

Longsight Family Hub

0161 248 1500

www.longsightcp.com/family-hub-2/info/

Day	Family Hub Programmes	How to Join
Monday	Incredible Years Parents Programme: 13:00 – 14:45 14-week course for mums, dads and carers of children aged two to four, who want to learn positive parenting strategies.	Talk to a member of our team or contact Child and Parents Service (CAPS) on 0161 701 6859 for more information and to find out how to book on a session
	MAES Talk English Course: 10:00 – 12:00 Practice English and make new friends. This will help you benefit from employment and social opportunities and integrate more fully into your community.	For further information and to find out how to register please contact the Family Hub on 0161 248 1500
	9 Month and 2 Year Health Checks: 09:00 – 13:00 Your child's health assessment with the Health Visiting Team. Make an appointment by discussing with your Health Visitor	Book an appointment with your Health Visitor
Tuesday	Midwives: 09:00 – 16:00 Check-up's, advice, support and information.	For further information and to find out how to get an appointment contact St Mary's Hospital on 0161 276 6246
	MAES Talk English Course: 10:00 – 12:00 Practice English and make new friends. This will help you benefit from employment and social opportunities and integrate more fully into your community.	For further information and to find out how to register please contact the Family Hub on 0161 248 1500

Wednesday	Healthy Child Clinic: 13:30 – 15:00 Making sure your child is physically healthy is an important part of supporting their ongoing growth and development. Receive the support and information you need, speak to the Health Team and weigh your baby.	For further information please contact the Health Visiting Team on 0161 529 6650
	9 Month and 2 Year Health Checks: 09:00 – 13:00 Your child's health assessment with the Health Visiting Team. Make an appointment by discussing with your Health Visitor	Book an appointment with your Health Visitor
	Careers Connect: 10:00 – 15:00 If you're aged 16-18 (up to 25 if you're a care leaver or have an EHCP) and aren't in employment, education, or training, you can get support with creating your CV, identifying your skills and career goals, filling out applications, improving your interview skills, overcome challenges and link with support services.	For further information or to book an appointment, please contact 0161 232 7863 or email manchester@careerconnect.org.uk
Thursday	Birth Registration: 09:25 - 14:55 Register the birth of your baby at the children's centre. Pick up your free baby book start bag and access information	To book your appointment please visit www.manchester.gov.uk/birthsmarriagesdeaths or call Manchester Register Office on 0161 234 5005
	SHAPLA Group (Women only): 10:00 – 13:00 Get help and advice on wellbeing issues.	Call the centre on 0161 248 1500 and ask to speak to Saki Chowdhury

Thursday	CAPS) - Baby and Me and Bonding Before Birth: 09:30 – 10:30 (school term time only) Your baby can hear you from at least 16 weeks, and perhaps earlier. Babies hear their mother's voices most clearly, but anyone can talk and sing to them – your baby will love to hear from anyone. This helps your baby: to get to know voices, which will help them feel safe and secure.	School Term-time Only For more information about this group or to book a place please call CAPS on - 0161 203 3261
	English for Speakers of Other Languages for Parents: 09:30 - 11.30 & 12:30 – 14:30 Practice English and make new friends. This will help you benefit from employment and social opportunities and integrate more fully into your community	For further information and to find out how to register contact the family hub on 0161 248 1500
Friday	Midwives: 09:00 – 13:00 Check-up's, advice, support and information.	For further information and to find out how to get an appointment contact St Mary's Hospital on 0161 276 6246
	English for Speakers of Other Languages for Babies: 10:00 – 12:00 (school term time only) Practice English and make new friends – 8-week course for mothers with babies.	School Term-time Only To find out how to book a place and for further information please contact the Family Hub on 0161 248 1500