



Monday

Tuesday

Wednesday

Thursday

Friday

**St Anne's
Park
Children's
Centre /
Family Hub
BS4 4BJ**

**Breastfeeding Peer
Support**
11am – 12noon

Booking
Required

Booking
Required

Childminders
9:30am – 11am

Twins and Multiples
10am – 11.30am
3rd Tues of each month

Circle of Security
12.30pm - 2pm
7th Oct - 9th Dec

Hello Baby
2pm - 4pm
Please book via
www.eventbrite.co.uk

Baby Hub
10am - 11.30am

Booking
Required

Postnatal Rockabye
12.45pm - 2pm
25th Sept - 18th Dec
To book please email
Samantha.Cooper36@nhs.net

Booking
Required

Welcome to the World
9.15am - 11.15am
14th Nov - 12th Dec

**St Paul's
Children's
Centre /
Family Hub
BS2 9JF**

Booking
Required

**ESOL Mindfulness
Parenting**
9am - 12noon
20th Oct - 8th Dec
To book please email
mpcp.bristol@gmail.com

ESOL Conversation
2pm - 3pm
15th Sept - 15th Dec
To book please email
Agnieszka.Kaziszyn@bristol.gov.uk

Booking
Required

Childminders
9:30am – 11.30am

Booking
Required

Romanian Roma Drop in
9am - 3pm

Wellbeing Art
12.30pm - 2.30pm
17th Sept - 10th Dec

Roma Young Parents
10am - 12.30pm

**Murmuration SEND Muslim
Families**
9am - 11am
9th Oct - 4th Dec
For more info and to book
please email
helo@murmurationcommunitytherapy.com

Baby Hub
1pm - 2.30pm

Booking
Required

Hello Baby
10am - 12noon
Please book via
www.eventbrite.co.uk

**Bannerman
Road
Children's
Centre /
Family Hub
BS5 0RL**

Booking
Required

**Emergency First Aid
Adult Learning**
9.30am - 11.30am
29th Sept - 6th Oct
To book please email
Edwina.Provansal@bristol.gov.uk

**Newborn Hearing
(invite only)**
1pm - 3pm
Twice a month

Booking
Required

**Learn & Play Together -
Toddler (PEEP)**
1pm – 2.15pm

Childminders
9:30am – 11.30am

Baby Hub
1pm - 2.30pm

Young Parents
1.30pm - 3pm

**Barton Hill
Family Hub
BS5 0AX**

Booking
Required

Local Parents
10am - 11.30am

Postnatal Exercise
1pm - 2pm
Referral (with GP)
Lawrence Hill

**Parents to Be Antenatal
Rockabye**
Time TBC
13th Oct - 24th Nov
To book please email
Samantha.Cooper36@nhs.net

**Learn & Play Together -
Baby (PEEP)**
11.30am - 12.30pm

Booking
Required

Hello Baby
1.30pm - 3.30pm
Please book via
www.eventbrite.co.uk

Stay and Play
10am - 11.30am

**Food Club
Wellspring Settlement**
12.30pm - 2.30pm

SEND & You
12.30pm - 2pm
Monthly Drop In

Booking
Required

Parenting Puzzle
9.45am - 11.45am
25th Sept - 16th Oct

**1 - 1 Specialist Infant
Feeding (referral only)**

Baby Hub
(Infant Feeding support
available)
1pm - 2.30pm

**Baby Massage
(invite only)**
10.30am - 12.30pm
22nd Aug - 12 Sept
Health, Lawrence Hill

**Oldbury
Court
Children's
Centre /
Family Hub
BS16 2QS**

**Dad/Male Carer PEEP
(Outdoor)**
10am - 11.15am

Children's Scrapstore
3pm - 5.30pm

Booking
Required

Childminders
9.30am - 11am

Toddler Incredible Years
12.45pm - 2.45pm
23rd Sept - 16th Dec
(no session on 21st Oct)

