



# What's on Guide

## Summer 2021



@SheffieldFamilyCentres



@SheffFamilyCtrs



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Sheffield Family Centres

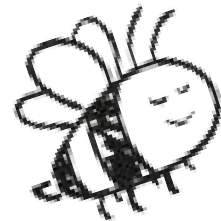


0114 273 5665



sheffieldfamilycentres@sheffield.gov.uk





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# Who we are



Sheffield's Family Centres and Early Years Services are committed to enabling and supporting expectant parents, babies, children and their families to have a great start in life by providing services as early as possible.

We aim to guide you through the challenges that family life can bring by offering various activities within our Family Centres tailored to support your needs. This booklet will provide information about some of these activities and services. If you would like any further information, please do not hesitate to contact us using the details in this guide.

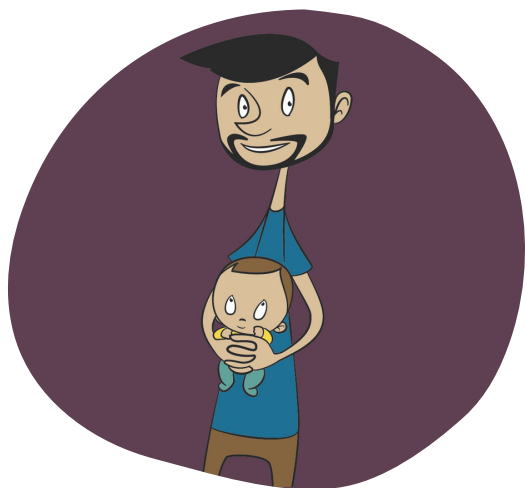
We work closely with Midwifery and Health Visiting teams to host a number of different services to support families within the local area.

Midwifery and Health Visitor clinics are offered within Family Centres and community buildings. Please contact us for more details or speak to your Health care professional.

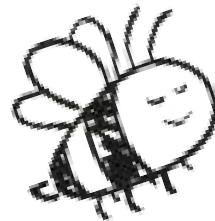
## Sheffield's Partnership Approach

In Sheffield we work with a wide range of local partners including health visitors, midwives, schools and childcare providers, parenting specialists and other community services. Monthly meetings take place to address the needs of families and a support plan is agreed. Support could include signposting to local groups/services or one to one support to families from our experienced early years teams.

If you feel your family could benefit from further support, please contact us to discuss how we may be able to help you or speak to your health care professional.



# Our Groups



## Face to face

There are a range of free regular activities held in our Family Centres and community venues across Sheffield. These activities are a great way to meet other parents and families and enjoy spending time with your child. **To book, please contact your local family centre.**

### Baby Group (0-6 months)

A fun and relaxing face to face group, for parent/carer and their non-mobile baby (not yet crawling). It is also a great chance for you to meet other families to share experiences and socialise together.

### Baby Massage (a short course)

Massage helps to support the development of a strong attachment, reduce crying and emotional stress, helps babies to relax, develops body awareness and coordination, supports relief from wind, colic, constipation and teething discomfort. Parents can learn the massage techniques in order to practice massage at home.

Please note: The start date is the first session and then these will be weekly on the same day and time for the length of the course unless stated or advised by the group leader.

## Breastfeeding Group & Multiples Breastfeeding Group

A face-to-face group for you to get advice, information and support from our trained Infant Feeding Support Workers who can help you on your breastfeeding journey. It is also a great chance for you to meet other breastfeeding mums to share experiences and socialise together.

A Multiples Breastfeeding Support Group for families who have twins or triplets is also available.

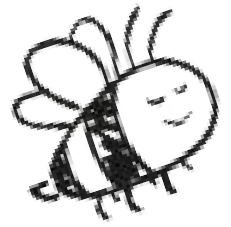
### Breastfeeding Support Walk

A face-to-face, slow-paced walk for you to get advice, information and support from our trained Infant Feeding Support Workers who can help you on your breastfeeding journey. It is also a great chance for you to meet other breastfeeding mums to share experiences and socialise together.



# Our Groups

## Face to face



### Playdough Party

Support your child's early language, communication and fine/gross motor skills.

