

## North Area Family Centre Sites

### Athersley Family Centre

(Formerly Secret Garden Children's Centre)  
Lindhurst Road, Athersley, S71 3NB

**Tel: 01226 296969**

#### Opening Times:

Monday - Thursday 8:30-4:30

Friday 8:30-4:00

### Darton Family Centre

(Formerly Darton Children's Centre)  
The Darton Centre, Huddersfield Road, S75 5ND

**Open on a timetabled basis.**

**Tel: Contact Athersley Family Centre for further information**

### Wilthorpe Outreach Venue

(Wilthorpe Children's Centre)  
c/o Wilthorpe Primary School, Greenfoot Lane, S75 1AQ

**Open on a timetabled basis.**

**Tel: Contact Athersley Family Centre for further information**

## What's on

### In Barnsley North Family Centres

Athersley, Wilthorpe, Darton  
and surrounding areas

To keep up to date with what is happening in  
Athersley Family Centre  
like us on Facebook:  
**Athersley Family Centre**



## Groups for you and your family

### sensory groups:

#### **Moon Babies, Sensory Explorers and Twinkle Stars:**

Our sensory groups are designed for babies from birth to 12 months, and incorporate a variety of fun and exciting experiences to stimulate all of your babies senses.

### Toddler groups:

#### **Tumbling Toddlers**

Tumbling Toddlers is a movement group for children who are confidently walking to 5 years, offering the opportunity to learn and develop physical and social skills in a fun and exciting way.

### Groups for all ages:

#### **Messy Play**

Messy play provides the opportunity for children under 5 years of age to explore messy activities with a different theme each week. Prepare to get messy!

#### **Walkers & Talkers**

Walkers & Talkers offers lots of fun and stimulating play experiences for children under 5 years, including an exciting outdoor play area to encourage physical development.

#### **Ready steady Grow**

A gardening, outdoor exploration and cooking group for all the family. Each week looks at a different part of the outdoors including growing plants, fruit and vegetables, den building, bird feeders, bug and insect hunts, cooking with our home grown produce and much more.

## Services offered by other professionals

### Adult learning

Learn new skills such as crafting, sugar crafts, cook and eat, in a comfortable, fun and informal environment whilst working towards gaining qualifications in Maths and English. Places must be booked to avoid disappointment. Free crèche facility also available upon request.

### Infant feeding

The infant feeding team can support you in any aspects of breastfeeding and hold regular drop in sessions throughout the Family Centres.

### Health Hubs

A member of our Outreach team will attend these hubs to introduce you to the Family Centre programme and the services that we provide.

### Midwife booking clinic

Athersley Family Centre hosts a booking in clinic on Tuesday, run by the midwifery team. To book your appointment please contact your midwife.

### Nursery at Athersey Family Centre

Athersley Family Centre offers nursery provision at a 'Good' standard as awarded by Ofsted in September 2015. There are funded places available for 2 year olds (terms and conditions apply) and all 3 and 4 year olds. Session times are Monday to Friday 8:30-11:30am and Monday to Thursday 12:15-4:00pm. For support in applying for nursery funding or any other information please call in to the centre or give us a ring on 01226 296969.



## **Additional information and support**

### **Citizens advice bureau**

Call in at one of the sessions that are run throughout the North Area. No appointment is needed feel free to turn up and speak with a member of the team.

### **Solihull**

10 week parenting programme that will help you understand your child's behaviour better, why they may have temper tantrums and how your child develops. A free crèche service is available for anyone attending this group.

### **Sleep tight**

Sleep tight is a 5 week course for parents with children from aged 1 year old and looks at why your child may not be sleeping, the right kind of bedtime environment and helps you put good bedtime routines in place.

### **Talking teens**

Talking teens gives practical information over 4 weeks to support you to understand and communicate with your teenager, helping you deal with conflict and promote a happier family life.

### **Having A Baby Anti-natal Programme**

The having a baby programme is for expecting parents and is run by the Family Support Workers, Health Visitors and Midwives.

### **Healthy Start vitamins**

Do you receive Healthy Start Vouchers? If you do you may also be entitled to free Healthy Start Vitamins for your child and also for pregnant women. For more information please see a member of staff

### **Baby Massage**

Baby massage encourages and enhances the bond between you and baby and creates special one to one time. It can also help babies who suffer from tummy troubles. This group is for babies from 6 weeks old and is delivered over 5 weeks.

