



## What's on January-April 2020

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.

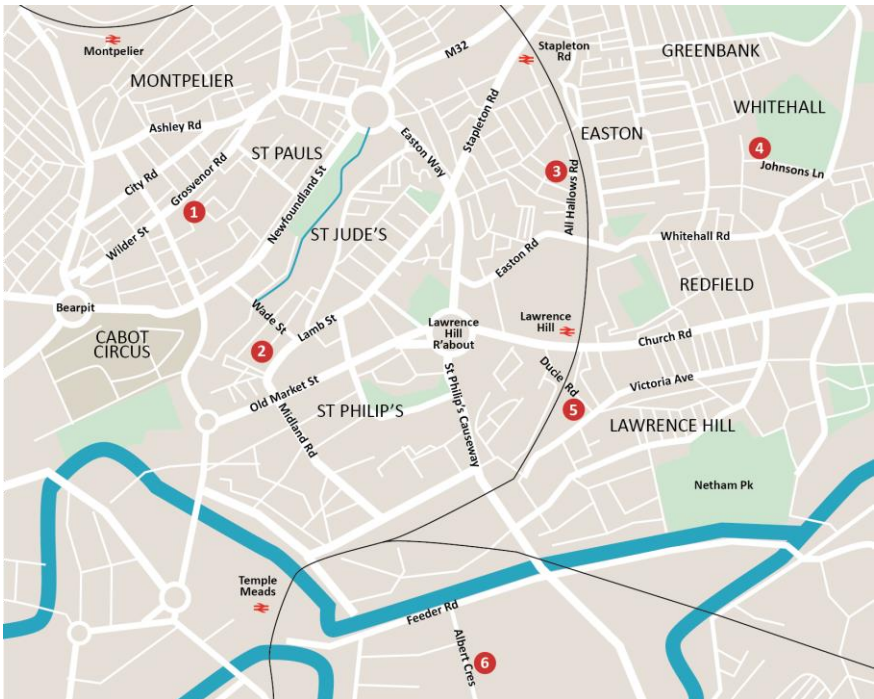
We support families and children from birth to five years, with a range of drop-in and bookable courses to stimulate, engage and inspire.

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](mailto:stpaulsncc@bristol-schools.uk)

**Web** [www.stpaulschildrenscentre.co.uk](http://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](mailto:rosemary.n@bristol-schools.uk)

**Web** [www.rosemary.bristol.sch.uk](http://www.rosemary.bristol.sch.uk)



## 3. Bannerman Road Children's Centre

Bannerman Road, Easton, Bristol, BS5 0RR

**Tel** 0117 3532081 **Web** [www.bannermanroadcc.uk](http://www.bannermanroadcc.uk)



## 4. The Limes Nursery School and Children's Centre

Johnsons Road Bristol Avon BS5 9AT

**Tel** 0117 903 0317 **Email** [thelimesn@bristol-schools.uk](mailto:thelimesn@bristol-schools.uk)

**Web** [www.limes.bristol.sch.uk](http://www.limes.bristol.sch.uk)



## 5. Barton Hill Children's Centre

Barton Hill Settlement, Ducie Rd BS5 0AX

**Tel** 0117 955 6971 **Email** [bartonhill@bristol.gov.uk](mailto:bartonhill@bristol.gov.uk)

**Web** [www.bartonhillchildrenscentre.co.uk](http://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](mailto:stphilipsmarshn@bristol-schools.uk)

**Web** [www.stphilipsmarshnursery.co.uk](http://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

**Easton Christian Family Centre** Beaufort Street, BS5 0SQ

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

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

**St. Barnabus Primary School**, Albany Road, BS6 5LQ

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

**Trinity Centre**, Trinity Road, BS2 0NW

# What's on

Here is an outline of weekly activities across all our centres, from January – April 2020.