An outdoor, parent and toddler session having fun with playdough, songs and rhymes. An opportunity to expand your knowledge on the ways to build your child's fine and gross motor skills and how they are linked to everyday life. Aimed at toddlers aged 2-3 years.

### Outdoor Toddler Group

Support your child's early language, communication, and physical development.

A parent and toddler session having fun and getting dirty outdoors. An opportunity to expand your knowledge on the ways to develop your child's learning, linked to everyday life. Aimed at toddlers aged 18 months-3 years.

We advise you dress you and your child, appropriately, for all weathers and getting dirty whilst having fun!

### Toddler Trails

Support your child's early language, communication, and physical development.

A parent and toddler trail providing an opportunity to explore and find exciting things in a local natural environment. Aimed at mobile toddlers up to 3 years.

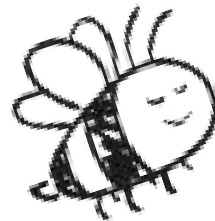
We advise you dress you and your child, appropriately, for all weathers and getting dirty whilst having fun!

### Buggy Push

A face-to-face, slow-paced walk for you to get advice, information and support from our trained Infant Feeding Support Workers who can help you on your breastfeeding journey. It is also a great chance for you to meet other breastfeeding mums to share experiences and socialise together.



# Our Groups Online



Our online groups are bookable via our Eventbrite page:  
<http://sheffield-family-centres.eventbrite.com>

All our online groups are delivered via Microsoft Teams.

## New You, New Me Baby Group (0-3months)

A group for parents and carers with new babies (up to 3 months) to have a chat, meet others and get support in a friendly, informal session. Because babies don't come with a manual.

## Baby Group (4 months+)

A fun and relaxing virtual group for you and your baby. A great way to meet other new parent/carers online and share tips and ideas! For babies up to pre-walking

## Breastfeeding Group

A friendly and informal online group for you to get advice, information and support from one of our trained Infant Feeding Support Workers who can help you on your breastfeeding journey. It is also a great chance for you to meet other breastfeeding mums to share experiences and socialise together

## Playdough Party

Support your child's early language, communication and fine/gross motor skills.

A virtual parent and toddler session having fun with playdough, songs and rhymes. An opportunity to expand your knowledge on the ways to build your child's fine and gross motor skills and how they are linked to everyday life. Aimed at toddlers aged 2-3 years. You will need playdough for you and your child to use in the session. A simple recipe to make your own will be emailed to you when you book your place

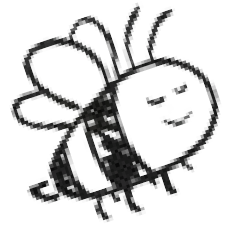


## Baby Massage (a short course)

Massage helps to support the development of a strong attachment, reduce crying and emotional stress, helps babies to relax, develops body awareness and coordination, supports relief from wind, colic, constipation and teething discomfort. Parents can learn the massage techniques in order to practice massage at home.

Please note: The start date is the first session and then these will be weekly on the same day and time for the length of the course unless stated or advised by the group leader.

# Our Groups Online



## Dads Group

The aim of this session is to create some form of a support group / bubble for any Dads in the Sheffield area, whether you're an expectant dad or you've been a Dad for a few years this groups for you. Initially, the groups will be very informal, weekly catch-ups, chats, talking about any concerns you may have, not just about your child, but also yourself, whether that be work related, family related, just a safe space for you to offload and share ideas moving forwards.

From there, we want to put themed sessions on, whether that be baby massage, infant feeding or easy DIY home play sessions everyone can take part in and create a small support group of like-minded dads in the Sheffield area.

## Bookstart Corner

An informal and relaxing session for parents and carers of children aged 1- 2.5 years old to find out more about the Bookstart Corner programme and how the FREE Bookstart Corner resources can be used as part of play and routines at home to support your child's learning and development

Everyone that signs up will receive a Free pack full of wonderful resources including:

- Go, go Pirate Boat book
- Colours with a Ladybird book
- Finger Puppets
- Song sheets
- Drawing pad
- Colouring crayons and much more!

