

PARENTING AND FAMILY SUPPORT/ SUPPORT FOR PARENTS

From time to time some families may need a little extra support

Family Support/ Outreach workers

Experienced and qualified staff to support and work through a wide range of sensitive and emotional issues:

Help families keep themselves and others safe, parenting information, fun and interesting play ideas to support children's development, help to attend local groups and services within the wider community and access other agencies for support with housing advice, welfare rights etc.

Parenting Programmes

10 week course available – contact the centre for further details.

The Family Tree
Children's Centre
Tunstill Square
Brierfield
BB9 5GZ

01282 648001



The Family Tree
Children's Centre
Railway Street
Nelson
BB9 9AG

01282 606593

EARLY EDUCATION AND CHILDCARE

Free childcare for **some** two-year-old children. To check if you are eligible go to www.lancashire.gov.uk/childcare or call Family Information Service on 0800 195 0137

All 3 and 4 year olds are entitled to 15 hours Free Early Years Education funding provided by the Government. Please contact the centre for a list of child care providers.

Offsprings Nursery

Providing quality childcare for children aged 0-5 years

Three Rivers Childminding Network

We have a number of childminders on the network who offer childcare places. Contact the centre for more information.

TINY GALAXIES – SENSORY ROOM

Our Tiny Galaxies sensory room is ideal for children to enjoy with their parents/ carers. There is a charge of £1 per family and each session can last up to an hour. To book your session contact us 01282 648001 or call in.

CHILD AND FAMILY HEALTH SERVICES

Antenatal Clinic

Mon 1.00-3.30pm and Tues 9.00-4.30pm

Bump Birth & Beyond

For expectant Mums and Dads and anyone who is supporting someone who is expecting. Different topics covered during a 6 weeks course. Contact the centre for further details

Child Health Clinic – Drop In

Health Visitor in attendance - Friday 10:00 – 11:30am

Women's Health Clinic, Tel 01282 644268 for appointments

Mon 09:15 – 11:15 (Nurse in attendance)
Wed 09:30 – 11:15 (Doctor in attendance)

Services: the pill, injections, coil fitting, implant, condoms and a smear clinic

Dental Health

Dental Access Scheme – Tel: 0845 53 33 230
Appointments with NHS Dentist

Free Toothbrush & Fluoride Toothpaste Scheme

For children up to 6 years old.
Can be collected from reception.

Speech and Language drop in service

3rd Thursday of the month – 9:30 – 11:00am

Breastfeeding

National Breastfeeding Helpline 0300 100 0212. Breastfeeding Support is also available from trained staff at The Family Tree Centre

Baby Massage

With a trained member of staff within a baby group
Thursday 9:30 – 10:30 (Nelson)
Friday 09:30 – 10:30am (Brierfield)

Access to specialist support and groups

(e.g. Speech and Language support, routines, sleep, toileting, concentration skills, safety messages, behaviour management, healthy eating)

Vitamin D Supplementation Scheme

Free Healthy Start vitamins

For all pregnant women, breastfeeding women, postnatal women up to 1 year and children up to 5 years old.
Can be collected from reception – please bring your signed card

Weaning

Drop in sessions – first Friday of each month
11:30am till 12:30pm, Advice, support and tasters

GROUPS AND LEARNING

Develop skills, meet other parents, have fun and make new friends

Activities for parents and children together

Jelly Babies, Jelly Tots, and Jelly Beans – see timetable for days and times.

Adult Learning Opportunities/ Adult Education Classes.

See timetable for more details Contact the centre for further information.

Training, Employment and Volunteering information & advice available at the centre