



Do you need help with housing issues, debt management, form filling or any financial help and advice? We offer weekly Advice Sessions throughout the Rowley Cluster.

Tuesdays 9.30am - 12.30pm
Springfield Children's Centre
Tuesdays 12.45pm - 3.00pm
Happy Faces Children's Centre
Fridays 9.30am - 1.00pm
Springfield Children's Centre

Please ring Springfield Children's Centre to book an appointment - although appointments not always necessary.

Community Classes

One2Many - Mum and Baby Circuit Class
Mum and Baby Circuit classes

Thursday 11.15am - Cradley Heath Community Centre
Thursday 11.15am - Cradley Heath Community Centre

Tidvale Children's Centre - Tidvale Hall Primary School
Wednesday 1.00pm - 3.00pm
Thursday 9.00am - 10.00am

Salvation Army Toddler Group -
Marsden Street, Cradley Heath

Tuesdays and Thursdays 9.00am - 10.45am
£1.00 per child - includes snack

Brickhouse Mums & Tots
Tuesdays and Thursdays 12.30pm - 3.00pm

Walkhouse Community Centre - 0121 959 9058

Charges for Refreshments

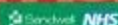
Parent and Toddler
Thursday 9.45am - 11.15am

Elveson Baptist Church, Station Road, Cradley Heath

Play n Stay
Tuesday 9.00am - 3.00pm
Adelstone Court, Old Hill

Play n Stay
Friday 11.00am - 12.45pm, Holy Trinity Church, Holmwood Road, Cradley Heath

Charges May Apply



Changes Antenatal

FREE four-week antenatal course for all Sandwell parents

Book now!

To book your place

Call 0121 959 9148

or visit our website

www.murrayhill.com

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Rowley Regis Town

to enjoy private NHS access to our facilities

for children and young people between the ages 4-12 years with additional needs.

Our play sessions are provided in school, community centres, churches, libraries, sports clubs, museums and leisure parks.

We offer a range of different activities, including arts & crafts, board games, sports activities and P4C sessions.

Our service aims to create a warm, safe, friendly and supportive environment allowing all young people to enjoy play.

The booking required - just turn up and enjoy the fun!

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Volunteer Recruitment Day's 2019

Murray Hill Community Trust is a registered Charity

Supporting people in Sandwell and the surrounding areas.

On the 20th Anniversary, to celebrate the support given to us by our volunteers we are holding our Volunteer Recruitment Day in the hour of recording your solutions to enable us to continue to support the most vulnerable in our community.

Roundtable Even

Tyton Children Centre, 24 Roperway Road Tyton Old Hill
Wednesday 21st May 2019
10.00am - 12.00pm

Rowley Springfield Children Centre Dudley Road Old Hill
Friday 17th May 2019
10.00 - 12.00pm

The Volunteer Recruitment Team will be on hand to discuss how the venue can best support your service and to assist you through the volunteer sign up process.

Volunteering is a great way to learn new skills, make new friends and give something back to your local community.

If you can spare a minimum of 2 hours each week, why not give it a try and see how you get on!

Thank you

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Confidence and Well-being Team

Summary of Programmes

Health Improvement Programme

(Adult Groups / 6 to 8 weeks / 1.5 hour Sessions)

A six to eight week programme designed to help you manage stress & anxiety, build confidence and develop communication skills.

As well as including tips to help boost your mood and improve sleep, this programme includes a variety of relaxation techniques.

Long-Term Conditions Programme

(Adult Groups / 6 weeks / 1.5 hour Sessions)

A six week programme which teaches you ways to cope with chronic illnesses. Includes breathing work to manage stress, to meet all challenges, independence and become aware of your emotions.

Introduction to Mindfulness Course

(Adult Groups / 6 to 8 weeks / 1.5 - 2 hour Sessions)

Does it ever feel like your mind is constantly full of worries of the future, or concerns of the past? Mindfulness is a technique and coping strategy which brings our attention back to our thoughts, feelings and sensations in the present moment in a non-judgmental way. Mindfulness is an effective way of managing feelings of anxiety, stress, depression and low mood. This is a 6-8 week course, which will outline how we can become more resilient, and learn the techniques in a variety of different ways.

