health call Rebecca Tokalau 07538343091
Email: RebeccaT@ymtb.co.uk

BABY MASSAGE

Learn the art of baby massage, incorporating strokes that will soothe, settle and relax your little one. Offering relief from colic, constipation, teething and congestion. Baby massage encourages a deeper connection with your baby, enhancing your special bond. It is suitable for babies aged 8 weeks - crawling. You will be provided with the baby massage oil and all course materials.

BABY YOGA

Baby Yoga is a rolling 4 week programme and is suitable for babies aged three months to walking. It is great for supporting all areas of baby development and helps with their sense of balance, spatial and body awareness. There are Yoga inspired stretches for parents too and mindfulness relaxation techniques.

To book please contact Becky 07851 721580
<https://www.babybrainuk.com/>

PARENTS WITH PROSPECTS

Family Learning to build confidence and family skills. The course material covers the first five years of you and your child's life and will support to build your confidence as a parent; whilst gaining a qualification. This course is free for parents that are not in work.

2 hours per week term time only.
FREE crèche available, subject to space.

For more information or to book please contact
Cathyw@ymtb.co.uk or ring 07969 761739

VOLUNTEERING

Do you know someone who has time to volunteer to help us in and around the Centre? Please call 01885 488495 for information

WRIGGLES AND GIGGLES

Run by **CAT'S WHISKERS**, this is a Pre-school Music and Movement Class that runs every Tuesday, including school holidays.

NO NEED TO BOOK

£4.50 per session

For more information please contact
cat.the.dancer@teachers.org
telephone 07769 205791 or find her on Facebook

JOB CLUB

FREE drop-in. Fortis Living advisors help with CV writing, DWP registration, job searches, benefits advice & much more.
FRRE use of IT for job searches and applications.

BABY LET'S PLAY & HEALTH VISITOR DROP-IN

A fun friendly morning with lots to do for expectant or new parents, including baby weigh-in and general health advice from a Health Visitor. Meet other parents and babies and get involved in activities. A Children's Centre worker runs these sessions and it's the perfect place to get information and guidance on a range of topics including weaning, sleeping, healthy lifestyles, dental care and child development. There will often be activities such as sensory play, crafts and other stimulating experiences to engage in with your baby.
Pre birth-pre walkers.

LET'S PLAY - BOUNCE & RHYME

A fun, friendly music-making session using your favourite rhymes and songs; introducing new ones that will soon become firm favourites. These sessions promote parents' understanding of children's development especially in relation to speech, language, communication, reading and writing and social & emotional development. A children's Centre worker will be on hand to offer support, information, advice and guidance. **Term time only.**
- just turn up and join in for FREE Ages 0-5

PLAYZONE AT OSCAR'S CAFÉ

Oscar's Café is open every day and has a warm, welcoming environment, providing a full menu of hot and cold drinks and freshly cooked food. Bring your little ones along to enjoy our Play Zone soft play area that has a range of activities. A chance for your child to develop their skills in a soft and safe environment, learning first steps, climbing and jumping and socialising with others.

FREE for café customers.

PLEASE NOTE - Soft Play is not open on Tuesdays from 1.30pm

WEST MERCIA WOMEN'S AID

Operating a 24-hour domestic helpline 0800 7831359 across West Mercia for those who may be experiencing any form of Domestic Abuse; offering confidential support, information, advice and access to refuge or emergency accommodation.
Free phone number (from landlines)
and staffed 24hrs a day by trained workers

FREE CHILDCARE FOR 2, 3 AND 4 YEAR OLDS (NEF)

All three and four-year-olds in England are entitled to 570 hours of FREE early education or childcare a year and the children of some working parents may be eligible for 1140 hours.

This is often taken as 15 or 30 hours each week for 38 weeks of the year.

Some two-year-olds are also eligible.

Follow this link for support to apply:

<https://www.herefordshire.gov.uk/nef/>

Online eligibility checker for 2 year NEF funding:

https://www.herefordshire.gov.uk/info/200207/family_support/452/childcare/1

DENTAL CARE AND TOOTH BRUSHING TIPS FOR YOUR CHILD

Please see link below for top tooth brushing tips and information regarding your Child's Oral Health.

www.herefordshire.gov.uk/info/200207/family_support/625/stay_healthy/6

OSCAR'S CAFÉ



Raise a free donation for us simply by shopping online via @giveasyoulive <http://give.as/charity/hopecentre>



Registered Charity No: 1077336
Hereford Road, Bromyard, Herefordshire HR7 4QU

Registered Company No: 03791772
01885 488495

Pre-school Learning Alliance No: 55273
www.hopefamilycentre.org

Ofsted No: EY333183
The HOPE Centre