

SURE START CHILDREN'S CENTRES - TRAFFORD

SERVICE DESCRIPTIONS

This guide is designed to give an overview of services delivered within Trafford Sure Start Children's Centres. For more details regarding dates, times, venues and availability please ring Flixton and Woodsend children's centre on 0161 912 3274.

SERVICE TITLE	SERVICE DESCRIPTION
Baby Clubs	<p>A chance for parents, families and children to meet new people share ideas and worries. Sessions involve activities such as visits from guest speakers, baby massage, sensory play, healthy eating, tummy time and "baby savers" (first aid).</p> <p>These sessions are suitable for babies 0 – Walking</p>
Baby Massage	<p>Baby Massage groups are a perfect way to spend time relaxing with your baby and meet other parents. The soothing techniques of massage offer many benefits including encouraging bonding, building confidence and relationships, developing the immune system, improving sleeping/feeding patterns, helping with conditions such as colic and constipation, and is enjoyable for both parent and baby. It also aids circulation and general growth and development.</p> <p>These sessions are suitable for baby's 6 weeks to 6 months of age</p>
Childcare Advisory Drop-In	Support and advice for local childminders.
Childminder Drop-In	Drop-in for childminders to meet each other and bring the children in their care to enjoy a range of activities, including outdoor play.
Children and Young People's Information Service (CYPIS) Drop-In	Free information and advice for parents/carers of children and young people (across the 0-19 age range) on a range of subjects including: - childcare and early education, help with childcare costs, family events and support services.
Cups are Cool	"Dump the dummy" at your local centre and receive a new cup! Also receive advice on how to help reduce use of dummies, feeder cups and bottles to help promote normal speech development and eating patterns and dental health.
Events Days	Other events include trips, fun days/open days, teddy bears picnics etc. to name but a few! They

	usually involve food, fun, entertainment and activities for families with children under five.
Family Support	<p>All families are different and so are the services we can offer within Family Support. This support can be offered for families on a 1-1 basis in their own homes or in the centre or at parent sessions or group activities.</p> <p>We can support families in a variety of ways, such as;</p> <ul style="list-style-type: none"> • Informing them about local services • Support and advice about health issues such as pregnancy, healthy eating, speech and language etc. • Help with sleep, behaviour etc. • Play activities – support in accessing play sessions • Group sessions such as dad's groups, Incredible Years, speech and language sessions • Budgeting • Access to support from Job Centre Plus <p>Parents/carers can complete a Request for Services Form and return it to their local centre or ask for advice from the centre. A professional already supporting a family may request services from children's centres by completing a CAF and including this service as part of the plan with the family.</p>
Food Fun	5-week course for children and their parents who have sensory or behavioural eating problems. Developed and run by Dietitians and Speech & Language Therapists.
Healthy Eating/Cook and Eat	Parents and carers can learn about cost effective ways to eat healthily and find recipes to use at home. The course helps people learn about safety in the kitchen whilst they prepare and cook a variety of meals such as rice and pasta dishes, soups and casseroles, home-made burgers and kebabs and fresh fish dishes.
Incredible Years	<p>Incredible Years Parenting Courses are designed to prevent and reduce challenging behaviour in children 2-8 years. The aim is to increase children's social skills and give parents strategies for dealing with their child's challenging behaviour.</p> <p>The sessions enable parents to develop their understanding of their child's behaviour and are also very beneficial in improving adult/child relationships and interaction.</p> <p>Subjects covered include play, praise, giving rewards, setting limits and carrying out "planned ignoring" and "time out."</p>

	Crèche places are usually offered for children aged less than 5 years.
Information Booth	An information booth is held at Urmston library on a weekly basis. Families are invited to pop in and meet with centre staff who will answer any queries, signpost them to services, offer a range of information and advice and support them in registering with the centre if they choose to do so.
Job Centre Plus Outreach / drop-in	Some centres provide opportunity to book an appointment to meet with a trained advisor from Job Centre Plus. Help and advice is available on: Returning to Work, Training, Application Forms, Lone Parent Advisor, Benefits, Tax Credits.
Midwives clinic (available in some centres – please call to check)	Mums-to-be can come along for their antenatal check with the midwife and have a chat or ask advice in a relaxed friendly environment. Appointments can be made by asking their community midwife or calling the local children's centre.
Parent Craft Classes	This is a 4 week programme of ante-natal classes on pregnancy, childbirth and parenthood. <i>Please contact your community midwife for details of these classes.</i>
Parent Forum	No one knows the local community better than those who live in it. Parents/carers are given the chance to share their views and become involved in the planning and development of children's centre services in the area? It is a relaxed and informal meeting for them to tell us what they feel is needed in the area and to tell us what they like or don't like about existing services. They can also tell us what else they feel would improve the lives of their own children and others.
Parents Group	This informal group provides opportunities for parents/carers to meet. They can take part in creative activities and practical sessions such as card making and making children's books or take the opportunity to chill and chat over a hot drink and toast whilst their children are being supervised. There is also opportunity to listen to guest speakers on various subjects and interests. Refreshments are available and a crèche is provided. * please note: some of these groups run during term-term only
Rhyme time	These are usually provided in local libraries and encourage children (and their parents!) to become involved in group singing and action rhymes. These activities are designed to help children develop speaking, listening and social skills.

