

## A little bit about us...

At our centres you will find a safe & welcoming environment with easy access to a range of activities & information to help you lead a happy, healthy family life.

Services include a variety of groups, family events, 1:1 support & signposting to other services to ensure you and your family get the best experience possible.

We are always keen to know what services **you** would like in your local children's centre! Please pop in and see us, give us a call, drop us an email or send a message via Facebook or our website.



# Groups & Courses Timetable

## September - December 2024



**All of our centres are safe spaces and we can support anyone who is experiencing domestic abuse or who has previously.** If you are feeling unsafe, please call us or visit your local centre and **Ask for ANI (Annie)**. You can also access support from Next Link on 0117 925 0680. **If you are in immediate danger call 999**



Breastfeeding is welcome in our centres and we have trained staff to answer any feeding queries. Specialist feeding support is also available, please contact your Health Visitor for more information or call 0300 125 6274 (East/Central) or 0300 125 6264 (South).

### Information, advice & guidance

Support is available to calculate your entitlement to benefits including a better off in work calculation, identifying employment and training opportunities. For more information, contact 0117 357 4192 or email [askcyps@bristol.gov.uk](mailto:askcyps@bristol.gov.uk)



Early years SEND support is available at Oldbury Court Children's Centre from the Bristol Portage team. For more information, please visit [www.bristol.gov.uk/web/bristol-local-offer/portage-home-visiting-service](http://www.bristol.gov.uk/web/bristol-local-offer/portage-home-visiting-service)



Community Children's Health Partnership

The Speech & Language team are available for one to one appointments across East Bristol Children's Centres

### Safeguarding is everyone's responsibility

Are you worried about a child or young person? Do you or your child need some help? Call First Response on 0117 903 6444 (Out of hours emergency team 01454 615165)

### Oldbury Court

Frenchay Road  
BS16 2QS  
0117 9223189

### St. Anne's Park

Lichfield Road  
BS4 4BJ  
0117 3773189

### Meadow Vale Community Centre

42 Meadow Vale, BS5 7RF

### The Haven

Speedwell Methodist Church  
378 Speedwell Road, BS15 1ES

*'Helping children and families be the best they can be'*

Keep in touch

 [eastbristolchildrenscentres](https://www.facebook.com/eastbristolchildrenscentres)

 [www.eastbristolchildrenscentre.co.uk](http://www.eastbristolchildrenscentre.co.uk)

Sign up for our newsletter:  
[www.eastbristolchildrenscentre.co.uk/email-sign-up](http://www.eastbristolchildrenscentre.co.uk/email-sign-up)

 [ebcc@bristol.gov.uk](mailto:ebcc@bristol.gov.uk)

# Citywide Antenatal & Parenting Courses



## Baby Hub

You can drop in to our 'Baby Hub' sessions to see a Health Visitor for some advice and weigh your baby/toddler.

Our team are on hand too to share information about all of our services. Last entry for these sessions is 11am.

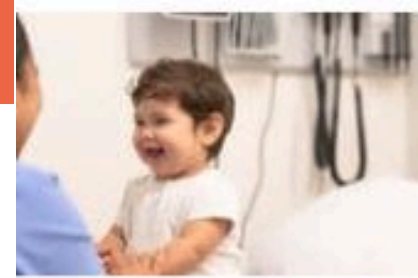
Our current sessions are on the following:

Wednesday's at Oldbury Court Children's Centre  
9.30am - 11.30am

Wednesday's at St Anne's Park Children's Centre  
10am - 11.30am

Thursday's at Meadow Vale Community Centre  
10am - 11.30am

**DROP IN GROUP**  
No booking required



These FREE bookable courses are designed to support you during pregnancy, prepare you for birth and the post birth period. Our various parenting courses will support you on your journey as a parent of a toddler, pre-schooler and beyond!

Please scan the QR code opposite to register your interest and one of the team will be in contact with you to discuss further.

### Welcome To The World

This 5 week course is a relaxed way for parents to think about the transition to parenthood and discuss issues that can be a challenge for every new mother and father. You'll meet other parents and each week will have a different focus. Suitable for parents at around 22 weeks of pregnancy onwards.

### Antenatal Rockabye

A small 6 week group which gives you the chance to reflect on your hopes and fears about becoming a parent. During these sessions you can take time to enjoy your pregnancy and connect with your baby through relaxation exercises and creative activities.

### Rockabye

A small 10 week group for parents and babies to enable secure attachment to grow. Meet other parents, take time to talk with knowledgeable staff and enjoy interactive activities together.

Recommended for pre crawling babies only.

### Circle of Security

Circle of Security is an 8 week parent-reflection programme. It offers relationship tools to provide a new way of understanding children's needs with an aim to creating lasting security of children and more satisfaction in parenting. Aimed at families with children aged 2 months - 6 years old.

### Parenting Puzzle

Join us for this 4 week online course where you will be given the tools to respond effectively to daily family life and situations that arise as children grow, learn and develop.

Suitable for parents with children aged 0 - 5 years old.