### **Baby Yoga**

As baby grows they are learning to use muscles for the first time. Baby yoga promotes the use and strengthening of those muscles and promotes their physical development. This group is aimed at babies who are not crawling and is delivered over 5 weeks.

### **Now I am Here**

Now I am Here is a 5 week play workshop where you will be given the opportunity to make keepsakes, investigate & make treasure baskets, become involved in interactive singing and much more

## **Groups and activities for older children**

**Keep an eye on our Facebook page for information on activities and events for older children.**

### **Holiday trips and activities**







Each school holiday we plan exciting activities for you and your children to take part in, the activities are aimed at older children to help you keep them entertained in the holidays.

### **Heartstart**

This is a 2 hour course that teaches families how to deal with life threatening situations such as choking, bleeding and CPR.

# What's On...

Please note there is a £1.50 per family charge for all groups.

Area	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Athersley Family Centre &amp; Community Venues</b>	<p><b>Tumbling Toddlers</b> 1:00 – 2:30 physical play group to develop physical skills for children who are walking to 5 years. Term time only</p>	<p><b>Sensory Explorers</b> 9:30– 11:00 sensory activity session for babies Term time only (0-12 months)</p>	<p><b>Messy Play</b> 9:30-10:30 Under 5's Expect to get messy! Term time only</p> <p><b>Ready Steady Grow</b> 1:00 - 2:30 A gardening, cooking and outdoor activity group for 2-5 years. Drop in group, term time only</p> <p><b>Now I Am Here</b> 1:00-2:30 Roundhouse Resource Centre <b>Booking Essential</b></p>	<p><b>Walkers &amp; Talkers</b> 9:30-11:30 Under 5's Drop in group, term time only</p> <p><b>Baby Massage</b> 1:00-2:00 &amp; 2:30-3:30 Rolling Programme <b>Booking essential</b></p> <p><b>Infant feeding Discussions</b> <b>Monthly - dates and times to be confirmed</b></p>	<p><b>Baby Yoga</b> 9- 10 &amp; 10:30 –11:30 <b>Booking Essential</b></p> <p><b>Health Hub</b> 9:30-11.00 Drop in, no appointment needed Opportunity to weigh your own baby</p> <p><b>Adult Learning</b> 1.00-3.00 Delivered by adult learning tutors <b>Booking Essential</b></p> <p><b>Solihull Parenting</b> 1.00-3.00 Rolling Programme <b>Booking essential</b></p>
<b>Darton Outreach Centre &amp; Community Venues</b>	<p><b>Health Hub</b> 9.30-11.00 Drop in, no appointment needed Opportunity to weigh your own baby</p>		<p><b>Breastfeeding group</b> 9.30-11.00 Drop in sessions all year round</p> <p><b>Citizens Advice Bureau &amp; DIAL</b> 1:00-5:00 Mapplewell Village Hall</p>	<p><b>Twinkle Stars</b> 1:00-2:30 sensory activity session for babies Term time only (0-12 months)</p> <p><b>Citizens Advice Bureau &amp; DIAL</b> 9:00-1:00 The Darton Centre</p>	
<b>Wilthorpe Outreach Centre &amp; Community Venues</b>	<p><b>Citizens Advice Bureau &amp; DIAL</b> 9:00-1:00 Emmanuel Church</p>		<p><b>Health Hub</b> 1–2:30 Drop in, No appointment needed Opportunity to weigh your own baby</p>		<p><b>Moon Babies</b> 09:30—11:00 sensory activity session for babies Term time only (0-12 months)</p>
<b>Other Community Venues</b>		<p><b>Athersley Cares Toddler group</b> 9:00-10:30 St Helen's Church, Community Hall, Laithes Lane Term time only</p>	<p><b>Swimming @ Metrodome</b> 1.30-2:00 session 1 2:00 -2.30 session 2 Please ring the centre for booking details</p>	<p><b>Heartstart</b> Delivered in local schools</p> 	<p><b>Job Club</b> 9:30-11:30 Roundhouse Resource Centre 01226 244528</p> <p><b>Citizens Advice Bureau &amp; DIAL</b> 9:00-1:00 Roundhouse Resource Centre</p>