



Timetable

January to February 2022



Please follow our Boston Spa, Wetherby & Otley Facebook page.

Telephone numbers of
our Centres

Boston Spa

01937 841100

Wetherby

01937 581102

Otley

0113 3782861



“Groups, Courses, workshops, support, advice and lots of fun for families with children under 5 years old”

	What	Time	When	Hbw	To Book	Place
MONDAY	TWINS	9.30 to 11am	Every - 2nd and 4th Monday of the month	At the Centre—drop in	01937 841100	BOSTON SPA
	NEW BABIES	9.30 to 11 am	Every—1st and 3rd Monday of the Month	At the Centre—drop in	01937 841100	BOSTON SPA
	Baby Play	10:30–Mid-day	Weekly	At the Centre– drop in	07891271410 07891270933	OTLEY
TUESDAY	LITTLE MOVERS	9.30 to 10.30am	Sessions of 4 week blocks Starting 18 January	At the Centre–BOOKING	01937 581102	WETHERBY
	MUSIC MADNESS	9.15am to 10.00am	WEEKLY	At the Centre–BOOKING	Adele 07718651259	BOSTON SPA
WEDNESDAY	HENRY	10.00 to 11.00 am	WEEKLY (8weeks) Starting April 2022	On line–BOOKING	01937 841100	ON LINE
	BABY CUES/ UNDERSTANDING YOUR BABY	11 to 12:30pm	WEEKLY (4 weeks)	At the Centre—BOOKING	0113 782861	OTLEY
	HERE TO HELP Advice session	1.30 to 3.30pm	WEEKLY	At the centre Drop In or Telephone	01937 581102	WETHERBY
THURSDAY	Little Movers	10.30 to 11.30am	Weekly (4 weeks)	At the Centre–BOOKING	07891271410 07891270933	OTLEY
	Baby massage	1 to 2pm	WEEKLY (4 weeks)	At the Centre–BOOKING	07891271410 07891270933	OTLEY
	BABY MASSAGE	1.30 to 2.30pm	Weekly (4 weeks) Starting January 2022	At the Centre–BOOKING	01937 841100	BOSTON SPA
FRIDAY						

Courses and Workshops

All courses and workshops are free (unless stated otherwise) and run at Boston Spa, Otley and Wetherby Children's Centres or online

Preparation for Birth and Beyond

A 6 week course for first-time parents that covers: labour and meeting your baby, feeding, bathing and practical care of your baby, understanding your baby, what you can do to help your baby develop well, as well as the health and well-being of parents



First Aid for Parents

This 2 hour course is designed to teach you vital information and equip you with practical skills that you can use if you ever need to help a baby or child in your care. Chargeable and bookable. Outside provider.



Baby Massage

An opportunity to bond with your baby through touch. You will also learn how to perform specific movements over your baby's body that can help to alleviate certain ailments such as colic, trapped wind and constipation.



Baby Cues/Understanding your Baby

A small group course of 4 sessions which cover: your baby's brain, your relationship with your baby, reading your baby and your baby's behaviour



Sling Library

West Yorkshire Sling Library is an independent carrier and fitting advice service offering hundreds of types of slings and carriers available for hire or to try. Contact Nicola on 011302100855



Parenting Courses

Parenting support for families with children under the age of 5. Courses and one to one support available



HENRY

An 8 week course which involves sharing tools and skills to support a more active and healthy family Lifestyle.

HENRY –Starting Solids

Gain strategies and support with introducing your baby to solid food.



Breastfeeding Support—Wetherby area

For Help and advice with any breastfeeding problems call the Maternity Support Worker Janet 07900493124

Breastfeeding Support—Otley area

Bosom Buddies provides mum-to-mum breastfeeding information and support across Leeds call Suzanne 07956077800 and on Facebook.



All Children's Centres can offer basic support and signposting.

Here to help—Advice Sessions

Family Outreach Workers will be available for any questions and advice; to talk it through in a safe and friendly session. We will do our best to support and advise you to move on the right direction.



Little Movers

A Session for under 1 year and 1 to 2yr olds where they can freely explore fun ways to move, while developing lots of great skills.

Music Madness

Run by Community Matters for Under 5s. A session of singing, encouraging movement and a story



Other services available on request

Boston Spa 01937 841100

Wetherby 01937 581102

Otley 0113 782861



One to One support from a family outreach worker to help you achieve your goals!
If we can't help we will find someone that can.



Counselling services. Please discuss with a member of the Children's Centre team.



Support for families with children or parents with Special Educational Needs or Disabilities



Support for community playgroups and signposting of parents



Support in finding 2yr old FEEE places for those eligible



We are FoodBank voucher providers for those unexpected times.



We support the Bookstart scheme of gifts of free books to all children at two key ages before school to help families read together to encourage a love of books, stories and rhymes in children from as young an age as possible.



Advisory Board Meetings—an opportunity for parents/carers to help shape the services offered by Boston Spa, Otley and Wetherby Children's Centres. **Your opinions really do matter!** Please contact any Centre if you might consider being part of this service.