

Central Bristol Childrens Centres

September 2018 Guide



This is our timetable for regular weekly sessions. We are here to support families and children from birth to five years, and can offer 1:1 support including home visits and signposting to other organisations. Please speak to a member of staff for more information.

Most baby and Stay & Play groups do not require booking, some courses are referral only or booking is essential. Please check first or contact us if you are unsure.



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Family Support Services for St. Pauls (Central Hub), Rosemary, The Limes, Bannerman Road, St. Philips Marsh and Barton Hill Childrens Centres.

St. Pauls Childrens Centre, Little Bishop Street, St. Pauls, BS2 9JF

Mondays	<p>Stay and Play 10am-11.30am. This group is for children and their parents/carers. Come along and enjoy the opportunity to explore and play together.</p> <p>Bluebell “Mums Comfort Zone” Referral only. 12.45pm-2.45pm. A supportive group where you can have some time out with relaxing sessions. Meet other and learn new ways of coping with life as a mum.</p>
Tuesdays	<p>Childminders group 9.30am,-11.30am. This group is for local childminders and their children. There is an opportunity to play and learn together and to support childminders in all areas of professional practice.</p> <p>6-12 months Baby Group. 1.30pm-2.30pm. Come and join in with various activities and singing. Visiting speakers covering topics such as weaning, child safety, benefit advice and childcare.</p>
Wednesdays	<p>Early parenting @ Hampton House Health Clinic. 10.30am-12noon. A seven week programme for new parents and their babies. We will explore aspects of being a new parent. Details from your health visitor or children’s centre.</p> <p>Gym Tots @ “Faith Space” Redcliffe BS1 6PB. 9.30am-10.30am. A physical activity group for children aged 0-5 and their parents/carers.</p> <p>Adult learning “Helping your child to read” 9.30am -11.30am Starting 3rd October</p> <p>Wellbeing Art Referral Only 12.30 pm-2.30pm. A relaxed and friendly group art session for people who are socially isolated, anxious, stressed or suffering from chronic illness.</p>
Thursdays	<p>Stay and Play @ Elim Church, Stokes croft, BS2 8JP. 10am- 11.30am Run jointly with St. Matthews and Elim, for parents/carers and children of all ages.</p> <p>Family Wellbeing Referral Only 10am-11am Come and join a small supported group and spend quality time with your child sharing a range of play activities and new experiences.</p> <p>Adult learning “ Introduction to volunteering” 9.30am -12 noon Starting 4th October</p> <p>From Bumps to Babes. Birth to 6m. 1.45pm-2.45pm. Come and meet other parents and enjoy sensory activities and songs to use at home. Breast feeding advice available.</p> <p>Stay and Play @ Hope Centre, Hope Chapel Hill, Hotwells. Time and Start date to be confirmed.</p> <p>Baby Clinic @ Montpelier Health Centre 1.30pm-3pm</p>
Friday	<p>Incredible Years Parenting Course 10am-12.15pm (7th Sept -7th Dec) Booking essential.</p>

Rosemary Childrens Centre, Haviland House, St. Judes Flats, BS2 0DT

Monday	Adult learning “Healthy Eating” 9.30am-11.30am Starting 26 th Sept
Wednesday	Adult learning “ESOL entry level 2” 9.30am-11.30am Starting 19 th Sept
Wednesday	Stay and play @ Quaker Meeting House BS2 9DB 1pm-2.30pm. This group is for children and their parents/carers aged 0-5. Come along and enjoy the opportunity to explore and play together.
Thursday	Adult learning “ESOL Pre entry and entry level 1” 9.30am-11.30am Starting 27 th Sept
Friday	Stay and play @ Quaker Meeting House, BS2 9DB. 1pm-2.30pm. A group for children aged 0-5 and their families to come along, explore, play and learn in a safe, friendly environment.

The Limes Childrens Centre, Johnsons Road, Whitehall, BS5 9AT

Tuesday	The Nurture programme 9.30am-11.30am Starting 25 th September. Booking essential. Stay and Play at St. Georges Community Centre, BS5 8AA 9.30am-11am. This group is for children and their parents/carers aged 0-5. Come along and enjoy the opportunity to explore and play together.
Wednesday	Baby Massage (H/V referral) 2pm-3pm, 6 week programme starting 7 th November.
Thursday	Stay and Play @ The new Place, 119-121 Fishponds Road, BS5 6PN 9.30am-11am. A group for children aged 0-5 and their families. Community nursery Nurse from East trees Health centre attends regularly to offer advice on health related topics.
Friday	Adult learning “Introduction to Volunteering” 9.30am-11.30am Starting 5 th October

Bannerman Road Childrens Centre, All Hallows Road, Easton, BS5 0HR

Monday	Adult Learning “Helping your child with maths” 9.30am-11.30am Starting 1 st October
Tuesday	Play and learn 9.15am-10.45am. This group is for children 0-5 and their parents/carers. Come along and enjoy the opportunity to explore and play.
Wednesday	Childminders group 9am-11am. This group is for local childminders and their children. There is an opportunity to play and learn together and to support childminders in all areas of professional practice. Baby Group (0-1 year) 10am-11am. A friendly group providing opportunity to meet new parents in a safe, fun and sensory learning environment for you and your baby.

Wednesday	Rockabye Referral only. 1.30pm-3pm. A 12 week programme to explore any of the struggles and worries associated with being a new parent. Please contact the Hub for more details.
Thursday	Adult learning “ English Functional Skills level 1 and 2” 12.30pm-3pm Starting 26th September Circle of security parenting programme Referral Only. 9.30am-11.30am Starting 8 th November

St. Philips Marsh Nursery School, Albert Crescent, BS2 0SU & Barton Hill Childrens Centre, The Settlement, Ducie Road, BS5 0AX

Monday	Stay and Play @ St. Philips Marsh Nursery School. 9am-10.30am.A drop in session for children aged 0-5 and their families to explore, play, learn and have fun together. Family Drop In. Free play).Barton Hill Settlement, 9.30am-11.30am
Monday	Supported Parent Happy Child SEND group @ Barton Hill Settlement. 1pm-3pm. A peer support group for parents to share experiences and knowledge.
Tuesday	Adult Learning “ helping your child to read”@ St. Philips Marsh 9.30am-11.30am Starting 2 nd October Adult Learning. “Strengthening Families, Strengthening Communities” Parenting Course @ Barton Hill Settlement. Booking essential. Parents in partnership Group @ Barton Hill Settlement 9.30am-12noon. A group for parent and carers of children who meet weekly to share experiences, ideas and views on lots of subjects, services and groups available in the local area. Family Drop In (Storytelling and Singing) Barton Hill Settlement. 1pm-3pm
Wednesday	Somali Women’s group at Barton Hill Settlement.9.30am-11am. A drop in session for Somali women and their children. Baby Group for babies aged 0-18 months at Barton Hill Settlement.1pm-3pm
Thursday	Family Drop In Sensory play and crafts. Barton Hill settlement. 9.30am-11.30am
Friday	Stay and Play @ St. Philips Marsh Nursery School. 9am-10.30am.A drop in session for children aged 0-5 and their families to explore, play, learn and have fun together.