### Nurture Programme

The Nurture Programme is a parenting approach designed to provide adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships. 10 week course.

Suitable for parents with children aged 2-11 years old.



Keep in touch

Sign up for our newsletter: [www.eastbristolchildrenscentre.co.uk/email-sign-up](http://www.eastbristolchildrenscentre.co.uk/email-sign-up)

[eastbristolchildrenscentre](http://www.eastbristolchildrenscentre.co.uk)



[www.eastbristolchildrenscentre.co.uk](http://www.eastbristolchildrenscentre.co.uk)



[ebcc@bristol.gov.uk](mailto:ebcc@bristol.gov.uk)

# Our Groups & Services

All groups are FREE unless stated otherwise.

Please get in touch or pop in and see us if you'd like more information or visit [www.eastbristolchildrenscentre.co.uk/timetable](http://www.eastbristolchildrenscentre.co.uk/timetable)

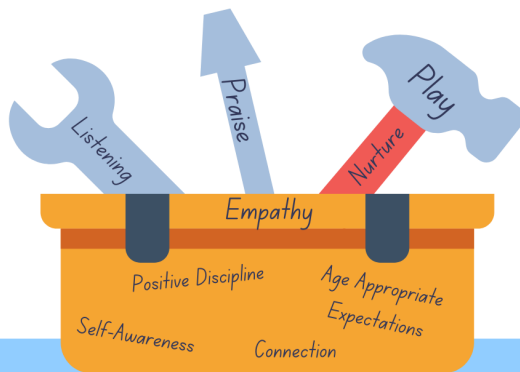


Are you a parent of a 0 - 8 year old?

Would you like to develop more confidence in your parenting?

Would you like to feel more connected to your child?

Would you like to add new ideas and skills to your parenting toolbox?



**FAMILY LINKS**

Join a  
**FREE**  
Group



Scan here to find out more and register your interest!

## Sing, Rhyme & Storytime

A weekly drop in group, which offers a supportive way to encourage language development through repetitive singing and story telling as well as a chance to meet other families. Suitable for ages 18 months and over plus children with language delays up to age 5. Drop in.

## Twins & Multiples

Come along to this monthly group and meet other parents/carers and their twins/multiples. Enjoy lots of fun activities which change every week and learn more about other services available to you. Suitable for children age 0 - 5 years. Drop in.

## Stay & Play

Come along and meet other parents/carers and their children. Enjoy lots of fun activities which change every week and learn more about other services available to you. Suitable for children age 0 - 5 years. Drop in.

## Outdoor Play Sessions

We've teamed up with Children's Scrapstore to bring you a FREE, weekly, activity packed, stay and play! These sessions are aimed at children aged 8 and over, however younger siblings are welcome with parent/carer supervision. Drop in.

## Baby Building Blocks

Come along and join our Baby Sensory play session and meet other parents/carers in your local community. You and your baby can experience sensory activities to promote baby development. Suitable for babies aged 0 - 12 months. Drop in.

## Baby Massage

Infant massage is a great way to communicate with your baby through nurturing touch. The course costs £20 and is led by an experienced and certified instructor. Suitable for babies up to 6 months old. 5 week course. Booking required via EVENTBRITE.

## Antenatal Hub

A group aimed at expectant parents/carers. Come and meet others for peer support and find out about what pre and post birth services/support are on offer for you and your new family. Attend at any stage of pregnancy and as many times as useful. Refreshments provided. Booking required.

## New Parents

Join this 6 week programme and share thoughts and experiences of parenthood with others. We will cover topics such as wellbeing, oral health and baby development. Suitable for parents/carers with babies up to 6 months old.

## SEND Rainbows

Join us for this Stay & Play session, suitable for pre-school aged children with additional needs and their families. Siblings aged up to 8 years are welcome too! Drop in.

## PEEP

A course for families to support their child's personal, social and emotional development and make the most of everyday learning opportunities. Aimed at babies up to 9 months old (Baby Peep) and 12 months (Peep for Dads).

If you would like further information please call us on: 07721 311 497 or email: [psso@bristol.gov.uk](mailto:psso@bristol.gov.uk). Once you have registered your interest, we will be in touch to find the best group option for you.



