

Citywide Ante Natal & 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 call to register your interest on 0117 353 2899 or 0117 317 3189

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.

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.

New Parents

Join this 6 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.

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.

Circle of Security

Circle of Security is an 8 week parent-reflection programme aimed at families with children aged 2 months - 6 years old. This course 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.

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 ages 0 - 5 years old.

Nurture Programme

The Nurture Programme is a parenting approach that is 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. Suitable for parents with children ages 2-11 years old.

10 week course.



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.

Sing, Rhyme & Storytime

A weekly drop in group, which offers a supportive way to encourage language development through repetitive singing and story telling as well as a chance to meet other families. Suitable for ages 18 months and over plus children with language delays up to age 5. 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.

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.

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.

Baby Building Blocks

Come along and join our Baby Sensory play session and meet other parents/carers in your local community. You and your baby can experience sensory activities to promote baby development. Suitable for babies aged 0 - 12 months. Drop in.

Baby Massage

Infant massage is a great way to communicate with your baby through nurturing touch. The course costs £20 and is led by an experienced and certified instructor. Suitable for babies up to 6 months old. 5 week course. Booking required via EVENTBRITE.

Antenatal Hub

A group aimed at expectant parents/carers. Come and meet others for peer support and find out about what pre and post birth services/support are on offer for you and your new family. Attend at any stage of pregnancy and as many times as useful. Refreshments provided. Booking required.

Baby Hub

A chance to see the Health Visitor for advice and to get your baby or toddler weighed. The Children's Centre team are also on hand to share information about our services if needed. Suitable for parents/carers with children under 5 years. Drop in.

SEND Rainbows

Join us for this Stay & Play session, which is suitable for pre-school aged children with additional needs and their families. Siblings aged up to 8 years are welcome too! Drop in.

Food Club

Weekly food club to reduce food waste. £1 joining fee, £4.50 per food box. Each box offers a range of food worth £10-£15. Call us to find out more: Broomhill - 0117 353 4276 Oldbury Court - 0117 353 2899 Speedwell - 0117 903 0206

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Oldbury Court Children's Centre	Newborn Hearing Screening (Invitation) 9am - 12.30pm <i>1st Monday of every month</i> Baby Building Blocks (Drop In) 10am - 11.15am <i>Ages 0 - 12 months</i> Circle of Security (Booking) 12.30pm - 2.30pm <i>Starting 15th Jan - 11th Mar</i> <i>8 week course</i> Children's Scrapstore Outdoor Play Session (Drop In) 3.30pm - 5pm / Ages 8+	Childminders Group (Invitation) 9.30am - 11.30am Speech & Language Support (Booking) 10am - 12pm <i>Tuesday 16th Jan</i> <i>Please contact us for more information:</i> <i>0117 353 2899</i>	SEND Rainbows (Drop In) 9.30am - 11.30am Baby Hub (Drop in) 9.30am - 11.30am <i>Last entry 11am</i> Welcome To The World (Booking) 4.30pm - 6.30pm <i>Starting 21st Feb</i> <i>5 week course</i>	Food Club (£) 1pm - 3pm Baby Massage (Booking £) 1pm - 2.30pm <i>Starting 11th Jan</i> <i>Ages 0 - 6 months only</i> <i>5 week course</i> <i>(Please book your place via www.eventbrite.co.uk)</i>	Rockabye (Invitation) 9.30am - 10.30am <i>Starting 12th Jan</i> <i>10 week course</i> Twins & Multiples (Drop In) 10am - 11.30am <i>1st Friday of each month</i> <i>Ages 0 - 5 years</i> <i>2nd Feb, 1st Mar</i>
St. Anne's Park Children's Centre	 <div data-bbox="331 516 619 808"> <p>This timetable starts from Monday 8th January 2024 onwards...</p> </div>	Antenatal Rockabye (Invitation) 12pm - 1.30pm <i>Starting 30th Jan</i> <i>6 week course</i> Antenatal Hub (Booking) 9.30am - 10.30am <i>Last Tuesday of the month</i> <i>For parents to be at any stage in pregnancy</i>	Baby Hub (Drop in) 10am - 11.30am <i>1st, 2nd, 3rd Wednesday of the month</i> <i>Last entry 11.15am</i>	Nurture Programme (Booking) 9.30am - 11.45am <i>Starting 11th Jan - 21st Mar</i> <i>10 week course</i>	Baby Building Blocks (Drop In) 10am - 11.15am <i>Ages 0 - 12 months</i>
Broomhill Children's Centre		Childminders Group (Invitation) 10am - 11.30am Murmuration Community Therapy (Booking) 1pm - 2.30pm <i>Starting 16th Jan - 19th Mar</i> <i>8 week course</i>	Newborn Hearing Screening (Invitation) 9am - 12.30pm <i>1st Wednesday of every month</i> Baby Hub (Drop in) 10am - 11.30am <i>4th & 5th Wednesday of the month</i> <i>Last entry 11am</i>	New Parents (Booking) 10am - 11.30am <i>Ages 0 - 6 months</i> <i>Starting 11th Jan</i> <i>6 week course</i> Stay & Play (Drop In) 1.30pm - 3pm <i>Ages 0 - 5 years</i>	
Speedwell Children's Centre		Speech & Language Support (Booking) 10am - 12pm <i>Tuesday 23rd Jan</i> <i>Please contact us for more information:</i> <i>0117 353 2899</i> New Parents (Booking) 1pm - 2.30pm <i>Ages 0 - 6 months</i> <i>Starting 9th Jan / 6 week course</i>		Baby Hub (Drop In) 9.30am - 11.30am <i>Last entry 11am</i>	
The Haven (at Speedwell Methodist Church) 378 Speedwell Rd, BS15 1ES		Sing, Rhyme & Storytime (Drop In) 10am - 11am <i>Ages 18 months +</i> <i>Starting 16th Jan</i>	Stay & Play (Drop In) 1.45pm - 2.45pm <i>Ages 0 - 5 years</i> PLEASE NOTE: This group does NOT run on the first Wednesday of the month but a community café and free play session will be on still!		Food Club (£) 12.30pm - 2.30pm
ONLINE		Parenting Puzzle (Booking) 7pm - 9pm <i>Starting 20th Feb</i> <i>4 week course</i>		Dads & Partners Peer Support Group Every 1st Thursday of the month 8pm - 9pm via Zoom Call 0117 935 9366 or email support@mothersformothers.co.uk	

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/timetable to complete a specific
 'Expression of Interest' form and we will be in touch shortly.