



# North Halifax Partnership Sure Start Children's Centres Newsletter

SPRING EDITION 2024



Merry Christmas and a Happy New Year to everyone! I hope that this newsletter finds you warm and well! It's getting very close to Christmas now and I am sure you are very busy with last minute jobs, wrapping, parties and shows and generally all things Christmassy. That said, I do hope you find a few minutes just to sit down with a cuppa and read our Spring term newsletter. Inside you will find it jam packed with lots of activities for you and your family to take part in, as well as sound advice and support if you need it.

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This year is a celebratory year for us all at North Halifax Partnership, 25 years of creating a better future for all generations. We kicked off the festivities at our annual celebration in November and will be having ongoing events and parties for the whole year. Why not come along and help us celebrate? Keep an eye out on our Facebook page and website for further details.

Thank you to all of you who took part in our recent annual consultation, your views are very important to us and once we have collated those results, we will share them with you.

It's nearly the New Year. Is it time to start something new? Are you looking for inspiration for yourself, for your children or as a whole family? Well look no further! Your local Children's Centres have lots of fun, interactive and stimulating ideas and activities for you to get involved with, get in touch.

We have lots of different ways to become involved in your local Children's Centre, whether that is coming along to our activities or events, volunteering with us or even working with us! We are always happy to hear from parents and carers and if you would like to work alongside us a Parent Champion, please do get in touch, [nicola.holdsworth@nhpltd.org.uk](mailto:nicola.holdsworth@nhpltd.org.uk).

Be the first to know what is happening by following us on Facebook - that way you can keep up to date with our new activities events and competitions. Details can be found on the back page. We also regularly offer advice about parenting issues and all things children, which may just help with family life. If you need additional support our Family Support team are always on hand through our telephone support service and will happy to help. Wishing you a fun and relaxing Christmas.

Nicki Holdsworth  
Senior Children's Centre Manager  
[nicola.holdsworth@nhpltd.org.uk](mailto:nicola.holdsworth@nhpltd.org.uk)

  
North Halifax  
Partnership

  
Sure Start  
Children's Centres  
North Halifax Partnership

# FAMILY LEARNING

## Upcoming Courses and Activities

In our last newsletter we introduced you to Chloe who administers the Family Learning programme and ensures everything runs smoothly. A lot of planning goes into the termly offer for families. We would love to see more families accessing our services. Here's just a few of the courses and activities we provide:

### Baby Movers

A 4-week sensory class stimulating hearing, sight, touch, movement and balance through singing, dancing, and playing. Suitable from birth to wobbly walking.

### Fit 4 Bump

Fit 4 Bump is a 4-week program that combines prenatal exercises and common concerns to help you prioritise your health and wellbeing. As well as helping you feel great, all exercises are going to help you prepare your body for the later stages of pregnancy, birth and beyond. Suitable for women in their 2nd and 3rd trimester.

### Slow cooker course

A 4-week parent only course that will help you prepare affordable, healthy meals for you and your family. The primary focus is to define "healthy eating on a budget" and to help you develop your cooking skills. In our sessions you'll learn how to prepare easy and delicious recipes which you can then take home and have a go of cooking the meal yourself in your new slow cooker that you will be given on the course!

### Baby Massage

A 4-week course of Baby Massage that promotes happy interactions between parents and babies. It also enhances the bonding relationships that are formed at this time. It may also may aid relaxation and sleep and assist with the symptoms of colic.