## Monday

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### **Stay and Play St Pauls Children's Centre, 10-11.30am**

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

### **Mums Comfort Zone St Pauls Children's Centre, 12.45-2.45pm**

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

### **ESOL Pre Entry St Pauls Children's Centre, 9.30-11.30am**

A beginners course to help you feel more confident, speaking and listening everyday English. **Limited places booking essential.**

**Employability – CV writing and interview skills. Bannerman Road Children's Centre, 9.30-11.30am** A course to support you to gain confidence and the skills you need to apply for work. **Booking essential.**

### **Rock-a-bye Barton Hill Settlement, 1-2pm**

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.**

### **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 Children's Centre, 9.30-11.30am

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

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

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

## **Play and Learn** Bannerman Road Children's Centre, 9.15-10.45am

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

## **ESOL Pre Entry and Entry Level 1** Barton Hill Settlement, 9.45-12.15pm

**Booking essential via WEA.**

## **Strengthening Families, Strengthening Communities** Barton Hill Settlement, 9.30-11.30am

12 week parenting programme. **Booking essential via Settlement.**

## **Sewing Skills and Hand Crafting** St. Barnabus Primary School, 9.30-11.30am

A course where you can learn to develop new or existing sewing skills. **Booking essential.**

## **6-18 Months Baby Group** St Pauls Children's Centre, 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 Children's Centre, 1-3pm (January & March only)

Classes run by midwife, physiotherapist and health visitor.

## **Ante Natal Classes** Bannerman Road Children's Centre, 1-3pm (February and April only)

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

## **Drop In** Barton Hill Settlement, 1-3pm

Storytelling and singing.

## **Tots Talk Time** Barton Hill Settlement, 1-2:30pm

Information and activities to support communication for 2 year olds. **Invitation only.**

Please refer to page 3 for centre locations.

# Wednesday

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**Early Parenting Hampton House Health Clinic, 10.30am-12 noon (January and February only)** 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.

**Childminders' Group Bannerman Road Children's Centre, 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 Children's Centre, 10-11am**  
A friendly group providing opportunity to meet new parents in a safe, fun and sensory learning environment for you and your baby.

**Stay and Play Easton Family Centre, 9.30-11am**  
Jointly run with Easton Family Centre for parents/carers and children under 5.

**Incredible Years Parenting Programme Barton Hill Settlement 9.30-11.30am**  
Starting 22<sup>nd</sup> January. A 14-week programme - build on your skills and learn ways to improve family relationships and manage children's behaviour. **Booking essential via Settlement.**

**Basic Computer Skills Barton Hill Settlement, 9.30-11.30am**  
**Booking via Settlement. Starting 15<sup>th</sup> January.**

**ESOL Pre entry and entry level 1 Barton Hill Settlement, 9.45-12.15pm**  
**Booking essential via WEA.**

**Healthy Cooking St Pauls Children's Centre, 12.30-2.30pm**  
**Booking essential. Starting 15<sup>th</sup> January.**

**ESOL for Work Quaker Meeting House, 12.30-2.30pm**  
**Booking essential.**

**Young Parents Group Bannerman Road Children's Centre, 1.00-2:30pm**  
A group for young parents and their children.

**Wellbeing Art St Pauls Children's Centre, 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.**

**Baby Group (0-18 months) Barton Hill Settlement, 1-3pm**  
For babies and their parents/carers.

# Thursday

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## **Stay and Play Elim Church, 10am-11.30am**

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

## **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.

## **From Bumps to Babes St Pauls Children's Centre, 10-11am**

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

## **Introduction to Volunteering Bannerman Road Children's Centre, 9.30-11.30am Booking Essential. Starting 30<sup>th</sup> January.**

## **English Functional Skills level 1 Bannerman Road Children's Centre, 12.45-2.45pm Adult learning. Booking essential.**

## **Bristol Refugee Rights Families Together Malcolm X Centre, 12.30-2pm**

Members only, free lunch. Run by BRR Early Years Project with family support from Central Bristol Children's Centre.

## **Parent Gym St. Barnabas Primary School, 1.15-3.15.**

A series of weekly workshops for parents to help your child be happy, confident and do well.  
**Booking essential. Starting 30<sup>th</sup> January.**

*Please refer to page 3 for centre locations.*

# Friday

## **Stay and Play Trinity Centre, 10-11.30am**

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

## **Stressbusting for Parents St. Pauls Children's Centre, 9.30-11.30am**

A 10 week course to help you pause, breath and be. **Booking essential. Starting 10<sup>th</sup> January.**

## **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.

## **Bumps and babes without borders (Three Bs) Salvation Army Citadel, City road, 12-3pm Invitation only.**

Run by Project mama with family support from Central Bristol Children's Centre.

## **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](mailto: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**