



Location	Monday	Tuesday	Wednesday	Thursday	Friday
Oldbury Court Children's Centre Frenchay Road BS16 2QS	Newborn Hearing Screening (Invitation) 9am - 12.00pm 1st Monday of every month Dad/Male Carer Outdoor PEEP (Drop In) 10am - 11.15am New Parents (Booking) 10.00am - 11.30am To book a place see How to Book below Baby Massage (Booking) 1pm - 2.30pm Booking via www.eventbrite.co.uk Children's Scrapstore Outdoor Play Session (Drop In) Ages 8+ 3.30pm - 5.30pm	Childminders Group 9.30am - 11.00am Baby PEEP (Booking) 1.15pm - 2.30pm Ages 0 - 12 months To book a place see How to Book below	Baby Hub (Drop In) 9.30am - 11.00am Last entry 11am SEND Rainbows (Drop In) 9.30am - 11.30am Baby Massage (Booking) 10am - 11.30am Booking via www.eventbrite.co.uk Welcome to the World (Booking) 3pm - 5pm 5 week course 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) 1.30pm - 2.30pm Ages 1 - 3 years To book a place see How to Book below Hello Baby Antenatal Course (Booking) 2pm - 4pm 4 week course - ongoing dates www.Eventbrite.co.uk
St Anne's Park Children's Centre Lichfield Road BS4 4BJ	St Anne's Breastfeeding Peer Support Group (Drop In) 11am - 12pm (term-time only)	Twins & Multiples Group (Drop In) 10am - 11.30am Third Tuesday of each month Ages 0 - 5 years The Nurturing Programme (Booking) 9.45am - 11.45am 11 week course To book a place see How to Book below BS4 Play & Learn Together (Drop In) 1.15pm - 2.30pm, Ages 1 - 4 yrs Note: postponed until further notice Hello Baby Antenatal Course (Booking) 2pm - 4pm 4 week course - ongoing dates www.eventbrite.co.uk	Baby Hub (Drop in) 10am - 11.30am Last entry 11.15am Welcome to the World (Booking) 3pm - 5pm 5 week course To book a place see How to Book below New Parents (Booking) 1.30pm - 3.00pm To book a place see How to Book below	Childminders Group 9.30am - 11.00am Rockabye (Booking) 10am - 11.15am 10 week course	Baby PEEP (Booking) 10am - 11.15am Ages 0 - 12 months To book a place see How to Book below Baby Massage (Booking) Please see Eventbrite for dates Booking via www.eventbrite.co.uk
The Haven 378 Speedwell Road, BS15 1ES Meadowvale Community Centre 42 Meadow Vale, BS5 7RF	Baby PEEP (Booking) @ Meadow Vale 1.30pm - 2.30pm Ages 0 - 12 months only 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 - 11am Last entry 11am New Parents (Booking) @ Meadow Vale 10am - 11.30am To book a place see How to Book below	Food Club @ The Haven 12.30pm - 2.30pm
Community		Rhyme & Storytime @ St George Library 11am Food Club @ St Peter's Church, BS4 4NZ 12.30pm - 2.30pm Rhyme & Storytime @ Fishponds Library 2.15pm	Tea & Tots (Drop in) @ The Vassall Hub, BS16 2QQ 9.30am - 11am Beechwood Road Play Group @ Beechwood Club, BS16 3TD 9.30am - 11.30am Baby Bounce & Rhyme @ Wick Road Library, BS4 4HE 10.30am - 11.30am Rhyme and Storytime @ Hillfields Library 12 noon	Play & Learn Together (Drop in) @The Vassall Hub, BS16 2QQ Ages 18 months - 3 years 9.30am - 10.45am Food Club @ The Vassall Hub, BS16 2QQ 1pm - 3pm	Storytime @ Wick Road Library, BS4 4HE 10.30am

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

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

Citywide Antenatal & Parenting Courses

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 below 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.

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.

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.

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.

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.

The Nurturing Programme

The Nurturing 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.

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/copy-of-timetable

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.

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.

New Parents

Join this 7 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.

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.

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.

Baby Massage

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

Outdoor PEEP Play & Learn Together sessions

A group for parents/carers, babies and children to learn together through fun, physical and practical activities in an outdoor environment. Supporting and building on what families already do at home. Making the most of everyday learning opportunities to help your child reach their full potential.

Dad/Male Carer PEEP All Ages (Drop In)

PEEP Play & Learn Together sessions

A group for parents/carers, babies and children to learn together through playing, listening, talking, singing and sharing books. Supporting and building on what families already do at home. Making the most of everyday learning opportunities to help your child reach their full potential.

To register your interest in one of the following PEEP groups please visit:
www.eastbristolchildrenscentre.co.uk/copy-of-timetable
to complete a specific 'Expression of Interest' form

Baby PEEP Ages 0 - 12 months (Booking)
Toddler PEEP Ages 12 months - 3 years (Booking)