**Take a look at our timetable on the next page...**



Photos taken from Art and Creative Play

# FAMILY LEARNING TIMETABLE

North and East Courses and Activities	Day	Start Date	Weeks	Course Time	Location
Art and Creative Play	Monday	15th January	4	1.00 - 2.00 pm	Ash Green School Upper Site
Baby Massage	Monday	15th January	4	10.30 -11.30am	Northowram and Shelf Hub
Gel Polish	Tuesday	16th January	4	10am - 12pm	Ash Green Children's Centre
Positive Parents, Confident Kids	Thursday	25th January	3	10.30 - 11.30am	Kevin Pearce Children's Centre
Parent and Baby Pilates	Tuesday	20th February	4	1.00 - 2.00pm	Creations Children's Centre
Fit 4 Bump	Wednesday	21st February	4	5.30 - 6.30pm	Forest Cottage Community Centre
Family First Aid	Friday	23rd February	2	10 - 11.30am	Illingworth Children's Centre
Little Movers	Monday	26th February	4	1.00 - 2.00pm	Forest Cottage Community Centre
Art and Creative Play	Thursday	29th February	4	12.30 - 1.30pm	Holy Nativity Church
Slow Cooker Course	Friday	1st March	2	11am - 12pm	Ash Green School Upper Site
Slow Cooker Course	Friday	15th March	2	11am - 12pm	Ash Green School Upper Site
One off Easter arts and crafts	Tuesday	21st March	1	10am -11am	Illingworth Children's Centre
Lower Valley Courses and Activities	Day	Start Date	Weeks	Course Time	Location
Art and Creative Play	Friday	12th January	4	1.00 - 2.00pm	The Space at Field Lane Children's Centre
Slow Cooker Course	Thursday	18th January	4	12.30 - 1.30pm	Elland Christian Centre
Mini Drama	Friday	19th January	4	11am - 12pm	Bailiff Bridge Community Centre
Family First Aid	Tuesday	30th January	2	10am -11.30am	St Matthews Parish Centre
Parent and Baby Pilates	Tuesday	20th February	4	10am - 11am	Southgate Methodist Church
Positive Parents Confident Kids	Thursday	22nd February	3	10.30 - 11.30am	Wellhome Children's Centre
Baby Massage	Friday	1st March	4	10am - 11am	Elland Christian Centre
One off Easter arts and crafts	Wednesday	20th March	1	10am - 11am	Elland Library
Health and Social Care Foundation Course	Thursday	11th April	10	9.30am - 2.30pm	Wellholme Children's Centre



**Book your place!**

Scan the QR code or visit  
[surestartchildrenscentresnhp.org.uk/core-services/family-learning](https://surestartchildrenscentresnhp.org.uk/core-services/family-learning)  
 Contact 01422 251090 if you require support.

# NEWS AND EVENTS

## Creating a better future for all generations for 25 years

Here at North Halifax Partnership, we have been creating a better future for all generations for 25 years and to mark this silver anniversary, we're celebrating and sharing our journey so far!

For a quarter of a century, North Halifax Partnership has helped improve the lives of countless individuals, families, and neighbourhoods.

As we reach this milestone, we are taking the opportunity to reflect upon the journey that has shaped North Halifax Partnership into the charity it is today.

Visit the North Halifax Partnership website to discover our story:  
[northhalifaxpartnership.org/25years](http://northhalifaxpartnership.org/25years)



# NEWS AND EVENTS

## Community Spirit Awards – We won!

We are thrilled to announce we won the Great and Green award at the Community Foundation for Calderdale Community Spirit Awards! The Calderdale Community Spirit Awards 2023 had a climate emergency theme encouraging people to reduce their carbon footprint, so this award was especially important.

We are pleased to have won this award in recognition of our commitment towards looking after our planet and reducing our carbon footprint to create a better future for all generations.

We do this through our Climate Champions group, organising and participating in litter picks, recycling, educational messages and events, car free days, introducing paperless ways of working and much more.

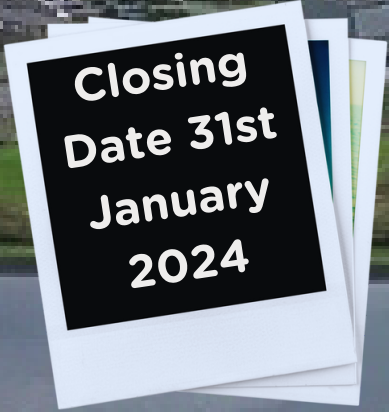
We were also in the running for Charity of the Year and are very proud of being shortlisted for this award.

Well done to all the other finalists. It was an amazing night celebrating all the inspirational work being done in the third sector.





# LOVE WHERE YOU LIVE PHOTOGRAPHY COMPETITION



## IT'S COMPETITION TIME!

Residents of North and East Halifax and Lower Valley, we want to find out what you love the most about your local community by sharing your photos!