Managing Anger

(Adult Small Groups / 4 weeks / For 1.5 hour Sessions)

When stressed we tend to over react which can impact us emotionally and physically. This is a breath awareness programme that helps you reduce feelings of stress and anxiety through regulating and harnessing yourself breathing techniques.

Transitions

(Adult Groups / 7 weeks / 1.5 hour Sessions)

Health for Living deliver a 7 week course supporting people facing changes including, new challenges head on and managing change whether in their personal lives or in a workplace where successful. The course aims to equip participants with the tools to handle transitions and adjustments, allowing them to consider their personal goals and make future plans.

Managing Emotions

(Adult Groups / 6 weeks / 2 hour Sessions)



FREE COURSES

Health for Living

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What's On

IN TIVIDALE, ROWLEY, CRADLEY HEATH COMMUNITY

MAY - JULY 2019



Welcome to our timetable for May - July 2019. We hope you are enjoying the sessions we have on offer at our Children's Centres.

We have some exciting news to share that we have been able to begin to use our main Community Room for sessions again at Springfield Children's Centre. We will continue to use our great outdoor space in every session, but your children will now have a bigger space to explore the enjoy activities and we also have a covered area at Rowley Regis after all Spring Street Children's Centre as if you live in the Cradley Heath or Old Hill area we will not come along and enjoy this session.

Don't forget our website can be found at www.MurrayHill.com. The website is full of lots of information about what you and your children can do on offer and also what MurrayHill has on offer for families living in Sandwell.



www.murrayhill.com



25 Years

Volving people, volving communities

Parenting Programmes

Being a family is one of the most challenging things any of us will ever do. Rowley Regis Children's Centres offer a 6 week programme for parents.

Changes Parenting Programme is fun and delivered in a relaxed, supportive environment. If you would like to book on to our next course please contact us on 0121 959 9194.

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WHERE TO FIND US

SPRINGFIELD CHILDREN'S CENTRES
Dudley Road, Rowley Regis, B62 8JY

HAPPY FACES CHILDREN'S CENTRES
Wincob Road, Rowley Regis, B62 9AU

ALFING START CHILDREN'S CENTRES
Old Hill Street, Cradley Heath, B64 6JQ

Please call 0121 959 9196 for further information

Springfield Children's Centre

29th April – 19th July

Happy Faces Children's Centre

29th April – 19th July

Flying Start Children's Centre

29th April – 19th July

MONDAY

Baby Clinic
9.30am – 11.30am
WELCOMM Clinic
9.30am – 12.00pm
Appointment only

TUESDAY

Ready Steady Learn
9.30am – 11.30am
12 weeks

WEDNESDAY

Talking Tots
9.30am – 11.20am
Referred from
WELCOMM
screen only

THURSDAY

WELCOMM Clinic
9.30am – 12.00pm
Appointment only

FRIDAY

Stay & Play
9.30am – 11.00am

MONDAY

Baby Massage
10.00am – 11.00am
Baby Yoga
11.30am – 12.30pm

TUESDAY

WELCOMM Clinic
9.30am – 12.00pm
Appointment only

WEDNESDAY

Twinkles
10.00am – 11.30am
0 - 2 years

THURSDAY

Rhyme & Sign
10.00am – 11.00am

FRIDAY

MORNING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Ready Steady Learn
9.30am – 11.00am
12 weeks

Stay & Play
9.30am – 11.00am
0 - 2 years

WELCOMM Clinic
9.30am – 12.00pm
Appointment only

MORNING

AFTERNOON

Cohesion Club
1.30pm – 2.30pm
0-2 years

Sessions run
Term Time Only.
Children's Centre
Sessions run as follows:
Monday 29th April -
Friday 24th May
Monday 3rd June -
Friday 19th July

Please visit our
Facebook page for
more information on
Community Events,
Sessions and
Holiday Activities.



Find us on Facebook
at: Murrumbidgee
Community Trust!

