



What's on January-March 2019

Your easy guide to family support services
across all of Central Bristol's Children's Centres.

The children's centres include our central hub at St. Pauls; Rosemary;
The Limes; Bannerman Road; St. Philips Marsh and Barton Hill.



Welcome

This guide is our timetable for weekly sessions across all six central Bristol Children's Centres and beyond.

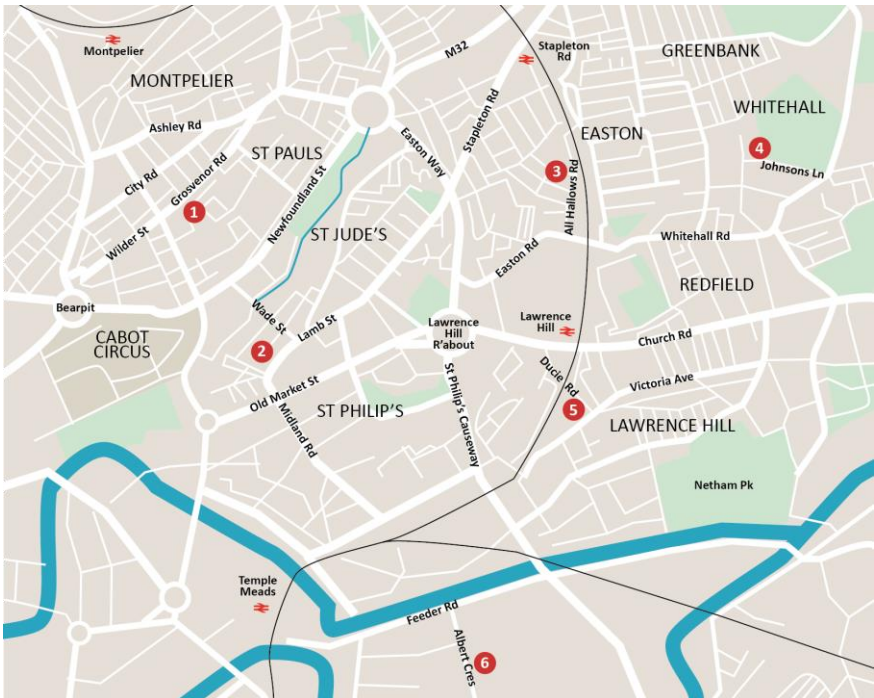
We support families and children from birth to five years, with a range of drop-in and bookable courses to stimulate, engage and inspire.

Most baby and stay & play sessions do not require booking, but some courses are referral only or require pre-booking. Check with us if you are unsure.

We also offer 1:1 support including home visits, and signposting to other organisations. Please speak to one of the staff members for more information.

Our locations

You are welcome to attend activities at any of our centres and outreach locations. Here's where we are...



1. St Pauls Nursery School and Children's Centre

Little Bishop Street, St Pauls, Bristol BS2 9JF

Tel 0117 903 0337 **Email** stpaulsncc@bristol-schools.uk

Web www.stpaulschildrenscentre.co.uk



2. Rosemary Nursery School and Children's Centre

Haviland House, Great Ann Street, St Judes, Bristol BS2 0DT

Tel 01179031467/ 3773297 **Email** rosemary.n@bristol-schools.uk

Web www.rosemary.bristol.sch.uk



3. Bannerman Road Children's Centre

Bannerman Road, Easton, Bristol, BS5 0RR

Tel 0117 9030269 **Web** www.bannermanroadcc.uk



4. The Limes Nursery School and Children Centre

Johnsons Road Bristol Avon BS5 9AT

Tel 0117 903 0317 **Email** thelimesn@bristol-schools.uk

Web www.limes.bristol.sch.uk



The Limes
Nursery School and Children's Centre

5. Barton Hill Children's Centre

Barton Hill Settlement, Ducie Rd BS5 0AX

Tel 0117 123456 **Email** bartonhill@bristol.gov.uk

Web www.bartonhillchildrenscentre.co.uk



6. St Philip's Marsh Nursery School

Albert Crescent, St Philip's Marsh, Bristol, BS2 0SU

Tel 0117 977 6171 **Email** stphilipsmarshn@bristol-schools.uk

Web www.stphilipsmarshnursery.co.uk



St Philip's Marsh
Nursery School

We offer some of our activities at other locations...

Barton Hill Settlement Barton Hill BS5 0AX

Elim Church Stokes Croft, BS2 8JP

Hampton House Health Clinic St. Michaels Hill BS6 6AU

Hope Centre Hope Chapel Hill, Hotwells

Montpelier Health Centre, Bath Buildings, BS6 5PT

Quaker Meeting House, Champion Square, St. Judes BS2 9DB

St. Georges Community Centre, Church Road, St. George, BS5 8AA

The New Place 119-121 Fishponds Road, BS5 6PN

What's on

Here is an outline of weekly activities across all our centres, from January until March.

Monday

Stay and play St Pauls Nursery, 10-11.30am

For children aged 0-5 and their parents/carers to explore and play together.

Mums Comfort Zone St Pauls Nursery, 12.45-2.45pm

A supportive group from Bluebell, where you can have some time out with relaxing sessions. Meet other and learn new ways of coping with life as a mum. **Referral only.**

TBC. Quakers Meeting House, 9.30-11.30am

Adult learning - booking essential

Playing with sounds and words Bannerman Road, 9.30-11.30am

Adult learning starting 14/1/19. **Booking essential**

Stay and play St. Philips Marsh Nursery, 9-10.30am

A drop in session for children aged 0-5 and their families to explore, play, learn and have fun together.

Family Drop In Barton Hill Settlement, 9.30-11.30am

Free play for children and parents/carers.

