

Sunnydays Report 2024/5

Sunnydays Baby and Toddler Group CIC is a Community Interest Company that supports parents, carers, babies and children in Halstead and the surrounding areas. We run two baby and toddler groups for parents and carers of children aged 0-4, plus a newborn educational support group that provides information and knowledge to parents/carers of babies aged 0-1.

Over the last year, we have gone from strength to strength, seeing an increase in numbers of families accessing our toddler groups and a hugely positive reaction and praise for our newborn group which started in April last year. We are very integrated within the community and across our groups we see on average 40-50 families a week and have a great relationship with local parents.

We provide toys, games, activities, crafts, and a wide range of healthy snacks at our toddler groups, plus support and socialisation for both children and parents.

Our newborn group provides an essential environment for our parents to meet other new parents and discuss experiences, advice and create a support network which is proven to reduce the risk of postnatal mental health conditions. We are unique in that we offer support, information and skills, provided by local parenting experts or activity leaders in subjects such as, first aid, feeding, sleep, baby massage, pelvic health and many more, all funded by us as this means it is available to no cost to the individual.

The funding provided by Halstead Town Council enabled us to purchase new resources such as toys and crafts equipment plus it funded multiple visits from our experts to our newborn group including a monthly visit from a private midwife to provide parents with continuity of care postnatally.

Many thanks from all at Sunnydays and our families.