Baby Hub
9.30am - 11am

SEND Rainbows
9.30am - 11.30am

Welcome to the World
3pm - 5pm
17th Sept - 15th Oct

Booking
Required

Twins and Multiples
10am - 11.30am
First Friday of each month

Booking
Required

Hello Baby
2pm - 4pm
Please book via
www.eventbrite.co.uk

**St Werburghs
Children's
Centre /
Family Hub
BS2 9UX**

Booking
Required

**The Nurture
Programme**
12.45pm - 2.45pm
22nd Sept - 8th Dec

**Homestart - Mums in
Mind Group
(invite only)**
10am - 12noon

SEND Rainbows
1pm - 3pm

Booking
Required

Postnatal Rockabye
10am - 11.15am
24th Sept - 17th Dec
To book please email
Samantha.Cooper36@nhs.net

Booking
Required

**Learn & Play Together -
Baby (PEEP)**
9.30am - 10.45am



Community

**Stay and Play
Faith Space
Redcliffe Methodist
Church, BS1 6PB**
9.30am - 11am

**Stay and Play
St Peter's Church,
BS4 4NZ**
9.30am - 11.30am
Starting 23rd Sept

**The Nurture Programme
Islamic Values**
9.30am - 12.30pm
Venue and dates TBC

Booking
Required

**The Nurture Programme
Fishponds CoFE Academy,
BS16 3UH**
9.15am - 11.30am, 18th Sept - 3rd Dec

**Baby Hub
Meadowvale Community Centre,
BS5 7RF**
9.30am - 11am

**Baby Hub
Redland Quakers Meeting Hall,
BS6 6JE**
10am - 11.30am

Scan the above
QR code to view
our website
and timetable

Group

Details

Antenatal Hello Baby	4 week course to help you prepare for the arrival of your new baby. The course will help you prepare for the birth experience and the early days
Baby Hub	Meet other local parents and gain information and advice about all aspects of your child's development with the support from a local health visiting team and Family Hub team
Learn & Play Together (PEEP)	A group for parents, babies and children to learn together through playing, listening, talking, singing and sharing books
Childminders	A space where childminders can connect, share experiences, and receive support, and a network for collaboration
Breastfeeding Peer Support	Meet new people and discuss your breastfeeding experiences - positives and struggles with support from trained practitioners
Infant Feeding Group (Referral Only)	1-2-1 support for mums, including expectant mums, offering information about all aspects of breast, formula, or mixed feeding
Stay & Play	A stay and play group for families with children aged 0-5 years
Circle of Security	9-week programme for parents/carers of a child aged between 0-5 years, offering relationship tools and providing a new way of understanding children's needs
Parenting Puzzle	4-week programme for parents/carers of a child between 0-5 years, sharing parenting strategies that support positive behaviour and emotional wellbeing. Delivered in person and virtually (condensed version of The Nurture programme)
Toddler Incredible Years	12-week programme for parents/carers of a child aged between 1-3 years, strengthening child wellbeing and promoting social/emotional learning
The Nurture Programme	10-week programme for parents/carers of a child aged 2-8 years, sharing parenting strategies that support positive behaviour and emotional wellbeing
Welcome to the World	5-week programme for parents-to-be. From 22 weeks of pregnancy onwards. Preparing for parenthood, focusing on building strong emotional health for parent and baby
Community Adult Learning	English - to help improve your reading, writing, speaking and listening skills. Maths - a fun and supportive class, with an emphasis on overcoming Maths anxiety. For adults over 19
ESOL Conversation	Drop in group to build confidence and chat with others
Mums in Mind	A peer support group for mums with children aged 0-2 years who feel like things are getting on top of them
Rainbow Group	A stay and play group for pre-school children who have additional needs, and/or disability
Rockabye	A group to support you and nourish your relationship with your baby through sharing experiences with other parents, singing and sensory play. For mums with babies from 0 -7 months old
Young Parents & Roma Young Parents	A stay and play group for parents aged under 23 with children aged 0-5 years. For families to explore & play in a safe, supportive space and access advice
Twins and Multiples	Monthly group to meet other parents/carers with their twins/multiples and enjoy fun activities for children 0-5 years