



# Mount Road Children's Centre

## What's on guide 2024



### 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**

Our sensory room is designed to help children and babies engage with their senses and reap the benefits of sensory stimulation through lights and sound in a safe and relaxed environment. It offers an opportunity for both parents and baby to have a relaxing, calm bonding time together. Please call **0161 470 9285** to book a time slot.

### 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.

### 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.

**Contact Us**

For more information please call in or contact:

**Gorton Children's Centre**  
 Mount Road Site  
 18 Mount Road, Gorton, M18 7BG  
 Telephone: 0161 470 9285

Would you like this leaflet emailed to you?  
 If so, please email us at [mountroadcc@biglifefamilies.com](mailto:mountroadcc@biglifefamilies.com)  
 and we will add you to our mailing list.

# What's on at Mount Road Children's Centre

## Monday

### SALT- Early Communication

9:30am onwards (invite only)

The Sure Start Speech and Language team give information and advice about any aspect of young children's communication development from birth to 5 years. They also run groups, activities, parent workshops and drop-in sessions at Stay and Plays.

### Outreach Drop-In Session

9:30am-11:30am

Support with nursery/school places, finding courses, getting back to work and information on local services.

### MAES Talk English

9:30am-11:30am

Practice English and make new friends.

## Tuesday

### Baby Massage

1pm-3pm (6-week session)

For further information, please contact the Health Visiting Team on **0161 248 1261**.

### ★ Stay, Play and Learn (term time only)

1pm-2:30pm (for children aged 2 years+)

Play and learning sessions for under-5's to attend with their parents. To ensure that every child and adult has an enjoyable, safe and comfortable visit, there is a limit to the amount of people for our stay and play sessions. As soon as we reach the maximum numbers for the Centre the full sign will be displayed on the front door/gate. Please call the Centre if you want to check availability. However, places cannot be reserved.

## Wednesday

### Incredible Years parent programme

9am-12pm

14-week sessions for mums, dads, and carers of children aged 2 to 4, who want to learn positive parenting strategies. Talk to a member of our team or contact CAPs on 0161 701 6859.

### ★ Early Words Together (term time only)

10am-11am (for children aged 2 to 3)

5 week programme for families of two to three children year old children. It is designed to build parental confidence, support a positive home learning environment (both indoors and outdoors), and develop a supportive relationship between your setting and families. For further information, please contact the centre to speak to an Outreach Worker on **0161 470 9285**.

### Psychological Wellbeing Service

(Appointment only)

To use the service, talk to your GP or call the centre.

## Thursday

### Funday Thursday

1pm-2:30pm (drop-in, for children aged 0-5)

A fun, physical activity session to encourage learning through play. The session offers lots of fun activities from basketball, football, water play, musical instruments along with story time for the little ones.

### Circle of Security

10am-12pm

Circle of Security Parenting aims to promote attachment security between parents and babies and/or children. It helps you to build on your relationship with your baby or child, through learning what they may need and how you can respond to this. It can support a reduction in parental stress levels and increase self-confidence. Referral only, contact CAPs on **0161 203 3261**

### ★ Wrigglers, Rollers and Crawlers

1pm-2:30pm (term time only)

Wrigglers, rollers and crawlers are all welcome at our Baby Session, especially for littlies who are starting to explore the world around them.

## Friday

### Smokefree Pregnancy Service

9am-4pm

Offering one on one specialist behavioural support to help you quit smoking. Referral by Midwife or Self-Refer on the following number **07971115482**.

### 9 Month and 2 Year Health Checks

9am-4pm (By appointment with your health visitor)

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

## Daily

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. Contact **0161 470 7120**

### Big Chance

Volunteering and Employment opportunities. Please email [bigchance@thelbiglifegroup.com](mailto:bigchance@thelbiglifegroup.com)

## 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.