Scan the QR code to find out more and submit your photos:



# NEWS AND EVENTS

## Baby and Me

Our Baby and Me groups offer a warm and welcoming space where together with new parents, we explore babies first year and how to navigate this as a parent:

- Week 1: Baby Development
- Week 2: Crying and Sleep
- Week 3: Sensory Development
- Week 4: Speech & Language
- Week 5: Parental Wellbeing



Following Baby and Me, we offer a free 5-week Baby massage course by a trained IAIM facilitator. The course includes different massage strokes which help ease symptoms of colic and help with sleep for babies.

Each week we concentrate on massaging a new part of the body:

- Week 1 - Starting with the legs, where they are most used to being touched.
- Week 2 - We then move on the massaging the stomach and chest.
- Week 3 - This is all about the arms and hands.
- Week 4 - We focus on the face and back, great ones for aiding sleep!
- Week 5 - We then cover some relaxation exercises based around reflexology.

Baby Massage has many benefits for parents as well as babies, including increased levels of wellbeing and an improved bond between baby and parent. The course is set in a lovely, calm and relaxing environment and is suitable for all parents/carers and babies up to approximately 6 months.

“

“I think the back-to-back 5 week baby & me and then 5 week baby massage course has worked so well for me to form friendships and contacts with other mums who are going through similar experiences to me.”

”

“Friendly environment with other lovely mums and babies. The course leaders were so welcoming and really helped me as a first-time mum. The knowledge has been the most valuable aspect, it has been a lovely group to be a part of.”



# Baby Groups

Our Baby Groups offer the opportunity for your children to have fun and mix with others in a safe environment. There are lots of benefits including sensory experiences with new toys, building confidence and learning social skills. Our Baby Groups are also a great way to meet other parents.

## **Halifax North and East Baby Groups**

Covering the areas of Illingworth, Mixenden, Northowram, Shelf, Ovenden, and Warley

If you would like to know more please contact Sarah Walton – [sarah.walton@nhpltd.org.uk](mailto:sarah.walton@nhpltd.org.uk)

Booking not required – just turn up!  
First session free then £1.60 onwards.

## **Lower Valley Baby Groups**

Covering the areas of Brighouse, Elland, Greetland and Stainland, Hipperholme & Lightcliffe, Rastrick and Sowerby Bridge

If you would like to know more please contact Sarah Nursey – [sarah.nursey@nhpltd.org.uk](mailto:sarah.nursey@nhpltd.org.uk)

Get in touch to book – 01422 266197.  
First session free then £1.50 onwards.



A photograph of a man and two children sitting on the floor, playing with puppets. The man is on the left, wearing a plaid shirt, and is holding a large orange and black puppet. Two children, a girl and a boy, are on the right, holding smaller puppets. They are all smiling and looking at each other. The background shows a window and a white wall.

# Dads and Male Carers

We offer a range of services and support for dads and male carers. We are on a mission to help dads, grandads and other male carers connect with the children in their lives.

We encourage dads-to-be, dads and male carers to use all our services. We know that this is not always possible due to work and other commitments, so are flexible in how we deliver services and listen to what you want. Do you have any ideas on what would help you? Are there any activities you would like to do with the children in your lives? Let us know on our Catch the Comment Form. Visit our website or scan the QR code below.

## Activities and Events

We offer a variety of activities and event aimed at dads and male carers. Take a look at our What's On Guides to see what's coming up and view our News and Events page on our website.

## Dads R Us

Dads R Us is a group for dads/male carers in the North & East Halifax area, providing a fun and safe environment for dads/male carers to spend quality time with their children. Dads R Us hold a regular monthly meeting on the 1st Saturday of the month at different venues within North & East Halifax. The monthly meeting provides a safe place for dads and male carers to get together to enjoy a full cooked breakfast whilst the children benefit from the various activities and equipment available. Membership is only £5 per year. For further information, please contact [dadsruscalderdale@gmail.com](mailto:dadsruscalderdale@gmail.com) or call Allan Lawson 07561330887.

For more information on support for dads and male carers visit [surestartchildrenscentresnhp.org.uk/core-services/dads-and-male-carers](http://surestartchildrenscentresnhp.org.uk/core-services/dads-and-male-carers) or scan the QR code.



