



Ardwick Children's Centre

What's on guide 2024



Information Hub

There is a range of information available within the centre for families who are pregnant or have young children. Please call in and have a look at what is available. If you cannot see what you need, please just ask at reception.

Enjoy your children's centre!

Children's centre staff, volunteers and partner organisations work together with families, pregnant people, mums, dads and carers to support:

- The development of babies and children
- Good family health and wellbeing
- Great parents and active community members
- Children to have the skills they need for school
- Access to learning, training and employment opportunities.

Sensory Room

Monday - Friday: 9am-4pm

Parents and carers can relax with their children in a calm, tranquil, multi-sensory experience.

Manchester Bump to Baby Programme

A 4 week course for parents to be who are 24+ weeks pregnant. For further information, please contact the centre to speak to an Early Years Outreach Worker.

Longsight Library Story Time

Thursday, 2pm-2:45pm (term time only)

Contact Us

For more information please call in or contact:

Ardwick Children's Centre

Lower Ground Floor,
Medlock Primary School,
Wadson Road, Ardwick,
Manchester
M13 9UJ

Telephone: 0161 871 2619

Would you like this leaflet emailed to you?
If so, please email us at
ardwickcc@biglifefamilies.com
and we will add you to
our mailing list.

What's on at Ardwick Children's Centre

Monday

★ Movers and groovers

10am-11:30am (for children aged 1-5)

Physical activity session for you and your child.

★ Stay, Play and Learn: baby group

1pm-2:30pm (term time only, for children under 1)

Play and Learn with your child and get ready for school. We offer Wellcomm Screening to children who attend. Speak to an Outreach Worker for more information.

Psychological Wellbeing Service

(Appointment only)

To access the service, please contact your GP.

9 Month and 2 Year Health Checks

9am-1pm (By appointment with your health visitor)

Your child's health assessment with the Health Visiting Team.

Tuesday

Neonatal

9am-12:30pm (by appointment only)

Check-up's, advice, support and information,

Infant Feeding

1pm-3pm

Talk to other parents and members of our team to gain the knowledge and support you need. Contact the Health Visiting Team on **0161 248 1261**.

Wednesday

★ Stay, Play and Learn

1pm-2:30pm (term time only, children aged 0 to 5)

Play and learn with your child and get ready for school. We offer WellComm screening, speak to an outreach worker for more information

Talk English

9:30am-12:30pm

Practice English and make new friends.

Thursday

9 Month and 2 Year Health Checks

9am-1pm (By appointment with your health visitor)

Your child's health assessment with the Health Visiting Team.

★ Rhyme Time drop-in

10:30am-11:30am (for children under 5)

Come and enjoy songs and rhymes with your child. Rhymes are fun and children love to hear them!

Healthy Child Clinic

1:30pm-3:30pm (by appointment only)

Receive the support and information you need, talk with the health team and weigh your baby. For appointments, please contact the health visiting team on **0161 248 1261**.

Friday

Talk time (outreach drop-in session)

10am-12pm

Information and signposting for Ardwick families.

Daily

Big Chance

Volunteering and Employment opportunities. Please email bigchance@thebiglifegroup.com

Be Well (invite only, telephone support)

Be Well is here to help you find a way to live and feel well with whatever twists and turns life brings. We can even help you get on top of work, housing, family and money worries. Call **0161 470 7120**

Key

★ Services with a star are term time only. You can pick up a school holiday planner from reception, or we can email it to you.

Promoting Positive Relationships

What is Promoting Positive Relationships about?

Sometimes we will have arguments or disagree in our relationships, and sometimes conflict can increase to a level that's not healthy for a family life. Not all arguing and conflict is damaging, but when children see adults, parents, carers and loved ones argue often or ignore each other frequently, it can have a negative impact.

Do I need support?

Sometimes we might not feel like we need support, or that things will just sort themselves out in time. Sometimes, just talking things through with a trusted person, friend or family may help, but sometimes we do need that bit of extra support, and there is nothing wrong with asking for help.

Where can I get help to promote positive relationships?

Outreach and Navigators at your local Sure Start Centre will be able to support with tools and ideas to use at home to promote Positive Relationships.