Supported Parent Happy Child group Barton Hill Settlement, 1-3pm

A peer support group (SEND) for parents to share experiences and knowledge.

Please refer to page 3 for centre locations.

Tuesday

Childminders' group St Pauls Nursery, 9.30-11.30am

For local childminders and their children to play and learn together. We support childminders in all areas of professional practice.

6-18 months Baby Group St Pauls Nursery, 1.30-2.30pm

Join in with various activities and singing. Visiting speakers cover topics such as weaning, child safety, benefit advice and childcare.

Ante Natal Classes St Pauls Nursery, 1-3pm (February and April only)

Classes run by midwife, physiotherapist and health visitor.

Stay and Play St. Georges Community Centre, 9.30-11am

A group for children 0-5 and their parents/carers to explore and play.

Paediatric First Aid St. Philips Marsh, 9.30-11.30am

Adult Learning, start date TBC. **Booking essential.**

Parents in partnership Barton Hill Settlement, 9.30am-12noon

For parent and carers to share experiences, ideas and views on lots of subjects, services and groups in the local area.

Family Drop In Barton Hill Settlement, 1-3pm

Storytelling and singing.

Play and learn Bannerman Road, 9.15am-10.45am

A group for children 0-5 and their parents/carers to explore and play.

Ante Natal Classes Bannerman Road, 1-3pm (January and March only)

Classes run by midwife, physiotherapist and children's centre.

Please refer to page 3 for centre locations.

Wednesday

Early parenting Hampton House Health Clinic, 10.30am-12 noon

A seven-week programme for new parents & babies to explore aspects of being a new parent. Details from your health visitor or children's centre.

Introduction to Volunteering St Pauls Nursery, 9.30-11.30am

Adult Learning - booking essential.

Wellbeing Art St Pauls Nursery, 12.45 -2.45pm

A relaxed and friendly group art session for people who are socially isolated, anxious, stressed or suffering from chronic illness. **Referral only.**

The Nurture programme St Pauls Nursery, 1-3pm

Starting 31st January. 11 week programme - build on your skills and learn ways to improve family relationships and manage children's behaviour. **Adult Learning - booking essential.**

Stay and play Quaker Meeting House, 1-2.30pm

For children and their parents/carers aged 0-5 to explore and play together.

ESOL entry level 2, Quaker Meeting House 9.30-11.30am

Adult Learning - booking essential

Childminders' group Bannerman Road, 9.30-11.30am

For local childminders and their children to play and learn together. We support childminders in all areas of professional practice.

Baby Group (0-1 year) Bannerman Road, 10-11am

A friendly group providing opportunity to meet new parents in a safe, fun and sensory learning environment for you and your baby.

Somali Women's group Barton Hill Settlement, 9.30-11am

A drop-in session for Somali women and their children.

Baby Group (0-18 months) Barton Hill Settlement, 1-3pm

For babies and their parents/carers.

Rockabye Venue TBC, 1.30-2.30pm

For parents to grow in confidence, understand your baby's nonverbal communication and have fun. Uses music, movement, rhymes and colourful engaging props. **Referral only.**

Thursday

Stay and Play Elim Church, 10am- 11.30am

Run jointly with St. Matthews and Elim, for parents/carers and children of all ages.

Skills for Schools St Pauls Nursery, 9.30-11.30am

Adult learning - starting 24/1/19. **Booking essential**

From Bumps to Babes St Pauls Nursery, 10-11am

For babies birth-6 months. Come and meet other parents and enjoy sensory activities and son to use at home. Breastfeeding advice available.

Stay and Play Hope Centre, Hope Chapel Hill, Hotwells

Time and start date to be confirmed.

Baby Clinic Montpelier Health Centre, 1.30-3pm

ESOL Pre entry and entry level 1, Quaker Meeting House, 9.30-11.30am

Adult learning - booking essential

Stay and Play The New Place, 9.30-11am

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.

Family Drop In Barton Hill Settlement, 9.30-11.30am

Sensory play and crafts.

English functional skills level 1 & 2 Bannerman Road, 12.30-3pm

Adult learning - Term Time only. **Booking essential**

Please refer to page 3 for centre locations.

Friday

Healthy Lifestyles programme St Pauls Nursery, 10-11.30am

More information available from the centre. **Referral only.**

Stay and play Quaker Meeting House, 1-2.30pm

For children 0-5 and their families to explore, play and learn in a safe, friendly environment.

Introduction to volunteering Bannerman Road, 9.30-11.30am.

Adult learning - starting 25th January. **Booking essential**

Stay and Play St. Philips Marsh, 9-10.30am

For children aged 0-5 and their families to explore, play, learn and have fun together.

Baby Massage Bannerman Road, 10-11am

6 week programme starting 25th January. **Health Visitor referral only.**

Please refer to page 3 for centre locations.

How we can support you

Information, advice and guidance

We can support you to return or remain in work; find childcare; help calculate your entitlement to benefits or tax credits including a better off in work calculation; identify training opportunities. Call 0117 3574192 / email askcyps@bristol.gov.uk for more info.

Family support

Our family support team can help if you have children 0-5 years old, and offer 1:1 support, home visits, referral to groups and courses. Speak to a member of the team for more information.

Internet access

A computer is available to use at each of our centres. Let us know if you need help.

Safeguarding

Are you worried about a child or young person? Do you or your child need help? Call First Response on 0117 903 6444 (or out of working hours call duty team on 01454 615 165).

Domestic abuse

We help support victims of domestic violence and abuse. If you are feeling unsafe and would like help, contact us on 0117 9030337.

If you are in immediate danger call 999 or Next Link on 0117 9250680