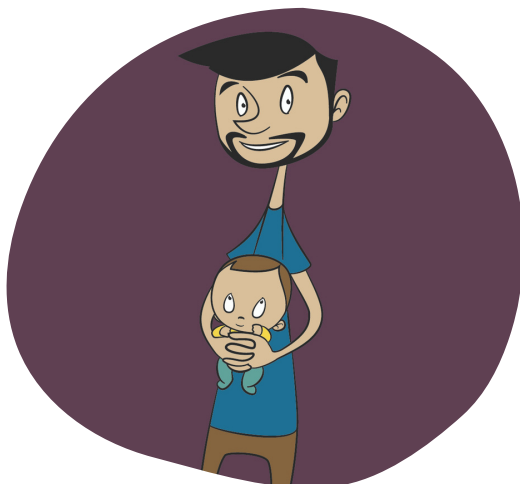
Packs will be delivered to your home and our staff will follow social distancing guidelines at all times during the delivery

## Time to Talk - Coffee Morning sessions

A weekly session on a number of different topics. Grab a cuppa and join these informal sessions where other parents will share ideas and our team will provide top tips and advice.

Topics include:

- Toilet training
- Let's play and learn together
- Dump the dummy
- Let's get talking





# Additional Support



## Infant Feeding Support

We have a dedicated Infant Feeding Support team who work closely with Midwives and Health Visitors to provide information and support during the antenatal and postnatal period. Our team are here to support with all aspects of feeding, caring and bonding with your baby. **Should you require any support contact us on 0114 2735665** and someone will get back to you. You can also **email Sheffieldfamilycentres@sheffield.gov.uk**

## Midwifery & Health Visiting

We work closely with Midwifery and Health Visiting teams to host a number of different services to support families within the local area. Midwifery and Health Visitor clinics are offered within Family Centres and community buildings. **Please contact us for more details or speak to your Health care professional.**

## Healthy Start Vitamins

Our Family Centres stock women and children's Healthy Start Vitamins. These are FREE to eligible families OR low cost to buy.

Find out if you are eligible for free vitamins: <https://www.healthystart.nhs.uk/>

**Speak to your Midwife, Health Visitor or contact us for more information.**

## Funded Early Learning (FEL)

### 2 year olds

To find out if you can claim 15 free hours childcare for your 2 year old, visit [www.sheffield.gov.uk/freeearlylearning](http://www.sheffield.gov.uk/freeearlylearning) or contact for support around FEL.

### 3 & 4 year olds

All 3 & 4 year olds are eligible for 15 free child care hours some may be also eligible for an additional 15 hours. Contact your choice of nursery or childminder to discuss this.

## Preparation for Birth and Beyond

The 'Preparation for Birth and Beyond' course gives pregnant mums, partners and carers the chance to get the most up to date information on birth, feeding and caring for their babies from fully qualified and experienced staff.

The course is currently being delivered online. To see what sessions are available or to book please visit

**<http://Sheffield-PBB.eventbrite.com>**





# Contact us



**Our Family Centres are open Monday - Friday 8.30am to 4.30pm**

**Early Days Family Centre** – 71 Palgrave Road S5 8GS (linked sites: Angram Bank Centre)  
0114 273 4916

**First Start Family Centre** – 441 Firth Park Road S5 6HH (linked sites: The Meadow, Burngreave Centre and Brightside Centre)  
0114 2039307

**Darnall Family Centre** - 563 Staniforth Road, S9 4RA (linked sites: Wybourn Centre)  
0114 2735008

**Shortbrook Family Centre** – First Floor Shortbrook Primary School Site, Westfield Northway, S20 8FB (satnav postcode S20 8ND)  
0114 2053635