	Some centres offer “Baby Rhyme Time” for children aged 0-2 years old
Signposting	<p>All our centres provide signposting services which aim to make it easier for people to choose and access the right service for them.</p> <p>We provide a range of information about local groups and services for families to gain extra support. These include:-</p> <ul style="list-style-type: none"> • Adult Learning • Community Partnerships • Butterflies (group for young parents) • Job Centre Plus • Housing • Children and Young People’s Information Service <p>... to name but a few.</p>
Sing And Sign	<p>Sing-and-sign is a fun and friendly group where we sing and sign children’s favourite nursery rhymes. This helps to develop the children’s attention and listening, understanding and talking skills.</p> <p>The group is suitable for children aged 0-3 years and their parents/carers.</p>
SLT Walk In Assessments	<p>These groups provide a professional assessment of children’s speech, language and communication development. Children are assessed by a qualified Speech and Language Therapist. The assessment may take approx. 30 minutes. Parents/carers will be asked about their concerns and discuss any relevant background information. Following the assessment the therapist will make recommendations about what needs to happen next to support the child.</p> <p>Families may have to wait if the session is busy but the child’s play room is available for them to be able to stay and play and use the Children Centre facilities. In exceptionally busy sessions, families may be asked to come back another time.</p> <p>These sessions are generally held once a month. Families do not need an appointment and are usually referred by the children’s centre team or the family healthy visitor.</p>
Stay and play (including Baby Stay and	These fun activity sessions enable parents/carers and children (under 5 years) to join in planned, stimulating activities to promote children’s learning and development.

<p>Play)</p>	<p>Activities are planned using the Early Years Foundation Stage (EYFS) guidance and often include: - arts/crafts, outdoor play, sand/water, play dough, stories/rhymes, singing and so on.....</p> <p>These sessions also provide opportunity for parents/carers to meet other families in their local area.</p> <p>Healthy snacks and drinks are provided. The cost of attending one of these sessions is £1.00 per family.</p> <p>Staff are on hand to offer advice and support on child development, children's behaviour etc. and are able to signpost to many other services.</p> <p>Some centres offer sessions aimed at specific age groups e.g. babies, toddlers.</p>
<p>Story And Rhyme Time</p>	<p>Story and Rhyme time sessions help to develop children's language, listening skills, concentration, social skills and self-confidence. They involve a story, familiar rhymes and fun activities relating to the story. We use props (such as puppets, song cards and visual aids) to help children to focus and become involved.</p> <p>It is important that parents/carers join in and show children how to look, listen and join in themselves by being good role models – children learn how to behave by watching adults around them. This session is suitable for very young babies.</p> <p>The session works alongside Trafford's Bookstart Scheme and offers the children stickers and certificates as incentives to become regular users of the library. Parents can also collect Bookstart tokens to receive free books!</p>
<p>Talking Together</p>	<p>'Talking Together' is a home based, parent-led intervention for children between the ages of 15 and 30 months identified as being at risk of language delay but who seem to be developing well in other areas. This programme is delivered by trained Support Workers.</p> <p>Research has shown that a toddler needs to be able to listen properly as well as hear, before he / she can learn to talk. We know that some simple activities between parents and toddlers help talking and listening skills to develop.</p> <p>Parents/carers have the opportunity to receive 4 visits from a Children's Centre Worker at home, at a</p>

	<p>time when it is convenient to them.</p> <ul style="list-style-type: none"> • The visits are held a few weeks apart and last around half an hour. • A bag of toys is left at the first visit, together with suggestions of some activities for the parent/carer and their child to enjoy. • They are encouraged to enjoy the activities for a few minutes each day or whenever they can.
TEDS drop-in	Trafford Early Development Service provide a drop in for children and parent's referred to their service at several children's centres in the Trafford area. TEDS provide a therapeutic service for pre-school children who have been identified as having specific developmental needs. A child must be referred to the service by a Paediatrician.
Toddler Gym (includes Gym Stay and Play)	<p>This is a chance for parents/carers and children to use fun apparatus and enjoy music to dance to whilst joining in with a range of fun activities including warm up with songs and rhymes, toddler parade and 'wind down'.</p> <p>The Toddler Gym is set out with a wide variety of physically challenging, small gym equipment to help children run, jump, stretch, throw and catch whilst having fun.</p>
Other services on offer include....	
Community learning courses	Often run within the centre including: - Photography, arts and crafts, healthy eating, storybooks etc.
Information packs	These are given out widely to parents/carers and agencies and include: - What's on guides Registration forms Information about Sure Start Children's Centres CYPIS leaflets Nappy information Cups information Information for Dads Speech information Parenting books
Links with ante-natal groups and health visitors	Children's centre staff provide a short talk/presentation at parent craft class about our services. They provide a variety of information about Sure Start Children's Centre services for 'soon to be' parents to take away.
Links with local schools	Staff attend parents evenings/Transition into School events etc. and provide a Sure Start Children's

	Centre stall, giving out information about who we are and what we provide to the community.
Promotional events	As above but in shopping centres, clinics, parks – anywhere we are invited!

For more information about any services please contact your local children’s centre.

You need to book in advance to attend some activities – please contact the centre directly.

Activities are available to children under 5 and their families (unless otherwise stated).

Many activities are available during school holiday periods, with older children welcome to attend – please ring the centre to check before you go along.

Crèche places are usually available at all sessions where parents/carers are invited to attend and time away from their children is appropriate. These crèches are provided on site by a dedicated mobile crèche team. Crèche places must be booked in advance.