**nbcc**  
north bristol children's centres



**EBCC**  
East Bristol Children's Centres



**Bristol Family Hubs**

Location

Monday

Tuesday

Wednesday

Thursday

Friday

# Oldbury Court Children's Centre

### Newborn Hearing Screening (Invitation)

9am - 12.00pm  
1st Monday of every month

### Baby Building Blocks (Drop In)

10am - 11.15am  
Ages 0 - 12 months  
9/9/24 - 16/12/24

### Children's Scrapstore Outdoor Play Session (Drop In)

3.30pm - 5.30pm  
Ages 8+



### Childminders Group

9.30am - 11.30am  
10/9/24 - 11/12/24  
No session 30/10/24



### Baby Hub (Drop In)

9.30am - 11.30am  
Last entry 11am

### SEND Rainbows (Drop In)

9.30am - 11.30am

### New Parents (Booking)

1.30pm - 3.00pm  
6 week course  
13/11/24 - 18/12/24

To book a place see How to Book below

### Welcome to the World (Booking)

4pm - 6pm  
5 week course  
13/11/24 - 4/12/24

To book a place see How to Book below

### Rockabye (Invitation)

10am - 11.30am  
10 week course  
3/10/24 - 12/12/24

To book a place see How to Book below

### Baby Massage (Booking £)

1.30pm - 3pm  
4 week course  
7/11/24 - 28/11/24

To book a place see How to Book below

### Baby PEEP (Booking)

1.30pm - 2.30pm  
Ages 0 - 9 months  
7 week course  
21/11/24 - 19/12/24

To book a place see How to Book below

### Twins & Multiples (Drop In)

10am - 11.30am  
First Friday of each month  
Ages 0 - 5 years

### Toddler PEEP (Booking)

9.30am - 10.45am  
Ages 1yr - 3yr  
7 week course  
8/11/24 - 20/12/24

### Hello Baby Antenatal Course (Booking)

2pm - 4pm  
4 week course - ongoing dates  
www.Eventbrite.co.uk

# St Anne's Park Children's Centre

### New Parents (Booking)

10am - 11.30am  
6 week course  
11/11/24 - 16/12/24

To book a place see How to Book below

### Baby Massage (Booking £)

10am - 11.30am - 4 week course  
15/10/24 - 12/11/24  
19/11/24 - 17/12/24

To book a place see How to Book below

### Twins & Multiples Group (Drop In)

10am - 11.30am  
Third Tuesday of each month  
Ages 0 - 5 years

### BS4 Stay & Play (Drop In)

1.15pm - 2.30pm  
Ages 0 - 5 years

### Baby Hub (Drop in)

10am - 11.30am  
Last entry 11.15am

### Welcome to the World (Booking)

4pm - 6pm  
5 week course  
25/9/24 - 23/10/24

To book a place see How to Book below

### Childminders Group (Invitation)

9.30am - 11.00am



### Baby Building Blocks (Drop In)

10am - 11.15am  
Ages 0 - 12 months

### Dad/Male Carer PEEP (Booking)

1.30pm - 2.30pm  
Up to 12 months  
13 week course  
27/9/24 - 20/12/24

To book a place see How to Book below

# The Haven and Meadow Vale

### ESOL @ The Haven

9.30am - 11.30am

### Baby PEEP (Booking)

@ Meadow Vale  
1.30pm - 2.30pm  
Ages 0 - 9 months only  
13 week course  
23/9/24 - 16/12/24

To book a place see How to Book below

### Sing, Rhyme & Storytime (Drop In) @ The Haven

9.30am - 10.30am  
Ages 18 months +



### Nurture Programme (Booking) @ The Haven

9.45am - 11.45am  
11 week course  
25/09/24 - 11/12/24

To book a place see How to Book below

### Stay & Play (Drop In) @ The Haven

1.45pm - 3pm  
Ages 0 - 5 years

### Baby Hub (Drop in)

@ Meadow Vale  
9.30am - 11.30am  
Last entry 11am

### New Parents (Booking)

@ Meadow Vale  
1.30pm - 3pm  
19/9/24 - 31/10/24  
14/11/24 - 19/12/24

To book a place see How to Book below

### Food Club @ The Haven

12.30pm - 2.30pm



# Community

### Pre-school PEEP (Booking)

@ Hillfields Library, BS16 4HL  
1.45pm - 2.45pm / Ages 3 to 5 years  
5 week course  
18/11/24 - 16/12/24

To book a place see How to Book below

### Breastfeeding Peer Support Group (Drop In)

Fortnightly @ St Anne's House  
11am - 12noon

### Food Club

@ St Peter's Church, BS4 4NZ  
12.30pm - 2.30pm

### Tea and Tots (Drop In) @ The Vassall Centre, BS16 2QQ

9.30am - 11am

### Beechwood Road Play Group @ Beechwood Club, BS16 3TD

9.30am - 11.30am

### Baby Bounce and Rhyme

@ Wick Road Library, BS4 4HE  
10.30am or 2pm

### Pre-school PEEP (Drop In)

@ The Vassell Hub, BS16 2QQ  
9.30am - 10.30am / Ages 3 to 5 years  
5 week course  
14/11/24 - 19/12/24

### Outdoor Toddler PEEP (Drop in)

@ Victory Park, BS4 4NE  
9.30am - 10.30am

### Storytime @ Wick Road Library, BS4 4HE

10.30am

### ESOL @ Hillfields Library, BS16 4HL

12.30pm - 14.30pm



Everyone is welcome to access 'Drop In' services across all of our sites  
For more information about groups and services, please visit our website  
[www.eastbristolchildrenscentre.co.uk](http://www.eastbristolchildrenscentre.co.uk)

How to book - To register your interest for groups that require booking, please visit  
[www.eastbristolchildrenscentre.co.uk/timetable](http://www.eastbristolchildrenscentre.co.uk/timetable) to complete a specific  
'Expression of Interest' form or select Eventbrite option and we will be in touch