



Longsight Family Hub

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.

Longsight Library Story Time

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

Soft Play Area

Monday - Thursday: 9am-3pm

Friday: 9am- 12 noon

We have a lovely soft play area for local families to use. Please contact reception on **0161 248 1500**.

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.

Internet Access

The reception area internet facility is free of charge for Longsight families to access information. If you would like to use a computer, please ask at reception.

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.
- ☀ Services with a sun have a creche. Your children can play and learn in a safe place while you access this service. Creche places are limited so please book your place.

Contact Us

For more information please call in or contact:

Longsight Family Hub

1A Farrer Road
Longsight
Manchester
M13 0QX

Telephone: 0161 248 1500
Email: longsightcc@biglifefamilies.com

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

What's on at Longsight Family Hub

Monday

★ Stay, Play and Learn

10am-11:30am (term time only, for children aged 2-5)

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.

☀ Incredible Years Parents Programme

1pm-3pm

14 week sessions for mums, dads and carers of children aged two to four, who want to learn positive parenting strategies. Talk to a member of our team or contact CAP's on **0161 701 6859**.

★ Talk English Course

10am-12pm

Practice English and make new friends.

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.

Psychological Wellbeing Service

(Appointment only)

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

Tuesday

Midwives (by appointment)

9am-4pm

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

★ Stay, Play and Learn: little learners

1pm-2:30pm (for children under one)

Meet other parents while your babies make their first friends.

★ Longsight Welcome Group

1pm-3pm

Are you new to Longsight area? Do you have young children or are you expecting a baby? Come along, enjoy activities meet others and find out what's on in your area.

Talk time (outreach drop-in session)

1pm-3pm (drop in)

Information and signposting for Longsight families.

Wednesday

Healthy Child Clinic

1:30pm-3pm

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

★ Explore and Learn

9:30am-11:30am (for children aged 1 to 2)

This session is for parents and carers to give time for younger toddlers. Children will get used to doing things by themselves, preparing them for stay and play sessions.

★ Rhyme time drop-in

1pm-2pm for children under 5

Come and enjoy songs and rhymes with your child,

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.

Thursday

★ Stay, Play and Learn

10am-12pm (for children aged 0-5) at Northmoor Community Centre

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.

Birth Registrations (by appointment)

9:25am-2:55pm

Register the birth of your baby at the children's centre. Pick up your free baby book start bag and access information. Call the centre to book.

★ ESOL for parents

9:30am-11:30am and 1pm-3pm

Improve your English skills.

Shapla Group (Women's only)

10am-1pm

Get help and advice on wellbeing issues. Call the centre and ask to speak to Saki Chowdhury.

Friday

Midwives (by appointment)

9am-1pm

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

Daily

Big Chance

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

