Monday
10.00am – 11.00am Midwife Antenatal drop in clinic
10.00am – 2.00pm Building Futures Courses: Money awareness and practical support. (7 weeks starting from Jan 14th 2013 for single parents ring 0161 2771930 for more info) (Delivered by Gingerbread for teenage parents)
1.30pm – 2.30 pm Baby Yoga / massage (1:1 ratio)

Tuesday
9.00am – 12.00 noon Midwife Antenatal Clinic (Appointments only)
9.00am – 4.00pm Young Parents Antenatal clinic (Appointments only)
9.30am – 12.00 noon Childminder drop in (For Childminders only)
10.30am – 11.30am Feeding support (Sensory Room)
1.00pm – 2.00pm Midwife Antenatal Clinic – New Referrals
1.00pm – 2.30pm Choose to Change (Specialist Midwife)
1.00pm – 2.00pm Pre-Natal Yoga (£3 per session book at the leisure centre)
2.00pm – 3.00pm Pre-Natal Yoga (£3 per session book at the leisure centre)
2.00pm – 3.00pm Antenatal drop in clinic
2.45pm – 3.45pm Adult and Toddler swim (£2.40 for adults. Ratio 1:1 children under 4)
1.00pm – 2.30pm Wonderful world of Play (Adult and Toddler group) (Call 0161 277 1930 to book a place from 9.30am)

Wednesday
9.30am – 11.00am Wonderful World of Play (Adult and Toddler group) (Call 0161 277 1930 to book a place from 12:00pm Monday)
9.30am – 11.30am 2 Year Checks (Appointments only)
9.00am – 12.00 noon Midwife Antenatal Clinic (Appointments only)
1.00pm – 3.00pm 8 Month checks (Appointments only)

Thursday
9.30am – 11:00am Wonderful World of Play (Adult and Toddler group) (Call 0161 277 1930 to book a place from 2.30pm on Weds onwards)
1.00pm – 3.00pm Healthy Child (run by the Health Visiting team)
1.00pm – 3.00pm Clinical Psychology Service (Appointments only, call 0161 203 3261)
1.00pm – 3pm Midwife clinic 28 day discharge (appointments only)
6.00pm – 8.00pm Boost (free six week course to improve well being from 10th January) (Appointments only 0161 226 3871)

Friday
8.30am – 1.30pm Self Help 1:1 clinic (Call 0161 226 3871 to arrange an appointment)
9.00am – 4.30pm Birth Registrations (Call 0161 234 5005 to make an appointment)
10.00am – 1.00pm Credit Union
10.30am –11.15am Song and Rhyme (under 1s) (Call 0161 277 1930 to book a place from 9.30am)
10.30am-11.30am Play and Sing (1-4 years) (Call 0161 277 1930 to book a place from 9:30am)
1:00pm – 2:00pm Little Superstars (Sports and games for children from 18 months)
Manchester Family Information Service is a free confidential and impartial information and advice service for families with children aged 0-19 years (25 years for children with special needs).

We provide information about:
- Looking for childcare
- Sports & Leisure Activities
- Before & After School Clubs
- Holiday Clubs
- Working Parent Rights
- Adult & Toddler Groups/Clubs
- Advice & Information on Parenting
- Youth Provision
- Tax Credits & Childcare Vouchers
- Support for children with disabilities
- And general information for children aged 0-19 years

FIS can be contacted on 0800 083 7921, between 8.00am and 6.00pm, Monday to Friday or by email on Fisinfo@manchester.gov.uk

Manchester Sure Start Children’s Centre
North City Family and Fitness Centre
Upper Conran St, Harpurhey, M9 4DA
Tel: 0161 277 1930

Harpurhey Sure Start Children’s Centre
North City Family and Fitness Centre
Upper Conran St, Harpurhey, M9 4DA
Tel: 0161 277 1930

Feeding Support
Tuesdays
10:30am – 11:30am
Come along and meet new mums and mums with experience.

Little Superstars
Unique, fun and active under 5 multi-sport session.
For ages 18months +
Fridays 1.00pm – 2.00pm

Harpurhey Sure Start Children’s Centre
North City Family and Fitness Centre
Upper Conran St, Harpurhey, M9 4DA
Tel: 0161 277 1930

Toy Library now available at Moston and Harpurhey Sure Start Centre
Why not call in and borrow some toys to use at home?
Ring Karen at Moston SSCC 0161 219 6086 or Katie/Kathy at Harpurhey SSCC 0161 227 1930 for more details.

Wonderful World of Play
Thursdays 9.30-11.00am
For all children under 5 and their grown up (includes messy play)
For more information call 0161 277 1930 or call in to the centre

Adult and Toddler groups

<table>
<thead>
<tr>
<th>Monday</th>
<th>10.00am-12.00noon</th>
<th>Twinkles (Evangelical Church, Kenyon Lane, Moston)</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>9.30am – 11.30am</td>
<td>Christ Church (Water st, Harpurhey)</td>
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<td>1.00pm-3.00pm</td>
<td>Moston Methodists (Ilkley st, Moston)</td>
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<tr>
<td>Wednesday</td>
<td>10.15am-11.00am</td>
<td>Tiny Tots and Toddler Time (New Moston Library)</td>
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<tr>
<td>Thursday</td>
<td>9.00am-11.00am</td>
<td>St Augustines Primary School (St Augustine st, Harpurhey)</td>
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<td></td>
<td>9.30am-11.30am</td>
<td>Christ Church (Water st, Harpurhey)</td>
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<td>10.00am -12.00 noon</td>
<td>Sharon Church (Brendon ave, Moston)</td>
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<td></td>
<td>10.00am-10.45am</td>
<td>Tiny Tots and Toddler Time (North City Library)</td>
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<tr>
<td>Friday</td>
<td>10.00-11.30am</td>
<td>TLM (Jocelyn Street, Harpurhey)</td>
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Updated December 2012