



Do you need help with housing issues, debt management, form filling, or any financial help and advice? We offer weekly sessions at our Tipton Children's Centre. **Mondays 1.15pm - 3.30pm Advice Surgery** Please call to book an appointment.



Parenting Programmes



Raising a family is one of the most challenging things any of us will ever do. Rawley Regis Children's Centres offer a 8 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 522 5150**



Solihull Approach

This is a 30 week programme for parents of children aged 6 months to 18 years.

Solihull Approach supports emotional health and well-being.

The course will help parents

- To think about their thoughts and feelings
 - Tune into your child's development needs
 - What skills they are learning and how to learn.
 - How to respond to your child's feelings.
- If you would like to book on to our next course please contact us on **0121 522 5150**

Changes Antenatal

FREE four-week antenatal course for all Sandwell parents

Course Dates	Open 18-20 Weeks	Open 20-24 Weeks	Open 24-28 Weeks	Open 28-32 Weeks
Mon 11.30am - 1.30pm	Mon 7.30am - 9.30am	Mon 11.30am - 1.30pm	Mon 11.30am - 1.30pm	Mon 11.30am - 1.30pm
Tue 1.15pm - 3.15pm	Tue 7.30am - 9.30am	Tue 11.30am - 1.30pm	Tue 11.30am - 1.30pm	Tue 11.30am - 1.30pm
Wed 1.15pm - 3.15pm	Wed 7.30am - 9.30am	Wed 11.30am - 1.30pm	Wed 11.30am - 1.30pm	Wed 11.30am - 1.30pm
Thu 1.15pm - 3.15pm	Thu 7.30am - 9.30am	Thu 11.30am - 1.30pm	Thu 11.30am - 1.30pm	Thu 11.30am - 1.30pm

Book now! To book your place, contact Mandy Sandwell on 0121 522 5150 or visit www.murrayhall.co.uk



Volunteer Recruitment Day's 2019

Murray Hall Community Trust is a registered charity supporting people in Sandwell and the surrounding area's. 2019 is our 25th Anniversary, to celebrate the support given to us by our volunteers we are holding two Volunteer Recruitment Events in the hope of recruiting more volunteers to enable us to continue to support the most vulnerable in our community.

Recruitment Days

Tipton Children's Centre, 24 Ridgeway Road, Tipton DY9 0JH

Wednesday 31st May 2019

10.00am - 12.00pm

Rawley Springfield Children's Centre, Dudley Road B65 6JY

Friday 17th May 2019

10.00 - 12.00pm

The volunteer Recruitment Days will be an ideal to discover more about the various opportunities across our services and to support you through the volunteer 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 join in and say hello... Everyone welcome

Thank you



WHERE TO FIND US



GREAT BRIDGE CHILDREN'S CENTRE
Sheepwash Lane, Tipton
DY4 7JF



TIPTON CHILDREN'S CENTRE
24 Ridgeway Road, Tipton
DY9 0JH

Please call **0121 522 5150** for further information



Photos for illustrative purposes only

What's On

IN TIPTON AND GREAT BRIDGE
CHILDREN'S CENTRES
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 a new buggy shelter for you to store your buggies under when you come to the Children's Centre. Locks are available at reception so you can be sure your buggy will be safe and secure while you enjoy our sessions with your children. We have installed this shelter to ensure the space your children explore is safe and clean and free from any dirt or dog mess that may be brought into the building on the wheels of your buggies.

Don't forget our website can be found at www.murrayhall.co.uk. The website is full of lots of information about what your local Children's Centre has on offer and also what Murrayhall have on offer for families living in Sandwell.

You can also find us on facebook @ Murrayhall Community Trust. This will provide you with up to date information about all of our sessions and any changes to the timetable.

Please feel free to drop into our Children's Centre anytime and we welcome your feedback and suggestions around the services we have on offer and ideas for new services you would like to see on offer.



Valuing people, valuing communities.

Tipton Children's Centre

29th April – 19th July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MORNING	Baby Clinic 9.30am – 11.30am		Baby Massage 10.00am – 11.00am Baby Yoga 11.30am – 12.30pm	Ready Steady Learn 10.00am – 11.30am 18 months +	Baby Steps 10.00am – 11.30am Under 3	
AFTERNOON	Antenatal Classes 12.45pm – 2.45pm Sessions run Term Time Only. Children's Centre Sessions run as follows Monday 29th April – Friday 24th May Monday 3rd June – Friday 19th July	Ready Steady Learn 1.00pm – 2.30pm 18 months+ WELLCOMM clinic 1.00pm – 2.30pm Appointment only	Talking Tots 1.00pm – 2.30pm Referral from WELLCOMM screen only	Please visit our Facebook page for more information on Community Events, Sessions and Holiday Activities.  Find us on Facebook at: MummysandCommunityTrust	Stay & Play 1.00pm – 2.30pm 0 – 4 years	

Great Bridge Children's Centre

29th April – 19th July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Ready Steady Learn 9.00am – 11.30am 18 months	WELLCOMM Clinic 10.00am – 12.30pm Appointment only	Rhyme Time 9.30am – 10.30am	Twinkles 10.00am – 11.30am 0 – 2 years	Ready Steady Learn 10.00am – 11.30am 18 months
AFTERNOON					

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.

Sessions out in the community

Tuesday
Stay & Play
9.30am – 11.00am
at Broke Street Community Centre

Friday
Little Sunbeams
9.30am – 11.00am
at Goswells School

Saturday
Stay & Play
1.00pm – 2.30pm
at Broke Street Community Centre

Thursday
Babies Sensory & Rhyme Time Under 3
10.30am – 11.30am
at The Bridge, St Marks Road, Tipton

25th May and 6th July SEND Group
10.00am – 11.00pm
at The Bridge, St Marks Road Tipton

Community based activities are led by community groups. These may change, please contact session direct to ensure session is running.

Lets Get Talking

Rhyme Sign and Sensory

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 'WELLCOMM'

WELLCOMM 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 WELLCOMM screen completed.



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 focused 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 interactive with other children. This will support your child with a better transition into nursery and school.

Baby Activities

Baby Clinics

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

Tipton Children's Centre: 9.30am – 11.30am
Every Monday

Baby Massage

Baby Massage is rhythmic stroking of your baby's body with your hands and helps with bonding and attachment between 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 circulation and much more.

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 as you can practice together. Music and rhymes throughout the class creates a fun and relaxed atmosphere.

Baby Sensory & Rhyme Time

This session is a perfect introduction to sensory fun, music and singing for your baby.

We will introduce you to lots of new songs (plus many old favourites) that you will be able to continue to enjoy together at home.

Due to popular demand - Sign Up Day

Our Massage / Yoga / Baby Sensory and Rhyme Sessions now have a 'Sign Up' day.

Spaces are very limited, so please come along to book and confirm your place.

Monday 27th May at Tipton Children's Centre
9.30am – 11.00am

Baby Steps 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 time 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 advice clinics can be held around breast-feeding, weaning, sleeping baby and childcare decisions.

