

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.

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.

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.

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.

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.

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 ages 0 - 5 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.

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
1st Monday of every month

Baby Building Blocks (Drop In)
10am - 11.15am
Ages 0 - 12 months

Circle of Security (Booking)
12.30pm - 2.30pm
Starting 15th Jan - 11th Mar
8 week course

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
Tuesday 16th Jan
Please contact us for more information:
0117 353 2899

SEND Rainbows (Drop In)
9.30am - 11.30am

Baby Hub (Drop in)
9.30am - 11.30am
Last entry 11am

Food Club (£)
1pm - 3pm

Baby Massage (Booking £)
1pm - 2.30pm
(Please book your place via
www.eventbrite.co.uk)

Rockabye (Invitation)
9.30am - 10.30am
Starting 12th Jan
10 week course

Twins & Multiples (Drop In)
10am - 11.30am
1st Friday of each month
Ages 0 - 5 years
2nd Feb, 1st Mar

St. Anne's Park Children's Centre



Antenatal Rockabye (Invitation)
12pm - 1.30pm
Starting 30th Jan
6 week course

Antenatal Hub (Booking)
9.30am - 10.30am
Last Tuesday of the month
For parents to be at any stage in pregnancy

Baby Hub (Drop in)
10am - 11.30am
1st, 2nd, 3rd Wednesday of the month
Last entry 11.15am

Nurture Programme (Booking)
9.30am - 11.45am
Starting 11th Jan - 21st Mar
10 week course

SENSE Stay & Play (Booking)
1pm - 2.30pm
Starting 15th February
4 week course

Baby Building Blocks (Drop In)
10am - 11.15am
Ages 0 - 12 months

Broomhill Children's Centre



Baby Massage (Booking £)
1.30pm - 3pm
(Please book your place via
www.eventbrite.co.uk)

Childminders Group (Invitation)
10am - 11.30am

Murmuration Community Therapy (Booking)
1pm - 2.30pm
Starting 16th Jan - 19th Mar
8 week course

Newborn Hearing Screening (Invitation)
9am - 12.30pm
1st Wednesday of every month

Baby Hub (Drop in)
10am - 11.30am
4th & 5th Wednesday of the month
Last entry 11am

New Parents (Booking)
10am - 11.30am
Ages 0 - 6 months
Starting 11th Jan
6 week course

Stay & Play (Drop In)
1.30pm - 3pm
Ages 0 - 5 years



Speedwell Children's Centre



Speech & Language Support (Booking)
10am - 12pm
Tuesday 23rd Jan
Please contact us for more information:
0117 353 2899

New Parents (Booking)
1pm - 2.30pm
Ages 0 - 6 months
Starting 9th Jan / 6 week course



Baby Hub (Drop In)
9.30am - 11.30am
Last entry 11am



The Haven (at Speedwell Methodist Church) 378 Speedwell Rd, BS15 1ES



Sing, Rhyme & Storytime (Drop In)
10am - 11am
Ages 18 months +
Starting 16th Jan

Stay & Play (Drop In)
1.45pm - 2.45pm
Ages 0 - 5 years

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
Starting 20th Feb
4 week course



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.