# FAMILY SUPPORT TELEPHONE ADVICE LINE

BOOK A TELEPHONE APPOINTMENT TO SPEAK TO ONE OF THE FAMILY SUPPORT TEAM FOR ADVICE AND SUPPORT ON ISSUES THAT ARE AFFECTING YOU AND YOUR FAMILY.

ADVICE AROUND  
SCHOOL  
ISSUES

BENEFIT  
AND  
DEBT ADVICE

PARENTING  
ADVICE

BEHAVIOUR  
SUPPORT



LOWER VALLEY  
TEL: 01484 386621

APPOINTMENTS  
MONDAYS AND FRIDAYS

NORTH AND EAST  
TEL: 01422 251090

APPOINTMENTS  
TUESDAYS AND WEDNESDAYS

# HEALTH NEWS

## Calderdale Start for Life – Family Journey

In the new year our next health message focusses on the Calderdale, Start for Life Family Journey and the support that is available from pre-pregnancy right through to your child going to school.

The Family Journey share information of the following topics:

- Useful maternity contacts
- Smoking during pregnancy
- The healthy start scheme
- Oral health
- Breastfeeding
- And much more

You can also find information including:

- How to register a birth
- Understanding child development
- Information on health, illnesses and wellbeing and information for expectant/new Dad's support
- You will also be able to find out information on Children's Centre Services, as well as other services across Calderdale.

Visit our website and social media to find out more about the Family Journey and how it can be beneficial for you and your family.



# HEALTH NEWS

## Get **FREE** help and support to **STOP SMOKING ...for good**

**NHS**

Yorkshire  
Smokefree service

North Halifax Partnership Children's Centre's are looking forward to working with Calderdale Smoke Free Service to highlight the many benefits of giving up smoking. Look out for our health promotional boards and get 2024 off to a healthy start.

VIDEO CALL



FACE TO FACE



ON THE PHONE



ONLINE



GROUP SESSION



Yorkshire Smokefree provides NHS advice and support – including medication – for anyone who wants to stop smoking. So when you're ready to quit, we're ready to help.

**0800 612 0011**

free from landlines

**0330 660 1166**

free from most mobiles



@YSmokefree



@yorkshire\_smokefree



Search 'Yorkshire Smokefree'

**[www.yorkshiresmokefree.nhs.uk](http://www.yorkshiresmokefree.nhs.uk)**

If you require a copy of this information in any other format or language please contact the Trust.



With **all of us** in mind.

# SAFETY NEWS

## SAFER SLEEP IN WINTER – HOW TO KEEP YOUR BABY SAFE WHEN THE WEATHER GETS COLD



We know that the colder months can be difficult for families. You may be worried about the costs of living and have to make difficult choices for you and your family. Or you may be worried about paying your heating bills. You may be concerned about trying to keep your home warm, keeping draughts out and keeping your baby warm. The recommended room temperature is 16-20 degrees, this may be difficult to maintain in the colder months. It can be tempting to wrap your baby up to keep them warm, however we know that overheating a baby increases the chances of SIDS (also known as cot death). Research shows babies are better to be cooler than too hot.

Things to consider for your baby and their sleep space during the colder months...

### Bedding for cots and Moses baskets

Sleep your baby in the **feet-to-foot position** with their feet at the bottom of the cot. Firmly tuck in sheets and blankets (no higher than the shoulders) to avoid the risk of your baby's head becoming covered by loose bedding.

If you use **sheets and/or blankets** we recommend using lightweight and not thick, fleecy or padded blankets or duvets. If you think your baby is cold, add an extra lightweight blanket or layer of clothing. If you are using a baby **sleeping bag**, don't add extra blankets on top, add an extra layer of clothing or choose a higher tog sleeping bag if you feel the sleeping bag is not enough. You can choose different togs for different seasons to help keep your baby at the right temperature. Baby sleeping bags should be well fitted, so the baby can't wriggle down inside. Most sleeping bags are fitted according to a baby's weight, rather than age. Always check the manufacturer's guidelines for the baby sleeping bag that you choose. Babies' heads are an important way for them to lose heat if they need to so remove hats when inside.

