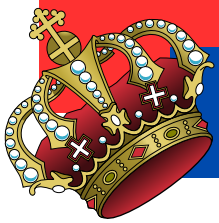
Herefordshire Council

Herefordshire Children's Centre Services Newsletter



Summer 2023

CRESS HEADS



- Place a little bit of toilet paper in your empty eggshell
- Sprinkle 1 tsp of cress seeds into each eggshell on top of the toilet roll
- Lightly sprinkle with water
- Put your eggshells in a dry, well-lit windowsill.

You will see your Cress starting to grow within a few days.

NEWS

We are proud to announce that we now have a number of Perinatal services working within some of our centres.

The Family Learning (NCLP) team are working from Coningsby Children's Centre from June 2023.

Sensory Play for Babies at Greencroft Children's Centre now has a number of new sensory toys and equipment

Our Half Term events during the April half term saw nearly 100 families attend!

The Health Visitor Clinic is back at The Hub, Peterchurch

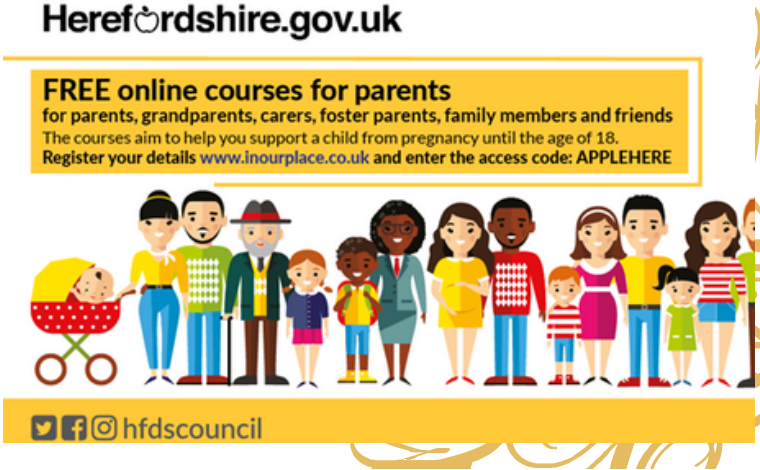


ANIMAL PLAY

Looking for something to do over the May half term? Join us at our one off Animal Play session where we will have lots of animal themed activities and crafts.

Where? Golden Jubilee Hall, Redhill Residents Association, HR2 7NT,

When? 1st June, 10am-12pm



Did You Know?

If you present your Healthy Start Card to any of our Children's Centres, you can receive a free pack of Healthy Start Vitamins!

Herefordshire SEND Local Offer

SEND
Local Offer

Herefordshire SEND Local Offer are now on Facebook @HfdsSEND

Here you can find information for children, young people and families, with Special Educational Needs & Disabilities (SEND)

Phone numbers for centres

Widemarsh - 01432 383430
Greencroft - 01432 383860
Ledbury - 01432 383840
Coningsby - 01432 383340
Ross-On-Wye - 01432 260700
HOPE centre - 01885 488495

DadPad®

NHS



www.thedadpad.co.uk/app
Download free from any app store, enter postcode & select your local NHS Hospital Trust

Important Contacts

Midwife Appointments - 01432 372965
Maternity Triage 24/7 - 07990 986517
Breastfeeding Support - 07733 264085
Health Visitor Advice Line - 07870 682711
Children's Help and Advice Team (CHAT) - 01432 260261
School Nursing Advice Line - 07813 451034
Women's Aid - 0800 0149082

Health Visitor Drop-in Clinics*

Monday	Hinton Community Centre,	9:30am - 11:30am
Tuesday	Widemarsh Children's Centre,	10:15am - 11:45am
Wednesday	Ledbury Children's Centre,	10am - 12pm
Wednesday	Ross-on-Wye Children's Centre,	10am – 11am
Thursday	The HOPE Centre, Bromyard,	10am – 12pm
Thursday	Coningsby Children's Centre	1:30pm – 3pm
Thursday	The Hub, Peterchurch	11am – 12pm

*Other times and locations are available by appointment

Remember our Play & Learn groups run across the county during term time and are completely FREE!

@HfdsChildrensCentres

@HfdsChildrensCentres

01432 383430