AFTERNOON

Ready Steady
Learn
1.00pm – 2.30pm
18 weeks

Let's Get Busy
1.00pm – 2.30pm



Baby Clinic
1.00pm – 2.30pm



For safeguarding reasons and protection of all of the children in our sessions parents are not allowed to use their mobile phone whilst in sessions.

Ready Steady Learn

Make Learning Fun !!

Is your child 18 months+ and wanting to learn new things about the world around them?

Do you want to be part of your child's learning and development and help them become more confident and independent?

Ready Steady Learn is focussed on activities that will prepare your child for school.

Come along and experience a play based learning, practical ideas and home learning activities along with interaction with other children. This will support your child with a better transition into nursery and school.

Let's Get Busy Active

Soft play sessions that will help your child develop their motor skills by jumping, climbing, balancing and stretching. There will be equipment such as soft blocks, space hoppers, hula hoops and tunnels. Children will have the opportunity to run around and be active, which promotes good physical development and fitness.

Creative

Craft based sessions that encourages children to get messy, whilst having fun. Activities will include painting and mixing, painting, mark making and clay dough modelling. Each week we will focus on a different activity to give children a chance to explore new things.

Cooking

These sessions will focus on food and different ways of preparing and cooking. It will teach cutting, tearing, spreading and rolling – amongst other things. You will encourage children to do the activity themselves, with help from a parent/carer, as they are more likely to try new foods if they have been part of making them. The recipes will be hot and cold & sweet and savoury as you are sure to find something yummy.

These sessions will encourage your child to 'have a go' and promote independence. Refreshers on numbers apply to each session and will be on a first come first serve basis.



Baby Activities



Baby Clinics

Come along and meet your baby's health professional and have your baby weighed.

Springfield Children's Centre: 9.30am – 11.30am
12th May + 10th and 24th June
+ 8th and 22nd July

Flying Start Children's Centre: 1.00pm – 2.30pm
1st and 15th May + 5th and 20th June
+ 3rd and 17th July

Baby Massage

Baby Massage is rhythmic stroking of your baby's body with your hands.

Massage helps with bonding and attachment with parent and child.

Baby massage has a number of benefits such as: relief from colic, constipation, aids digestion, helps with relaxation, improves the quality of sleep, improves the immune system, and improves stimulation and touch sense.

Baby Yoga

Baby Yoga is a wonderful opportunity for you as a mum to ease your way back into exercise after the birth of your baby.

Discover how yoga can help you stretch, strengthen and tone your body. The sessions include gentle yoga for your baby so you can practice together. Music and incense throughout the class creates a fun and relaxed atmosphere.

Due to popular demand - Sign Up Day

Our Massage / Yoga and Sensory Sessions now have a Sign Up day. Spaces are very limited, so please come along to book and confirm your place.

Tuesday 28th May, Happy Faces Children's Centre
9.30am – 11.00am

Caterpillars Club and Twinkles

These sessions are provided for children aged 0 - 2 years.

You and your child can experience a wide range of activities, from sensory and messy play to singing, stories and funny face play - these support the development of your baby whilst the session is also a great opportunity for parents to meet up and socialise.

Alongside these sessions outdoor clinics can be held around breakfast, morning, evening, baby and children's clinics.



Lets Get Talking

Rhyme and Sign

Fun interactive music and singing sessions using signs based on British Sign Language (BSL), to support children's language development.

These sessions help parents and children learn signing skills through singing and music. This will support your child's language development, and can empower your child to feel understood.

Welcome to 'WELCOMM'

WELCOMM is an assessment to review your child's speech and language skills.

The Children's Centre team can provide advice on how you can support your child's speech development, including activities to use at home and groups you can attend at the Children's Centre.

Talking Tots

Talking Tots is a speech and language group which supports the development of children's communication skills.

We provide lots of ideas and activities you can use at home to help your child become a confident talker.

Families can attend once they have had their WELCOMM screen completed.



Baby Clinic Dates

Flying Starts Children's Centre

All sessions are 1.00pm – 2.45pm
May 1st and 15th
June 5th and 20th
July 3rd and 17th

Rowley Springfield Children's Centre

All sessions are 9.30am – 11.30am
May 12th
June 10th and 24th
July 8th and 22nd