## Bedding and bedsharing

The safest place for a baby to sleep is in their own clear, flat, separate sleep space, such as a cot or Moses basket. However, we know that many parents find themselves bedsharing, whether they mean to or not, therefore it's important to follow this advice.

When bedsharing, keep all adult bedding or any other items that could obstruct your baby's breathing or cause them to overheat away from the baby. Don't be tempted to put your baby under adult bedding to keep them warm.

Remember that the warmth generated by an adult in the same bed as a baby may create a warmer environment, so adjust bedding and/or clothing for your baby accordingly.

Follow all our other safer sleep advice to reduce the risk of SIDS. Put babies on their BACK for every sleep. In a CLEAR FLAT SLEEP SPACE. Keep them SMOKE FREE day and night.

Babies should never be left alone in an adult bed. If there is not an adult in bed with them then put your baby in their own separate sleep space. To reduce the risk of accidents, do not bring other children into bed with you if you choose to bedshare with your baby.

Make sure your baby won't fall out of bed or get trapped between the mattress and the wall. Adult bedding should be kept well away from your baby along with any belts or cords from clothing, so keep adult bedding at your waist height and add an extra layer of clothing if you are cold.

## **We do not recommend:**

### **Cot Bumpers**

They can pose the risk of an accident to babies and toddlers.

### **Weighted Blankets**

Weighted swaddles, weighted blankets and weighted sleeping bags are not recommended for babies under 1 year due to risk of overheating and head covering.

### **Babies sleeping in hats, hoods or outdoor clothing**

Babies lose heat through their heads so remove hats or hoods when indoors or in a car so they don't get too hot. Babies shouldn't sleep indoors in any outdoor clothing.

### **Placing your baby's cot next to a radiator or having a heat source, like a portable heater, directly aimed at your baby**

Babies are unable to regulate their temperature so could potentially end up getting too hot and are unable to move out of the way of a heat source.

Wherever your baby's sleep space is, keep it clear, keep it simple, keep it safe.

The above information is taken from [The Lullaby Trust](#). Visit the website for more information on safer sleep.

# ACTIVITIES TO TRY AT HOME

## Reindeer Brownies

These Reindeer Brownies are made with an easy brownie batter recipe and decorated like reindeers - kid friendly and perfect for Christmas!

These reindeer brownies are so cute and delicious to eat! This easy Christmas dessert idea is so fun for kids and adults alike and a perfect way to get into the festive spirit. These brownies are dairy free, rich, fudgy and perfect for any party.

You will need:

- Chocolate Brownie
- Melted Chocolate
- Mini Candy Canes
- Silver sprinkles
- Red smarties/sweets
- Pretzel

Method:

Turn the chocolate brownie over onto a chopping board so that the flat side faces up and trim off the edges. Cut the brownies into 16 equal-sized rectangles. The brownies should be taller than they are wide to fit the decorations.

Gently insert the pretzels to make the antlers. If you are not serving the same day, wait until the day of serving to insert the pretzels so that they don't become stale or softened!

Gently insert the candy cane into the bottom of the brownie. Ensure that it is pressed in far enough that it won't fall out.

Spread the melted chocolate on one side of the brownie for the face. Make sure the brownie and melted chocolate have cooled before you start decorating! Add the silver sprinkles for the eyes and a red smartie for the nose.



# ACTIVITIES TO TRY AT HOME

## Slow-cooker turkey curry

### Ingredients

- 1 onion, chopped
- 4 garlic cloves, crushed or finely grated
- thumb-sized piece ginger, peeled and finely grated
- 1 red pepper, chopped
- 350g sweet potatoes peeled and roughly chopped (you can also use carrots, parsnips or other root veg)
- 700g turkey, cut into large pieces (or use the same amount of leftover roasted turkey)
- 400g can chickpeas, drained and rinsed
- 2 tbsp curry paste (we used balti)
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 400g can coconut milk
- small bunch of coriander, leaves picked and stalks reserved, both finely chopped
- 120g spinach (optional)
- cooked rice, to serve

### Method

#### • STEP 1

Tip the onion, garlic, ginger, red pepper, sweet potatoes, turkey and chickpeas into a slow cooker. Stir in the curry paste and tomato purée, ensuring everything is well-coated. Pour in the chopped tomatoes and coconut milk, and scatter in the chopped coriander stalks, 1 tsp salt and some ground black pepper. Mix everything to combine. Cook on high for 3 hrs 30 mins, or low for 8 hrs. If you want to add spinach, tip it in 15 mins before the end of the cooking time. Stir well after 5 mins, once it has started to wilt.