**Sharrow Family Centre** – Second Floor, Highfield Library, London Road, S2 4NF  
0114 2053471

**Valley Park Family Centre** - 100 Norton Avenue, S14 1SL  
0114 2416968

**Primrose Family Centre** – Creswick Street, S6 2TN (Linked site Stocksbridge Centre)  
0114 2052723



# What's on in the Early Days Family Centre Area



## Monday

Baby Group (0-6 months)  
12:30pm - 1:30pm  
Early Days Family Centre

Baby Group (0-6 months)  
2pm - 3pm  
Early Days Family Centre

## Tuesday

Breastfeeding Group  
9:30am - 10:30am  
Early Days Family Centre

Breastfeeding Group  
11am - 12pm  
Early Days Family Centre

Baby Massage  
1pm - 2pm  
Early Days Family Centre

## Wednesday

Toddler Group (Outdoor)  
9:30am - 10:30am  
Early Days Family Centre

Playdough Party (Outdoor)  
1pm - 2pm  
Early Days Family Centre

## Thursday

Baby Massage  
9:30am - 10:30  
Angram Bank Centre

Baby Massage  
11am - 12pm  
Angram Bank Centre

## Friday

Baby Group (0-6 months)  
9:30am - 10:30am  
Early Days Family Centre



**Due to current restrictions places are limited and must be booked. Please ring Early Days Family Centre on 0114 273 4916 to book your place.**

Please note that all groups are subject to change and start dates may vary.  
Contact the centre to confirm

# What's on in the First Start Family Centre Area



## Monday

Baby Group (0-6 months)  
9:30am - 10:30am  
The Meadow Children's Centre

Baby Group (0-6 months)  
11am - 12pm  
The Meadow Children's Centre

Baby Massage  
1pm - 2pm  
First Start Family Centre

Baby Group (0-6 months)  
1pm - 2pm  
The Meadow Children's Centre

Playdough Party (Outdoor)  
1:30pm - 2pm  
Burngreave Family Centre

Playdough Party (Outdoor)  
2:30pm - 3pm  
Burngreave Family Centre

Baby Group (0-6 months)  
2:30pm - 3:30pm  
The Meadow Children's Centre

## Tuesday

Baby Group (0-6 months)  
9:30am - 10:30am  
First Start Family Centre

Baby Group (0-6 months)  
11am - 12pm  
First Start Family Centre

Baby Group (0-6 months)  
1pm - 2pm  
First Start Family Centre

Baby Massage  
2pm - 3pm  
The Meadow Children's Centre

Baby Group (0-6 months)  
2:30pm - 3:30pm  
First Start Family Centre

## Wednesday

Baby Massage  
10am - 11am  
The Meadow Children's Centre

Baby Massage  
1pm - 2pm  
The Meadow Children's Centre

Playdough Party (Outdoor)  
1:30pm - 2pm  
Burngreave Family Centre

Playdough Party (Outdoor)  
2:30pm - 3pm  
Burngreave Family Centre

## Thursday

Breastfeeding group  
9:30am - 10:30am  
The Meadow Children's Centre

Baby Group (0-6 months)  
9:30am - 10:30am  
Burngreave Family Centre

Breastfeeding group  
11am - 12pm  
The Meadow Children's Centre

Baby Group (0-6 months)  
11am - 12pm  
Burngreave Family Centre

Baby Massage  
1pm - 2pm  
The Meadow Children's Centre

Toddler Session (Outdoor)  
1:30pm - 2pm  
Burngreave Family Centre

Toddler Session (Outdoor)  
2:30pm - 3pm  
Burngreave Family Centre

## Friday

Breastfeeding group  
9:30am - 10:30am  
First Start Family Centre

Breastfeeding group  
11am - 12pm  
First Start Family Centre



**Due to current restrictions places are limited and must be booked. Please ring First Start Family Centre on 0114 2039307 to book your place.**

Please note that all groups are subject to change and start dates may vary.

