

Parent wellbeing Newsletter #Number2

Thanks to all that attended the natter chatter session. It was lovely to get together and share our experiences of being parents.

There will be another session on the 20th of January and we are having a workshop on 'the anxious child' as well as more cake!!

Attached are some sessions in our area available over the Christmas period

Thanks Helen and Sarah

Festive Family Warm & Welcome

Drop in to our warm, fun, friendly, Family Zone
Help yourself to a free brew* and a slice of toast.
Play, read, and chat with other families
Thursday 29th and Friday 30th December 9.30am - 12.00pm

Colne Neighbourhood Centre (Formerly Surestart)
Walton Street
Colne, BB8 0EL

* Please bear in mind the risks of hot drinks around young children

There is a great BBC website called tiny happy people – it is on facebook too – for hints and tips on routines, play, parent wellbeing, mealtimes and much more.

<https://www.bbc.co.uk/tiny-happy-people/tips-and-advice>

BBC Helen

Home News Sport Weather iPlayer Sounds Bitesize Search BBC

TINY Happy PEOPLE
Your words build their world

Home About Activities Tips and advice Child development

Tips and advice
Advice on a whole range of parenting topics. Browse the alphabetical list of topics below - click through for articles and films to help on your parenting journey.

Browse categories

Baby and You

Development Matters

Chat, Play and Read

Mini Move and Groove

SEND (5-11 & 12-19+)

Child Health Clinic (Health Visitors)

Sensory Rooms

Inside Out: Feeling Moods and Grooves (5-12 Years)

Triple P

Parenting Courses

Warm & Welcome

Pendle What's On - January 2023

Our Neighbourhood Centres
Where we are:

Bradesley NC
Pendle Primary
Lancaster Road
Nelson, BB9 9EL
Tel: 01282 479634

Colne NC
Mellor Street
Colne, BB8 0EL
Tel: 01282 479630

Whitfield NC
Lancaster Road
Nelson, BB9 9EL
Tel: 01282 479637

Follow us at pendle family zone

Monday	Tuesday	Wednesday	Thursday	Friday
9.30 - 10.30am Baby And You (0-2yrs) Bradesley NC	9.30 - 10.30am Baby And You (0-2yrs) Barnoldswick NC	9.30 - 10.30am Development Matters (2yr+ - preschool) 10.30 - 11.00am Mini Move & Groove Whitfield NC	9.30 - 10.30am Baby And You (0-2yrs) Bradesley NC	9.30 - 12.00pm Warm and Welcome Colne NC
1.00 - 2.00pm Baby And You (0-2yrs) Whitfield NC	1.00 - 2.00pm Development Matters (2yr+ - preschool) 2.00 - 2.30pm Mini Move & Groove Bradesley NC	1.00 - 2.00pm Development Matters (2yr+ - preschool) 2.00 - 2.30pm Mini Move & Groove Bradesley NC	1.00 - 2.00pm Development Matters (2yr+ - preschool) 2.00 - 2.30pm Mini Move & Groove Bradesley NC and Colne NC	1.00 - 2.00pm Baby And You (0-2yrs) Colne NC
3.00pm - 5.00pm Parents to Be (alternating centres, starting 16th Jan at Colne - to enquire/ book, chpendle@lancashire.gov.uk)	3.00pm - 5.00pm Chat, Play & Read (alternating centres, starting 3rd Jan at Bradesley - to enquire/ book, chpendle@lancashire.gov.uk)	3.00pm - 5.00pm Warm and Welcome Bradesley NC	3.00pm - 5.00pm Warm and Welcome Whitfield NC	3.00pm - 5.15pm Calculus Fun Postcards (5-11 SEND) QTS Colne (to enquire and/or book, email chpendle@lancashire.gov.uk)
5.45pm - 6.45pm Inside Out featuring Move & Groove (alternating centres starting 9th Jan at Bradesley - to enquire and/or book, email)	5.45pm - 6.45pm Sensory	5.45pm - 6.45pm Sensory	5.45pm - 6.45pm Sensory	5.45pm - 6.45pm Sensory