#### • STEP 2

Serve the turkey curry with rice, scattered with the chopped coriander leaves, if you like.

Share your photos with us!





# MEET THE TEAM

## Meet Beth, Senior Family Support Worker

“Hello! I am Beth Rimmington, a Senior Family Support Worker in Lower Valley and I have been working for North Halifax Partnership (NHP) for seven years. Seven years may not seem a lot to some of the veterans of NHP, but during this time I’ve gone from being an excitable 22-year-old not long out of university, to a much more understanding and well-rounded person and I truly have the team and the service to thank for that!

I feel really lucky to have a job in family support which is an area I am extremely passionate about. I worked front line with families for five years for NHP and have then moved into a senior post where I line manage Family Support and Parent Link Workers, however that doesn’t mean I still don’t get out and about supporting in the community covering parenting courses, supporting at events and occasionally taking on cases! I love the senior role as it is so varied; from building team plans and being part of the planning and development of services, to supporting staff to grow in their role and ensuring vulnerable families are fully supported. Throughout my time at NHP, I have seen the service change for the better, for staff as well as service users which I’m sure has helped improve outcomes for many families. Family support can be accessed by any parent with a child between 0-18 (25 for SEN) through a simple referral form and we would be happy to speak to anyone who may want any more information. Visit our website or scan the QR code for more information.”



[surestartchildrenscentresnhp.org.uk/core-services/family-support-service](https://surestartchildrenscentresnhp.org.uk/core-services/family-support-service)

# STAY CONNECTED

**For our latest updates, visit our websites and social media across our range of services**



We offer a range of different services to improve community health and wellbeing across North and East Halifax and the Lower Calder Valley.

 [northhalifaxpartnership.org](http://northhalifaxpartnership.org)

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

 [twitter.com/NhxPartnership](https://twitter.com/NhxPartnership)



We work with families and our partners to ensure that all children have the opportunity to achieve their full potential.

 [surestartchildrenscentresnhp.org.uk](http://surestartchildrenscentresnhp.org.uk)

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

You can also search for our individual Children's Centre pages.



We work with individuals and communities to help people feel less lonely and isolated. We link people together and help everyone live happier and healthier lives for longer.

 [stayingwellhub.com](http://stayingwellhub.com)

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

 [twitter.com/stayingwellcal](https://twitter.com/stayingwellcal)

# CONTACT US



A Sure Start Children's Centre

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A Sure Start Children's Centre

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Halifax, HX2 0QD  
Tel: 01422 434006



Boxhall Road  
Elland,  
Halifax  
HX5 0BB  
Tel: 01422 266197



A Sure Start Children's Centre

Occupation Lane,  
Illingworth,  
Halifax,  
HX2 9RL  
Tel: 01422 243633



A Sure Start Children's Centre

Cousin Lane,  
Ovenden,  
Halifax, HX2 8DQ  
Tel: 01422 248222



A Sure Start Children's Centre

Ovenden Road,  
Ovenden, Halifax,  
HX3 5RQ  
Tel: 01422 252209



A Sure Start Children's Centre

Lydgate, Northowram,  
HX3 7EJ  
Tel: 01422 434006



A Sure Start Children's Centre

Bradford Road  
Brighouse, HD6 4AF  
Tel: 01484 714768



A Sure Start Children's Centre

Field Lane Children's  
Centre services call 01484  
714768

## Catch the Comment

Between July and September we received a total of 162 catch the comments. This comment was received after attending the Rex Cinema Event held in August 2023:

**"We love the cinema events. The Rex is lovely and allows the children to have a little break in between".**

If you have attended one of our Centres, accessed one of our services or have an idea how we could make services more accessible, we would like to hear from you! All comments help us learn, improve and provide better services. All comments will be submitted into a quarterly prize draw to win a £10 Love2Shop voucher. We read every single Catch the Comment Form submitted and action any feedback received



Visit our website or scan the QR code to complete a Catch the Comment form.