Contact the centre to confirm

# What's on in the Darnall Family Centre Area



## Monday

Please contact  
Darnall Family  
Centre to find out  
what is running

## Tuesday

Breastfeeding  
group  
9:30am - 10:30am  
Darnall Family  
Centre

Baby Group (0-6  
months)  
9:30am - 10:30am  
Wybourn  
Children's Centre

Toddler Session  
(Outdoor)  
10am - 11:30am  
High Hazels Park

Breastfeeding  
group  
11am - 12pm  
Darnall Family  
Centre

Baby Group (0-6  
months)  
11am - 12pm  
Wybourn  
Children's Centre

Baby Massage  
1pm - 2pm  
Darnall Family  
Centre

Baby Group (0-6  
months)  
1pm - 2pm  
Wybourn  
Children's Centre

## Wednesday

Baby Group (0-6  
months)  
11am - 12pm  
Darnall Family  
Centre

Buggy Push  
1pm - 2pm  
Manor Fields Park

Baby Group (0-6  
months)  
1pm - 2pm  
Darnall Family  
Centre

Baby Group (0-6  
months)  
2:30pm - 3:30pm  
Darnall Family  
Centre

## Thursday

Breastfeeding  
group  
9:30am - 10:30am  
Wybourn  
Children's Centre

Breastfeeding  
group  
11am - 12pm  
Wybourn  
Children's Centre

Baby Massage  
1pm - 2pm  
Wybourn  
Children's Centre

Buggy Push  
11am - 12pm  
Norfolk Park

## Friday

Please contact  
Darnall Family  
Centre to find out  
what is running



**Due to current restrictions places are limited and must be booked. Please ring Darnall Family Centre on 0114 2735008 to book your place.**

Please note that all groups are subject to change and start dates may vary.  
Contact the centre to confirm

# What's on in the Shortbrook Family Centre Area



## Monday

Baby Group (0-6 months)  
1pm - 2pm  
Shortbrook Family Centre

Baby Group (0-6 months)  
2:30pm - 3:30pm  
Shortbrook Family Centre

## Tuesday

Baby Massage  
10am - 11am  
Shortbrook Family Centre

Baby Massage  
10am - 11am  
Stradbroke Community Centre

Breastfeeding group  
12pm - 1pm  
Shortbrook Family Centre

Multiples Breastfeeding group  
1pm - 2pm  
Stradbroke Community Centre

Breastfeeding group  
1:30pm - 2:30pm  
Shortbrook Family Centre

## Wednesday

Buggy Push  
10am - 11am  
Shirebrook Nature Reserve

Baby Group (0-6 months)  
1pm - 2pm  
Stradbroke Community Centre

Baby Group (0-6 months)  
2:30pm - 3:30pm  
Stradbroke Community Centre

## Thursday

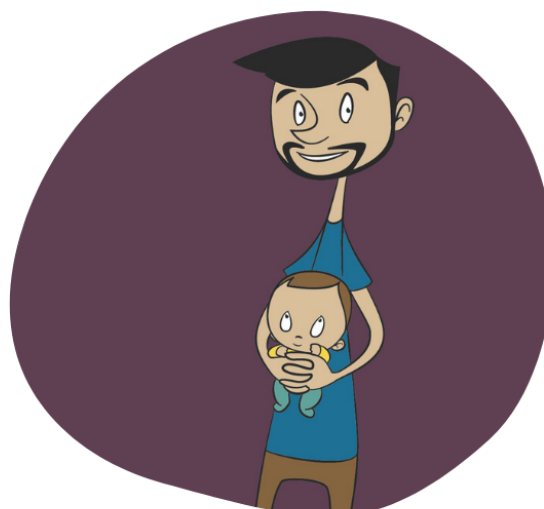
Breastfeeding group  
9:30am - 10:30am  
Stradbroke Community Centre

Baby Massage  
10am - 11am  
Shortbrook Family Centre

Breastfeeding group  
11am - 12pm  
Stradbroke Community Centre

## Friday

Please contact Shortbrook Family Centre to find out what is running



**Due to current restrictions places are limited and must be booked. Please ring First Start Family Centre on 0114 2053635 to book your place.**

Please note that all groups are subject to change and start dates may vary.  
Contact the centre to confirm



