

Autumn 2021

H.O.P.E.

Family Centre

Monday

PLAY AND LEARN FOR 0-2'S

10.30 am-12 noon
HOPE Centre

Booking essential



Tuesday

CARING FOR CHILDREN COURSES

Enquire now for September

Booking essential
(please see overleaf)



Events

TALK COMMUNITY

HOPE's professionally trained staff and volunteers offer money, relationship, food, mental health or family advice.

They can also offer a friendly listening ear and we are a Talk Community Hub

Thursday

For more information about any of these groups, activities or services please see overleaf

TO BOOK
please call
01885 488495



Friday

BOUNCE & RHYME FOR 0-5's

10.30 am-12 noon
Bromyard Public Hall
NO BOOKING NEEDED

Weekly from
6th September



Open every day Oscar's Cafe



with SoftPlay

NEW FROM SEPTEMBER!

Oscar's Café is open on the 2nd Saturday of every month
10 am-12.30 pm.
Join us for brunch, coffee and cake

citizens advice Herefordshire

Face-to-Face, virtual or telephone appointments available
Tuesdays & Fridays
CALL 01885 488495 TO BOOK

Please keep your eye on our website, Facebook & Twitter for

EVENTS / ACTIVITIES in OCTOBER HALF-TERM

SEPTEMBER BABY MASSAGE
10.30 am-11.30 am
HOPE Centre

Booking essential
(please see overleaf)



OCTOBER BABY MASSAGE
10.30 am-11.30 am
HOPE Centre

Booking essential
(please see overleaf)



* Call for help, advice or to book on 01885 488495 or text us on 07395 959240 *

Support Services at HOPE Family Centre

Our activities are supported by our qualified Support Staff, who are trained to offer services to all members of the local community. Although we run a host of groups and activities for children and families, we are here to support anyone in our local area and our support service is accessible to all. These services include advice on debt and finance, housing, domestic abuse, healthy lifestyles, family issues, isolation and loneliness; we also offer advice and guidance and signposting in a wide range of other areas.

You can access our support service by dropping into one of our sessions or into the Centre, by calling 01885 488495, visiting our website/Facebook page or emailing info@hopefamilycentre.org

PLAY AND LEARN FOR 0-2's

A fun-filled session where you can meet other parents, engage and interact with your little ones in stimulating activities, including sensory play, story time, songs and rhymes.

Due to high demand this group will be offered initially as a six week programme.

BOOKING IS ESSENTIAL

Please call 01885 488495

CARING FOR CHILDREN

An accredited Family Learning course to provide information, knowledge and guidance, along with the chance to gain a qualification.

The course material covers the first five years of your child's life and your relationship with them, supporting you to grow in confidence as a parent.

This course is free to parents who are not in work.

2 hours per week, term time only.

FREE crèche available, subject to availability.

For more information about this or YOUNG PARENTS-TO-BE courses or to book please contact Cathyw@ymtb.co.uk or ring 07969 761739

CITIZENS ADVICE

FREE confidential Covid-secure help with debt, benefits, housing, work and family issues from Citizens Advice Herefordshire.

Talk to an adviser in person or by phone/video call. Available Tuesdays and Fridays by appointment.

Call 01885 488495 to book

BABY MASSAGE

Learn the art of baby massage, incorporating strokes that will soothe 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.

Suitable for babies aged 8 weeks - crawling.

Baby massage oil and all course materials provided.

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

BOUNCE & RHYME FOR 0-5's

Bromyard Public Hall

Fridays 10:30 am-12 noon

Join our fully qualified Early Years staff for a fun-filled 40-minute session of storytelling, music, rhythm and rhyme.

Stay until 12noon for refreshments and advice/guidance from our support staff.

£1 per family including a drink and biscuit for children & refreshments for parents/carers.

Please bring a throw/blanket to sit on to help us minimise risks from Covid-19.

NO BOOKING REQUIRED

Please call 01885 488495 for more information

VOLUNTEERING

Do you know someone who has time to volunteer to help us in and around the Centre?

Please call 01885 488495 for information

PLAY ZONE AT OSCAR'S CAFÉ

Oscar's Café is open every weekday and the 2nd Saturday of every month, providing a warm welcome and a full menu of hot and cold drinks & freshly cooked food.

Opening hours are weekdays from 10 am Saturdays 10 am-12.30 pm (for brunch/coffee/cake)

Bring your little ones along to enjoy our Play Zone softplay area that has a range of activities, providing a chance for your child to develop their skills in a safe environment, learning first steps, climbing, jumping and socialising with others.

FREE for café customers.

EARLY YEARS DEPARTMENT

Our bright, fun and vibrant Early Years Department provides childcare from 3 months- 5 years

Two year funding accepted

OFSTED Outstanding

For more information call us 01885 488495

FAMILY TIME CONTACT CENTRE

Our Centre is NACCC accredited and we provide a safe, neutral, comfortable place for children to see the parent they don't live with or, sometimes, other close family members.

For more information or to make a referral please see our website www.hopefamilycentre.org email familytimecontactcentre@hopefamilycentre.org or call us on 01885 488495

OSCAR'S CAFÉ



Raise a free donation for HOPE-shop online via @giveasyoulive <http://give.as/charity/hopecentre>

