

# Autumn/Winter 2018 at H.O.P.E. Family Centre

morning

## Monday

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



## Tuesday

10am-11am  
BABY MASSAGE  
Booking essential  
contact Sian on  
07919 372555



1pm- 2pm  
SENSORY BABIES  
£1.50 per child  
Booking required

## Wednesday

10am-11am  
BABY YOGA  
Booking essential  
see overleaf



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 SoftPlay

afternoon

ANTE-NATAL  
Booking required  
(Enquire with  
midwife)



10am-12noon  
and 1-3pm  
PARENTS WITH  
PROSPECTS  
Booking essential  
(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  
Glazydayz, Halloween,  
Family Photos and  
Christmas Events.

SENSORY ROOM  
Available to hire  
£12 per hour



## 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](mailto:info@hopefamilycentre.org)

### ADULT LEARNING

FREE Maths and English classes.

For more information please contact Mandy at the Centre.

### COMMUNITY MENTOR

If you need to access adult learning or support in regard to good mental health call Clare for more information on 07538 343091

### 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 Sian Barclay 07919 372555

Email: [sianbabyinmind@outlook.com](mailto:sianbabyinmind@outlook.com)

 [facebook.com/sianbabyinmind](https://www.facebook.com/sianbabyinmind)

### 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](mailto: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

### SENSORY BABIES

Explore our sensory room and introduce your child to a range of sensory experiences such as lights, textures, sounds & smells. Learn about Treasure baskets; how to create and use your own at home. Meet other parents in a calming, relaxing environment (not staffed).  
Booking essential Ages: birth to pre-walkers

### JOB CLUB

FREE drop-in. Fortis Living advisors help with CV writing, DWP registration, job searches, benefits advice & much more.

### BABY LET'S PLAY & HEALTH VISITOR DROP-IN

A fun friendly morning for expectant or new parents, including baby weigh-in and general health advice from a Health Visitor. A Children's Centre worker is on hand to offer information and guidance on a range of topics including weaning, sleeping, healthy lifestyles, dental care and child development. Meet other parents and babies and get involved in sensory play, craft or other stimulating activities with baby.  
Ages pre birth to 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 speech, language, communication, reading and writing and social & emotional development. A children's Centre worker is hand to offer support, information, advice and guidance.  
- just turn up and join in for FREE Ages 0-5

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

All 3 & 4 year-olds in England are entitled to 570 hours per year of free early education /childcare; children of some working parents may be eligible for 1140 hours. This equates to 15 or 30 hours per week for 38 weeks a year.  
Follow this link for support to apply:  
<https://www.herefordshire.gov.uk/nef/>  
Some two-year-olds are also eligible.—check here:  
[https://www.herefordshire.gov.uk/info/200207/family\\_support/452/childcare/1](https://www.herefordshire.gov.uk/info/200207/family_support/452/childcare/1)

### 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

### SENSORY ROOM HIRE

Explore our sensory room and introduce your child to a range of sensory experiences such as lights, textures, sounds & smells. Learn about Treasure baskets; how to create and use your own at home. Meet other parents in a calming and relaxing environment.  
Booking essential  
£12per hour (up to 6 families)

### 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](http://www.herefordshire.gov.uk/info/200207/family_support/625/stay_healthy/6)

### INTERNET SAFETY

It's never too early to start thinking about your child's safety online. For information and guidance on how to keep your child safe when using the internet, you may like to consider using Childnet International. This site provides: Know IT All for Parents, a unique interactive e-safety guide for parents and carers. It's designed to help you keep up to date with how children are using the internet, and support them in using these exciting services safely and responsibly.

### SOFTPLAY AT OSCAR'S CAFÉ 9.30AM-3PM

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.

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](http://www.hopefamilycentre.org)

Ofsted No: EY333183  
 The HOPE Centre