# What's on in the Sharrow Family Centre Area



## Monday

Please contact  
Sharrow Family  
Centre to find out  
what is running

## Tuesday

Buggy Push  
11am - 12pm  
Meersbrook Park

## Wednesday

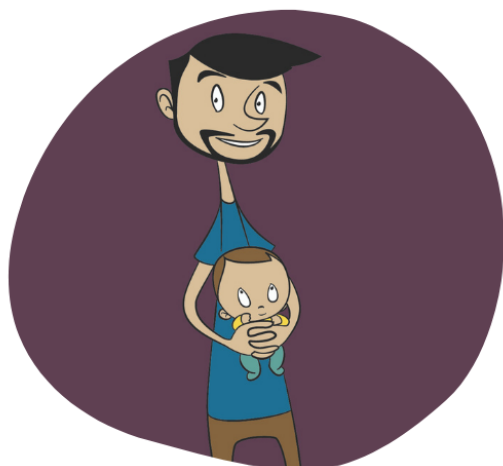
Breastfeeding  
group  
9:30am - 10:30am  
Highfield Trinity  
Church

## Thursday

Buggy Push  
10:30am - 11:30am  
Meersbrook Park

## Friday

Please contact  
Sharrow Family  
Centre to find out  
what is running



Baby Massage  
11am - 12pm  
Highfield Trinity  
Church

Baby Group (0-6  
months)  
1pm - 2pm  
Highfield Trinity  
Church

Baby Group (0-6  
months)  
2:30pm - 3:30pm  
Highfield Trinity  
Church



**Due to current restrictions places are limited and must be booked. Please ring Sharrow Family Centre on 0114 2053471 to book your place.**

Please note that all groups are subject to change and start dates may vary.  
Contact the centre to confirm



# What's on in the Valley Park Family Centre Area



## Monday

Breastfeeding  
group  
11am - 12pm  
Lowedges  
Community Centre

## Tuesday

Baby Group (0-6  
months)  
10am - 11am  
Lowedges  
Community Centre

Baby Group (0-6  
months)  
11:30am - 12:30pm  
Lowedges  
Community Centre

Breastfeeding  
group  
1:15pm - 2:15  
Lowedges  
Community Centre

Baby Massage  
1:15pm - 2:15  
Lowedges  
Community Centre

## Wednesday

Baby Massage  
11am - 12pm  
Valley Park Family  
Centre

Buggy Push  
11am - 12pm  
Greenhill Park

## Thursday

Breastfeeding  
group  
9:30am - 10:30am  
Valley Park Family  
Centre

Breastfeeding  
group  
11am - 12pm  
Valley Park Family  
Centre

## Friday

Breastfeeding  
group  
10am - 11am  
Valley Park Family  
Centre



**Due to current restrictions places are limited and must be booked. Please ring Valley Park Family Centre on 0114 2416968 to book your place.**

Please note that all groups are subject to change and start dates may vary.  
Contact the centre to confirm

# What's on in the Primrose Family Centre Area



Monday	Tuesday	Wednesday	Thursday	Friday
Breastfeeding group 9:30am - 10:30am Primrose Family Centre	Toddler Session (Outdoor) 9:30am - 10:30am Primrose Family Centre	Breastfeeding Support Walk 12:30pm - 1:30pm Oughtibridge Park	Breastfeeding group 9:30am - 10:30am Primrose Family Centre	Please contact Primrose Family Centre to find out what is running
Breastfeeding group 11am - 12pm Primrose Family Centre	Buggy Push 10:30am - 11:30am Hillsborough Park	Baby Group (0-6 months) 1pm - 2pm Primrose Family Centre	Breastfeeding group 11am - 12pm Primrose Family Centre	
Toddler Session (Outdoor) 1pm - 2pm Primrose Family Centre	Toddler Session (Outdoor) 11am - 12pm Primrose Family Centre	Baby Group (0-6 months) 2:30pm - 3:30pm Primrose Family Centre	Baby Massage 1:30pm - 2:30pm Primrose Family Centre	
Baby Massage 1pm - 2pm Primrose Family Centre	Baby Group (0-6 months) 1pm - 2pm Primrose Family Centre			
Toddler Session (Outdoor) 2:30pm - 3:30pm Primrose Family Centre	Baby Group (0-6 months) 2:30pm - 3:30pm Primrose Family Centre			



**Due to current restrictions places are limited and must be booked. Please ring Primrose Family Centre on 0114 2052723 to book your place.**

Please note that all groups are subject to change and start dates may vary.  
Contact the centre to confirm