A little bit about us

At our centres you will find a safe & welcoming environment with easy access to a range of activities & information to help you lead a happy, healthy family life.

Services include a variety of groups, family events, 1:1 support & signposting to other services to ensure you and your family get the best experience possible.

We are always keen to know what services **you** would like in your local children's centre! Please pop in and see us, give us a call, drop us an email or send a message via Facebook or our website.

All of our centres are safe spaces If you are feeling unsafe, please call us or visit your local centre and

Ask for ANI (Annie)

If you are in immediate danger call 999

You can also access support from Next

Link on 0117 925 0680

Information, advice & guidance

Support is available to calculate your entitlement to benefits including a better off in work calculation, identifying employment and training opportunities. For more information, contact 0117 357 4192 or email askcyps@bristol.go.uk

Safeguarding is everyone's responsibility

Are you worried about a child or young person? Do you or your child need some help? Call First Response on 0117 903 6444 (Out of hours emergency team 01454 615165)

Early years SEND support is available at Oldbury Court Children's Centre from the Bristol Portage team. For more information, please visit www.bristol.gov.uk/web/bristol-local-offer/portagehome-visiting-service





Specialist feeding support is also available. Please contact your Health Visitor for more information or call 0300 125 6274 (East/Central) or 0300 125 6264 (South)



The Speech & Language team are available for one to one appointments across East Bristol Children's Centres

Please contact us or visit your local centre for more information on groups.

To register your interest for groups that requires booking, please visit www.eastbristolchildrenscentre.co.uk/timetable to complete an 'Expression of Interest' form and we will be in touch when a space is available.

Sessions marked (£) incur an additional charge.









Family Services & Adult Learning Timetable From Monday 4th September 2023







Oldbury Court

Frenchay Road BS16 2OS 0117 3532899

Speedwell

Speedwell Road **BS5 7SY** 0117 9030206

Broomhill

Fermaine Avenue BS4 4UY 0117 3534276

St. Anne's **Park**

Lichfield Road BS4 4BI 0117 3773189



'Helping children and families be the best they can be'





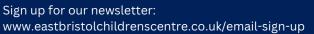
Keep in touch

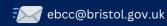


eastbristolchildrenscentres



www.eastbristolchildrenscentre.co.uk





Location Monday 9am - 12.30pm

Newborn Hearing Screening (Invitation)

1st Monday of every month

Baby Building Blocks (Drop In) 10am - 11:15am

Starting 18th September - Ages 0 - 12 months Boogie Disco (Drop In)

1.30pm - 2.30pm Starting 16th October - Ages 18 months +

Children's Scrapstore Outdoor Play Session (Drop In) 3.30pm - 5pm - Ages 8+

Tuesday

Childminders Group (Invitation) 9.30am - 11.30am

SEND Rainbows (Drop In)

Wednesday

9.30am - 11.30am

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

Thursday

Wellbeing Group (Invitation) 1pm - 2.30pm

Starting 21st September For parents to be and for parents with children aged 0 - 5 years

Food Club (£) 1pm - 3pm

Forest School (Booking) 4pm - 5pm Starting 21st September 6 week course / Ages 4+

Twins & Multiples (Drop In)

Friday

10am - 11.30am 1st Friday of each month Ages 0 - 5 years

St. Anne's **Park**

Oldbury

Court



Boogie Disco (Drop In)

10am - 11am Starting 26th September Ages 18 months +

Wellbeing Group (Invitation)

1pm - 2.30pm Starting 26th September For parents to be and for parents with children aged 0 - 5 years

Baby Hub (Drop in)

10am - 11.30am 1st, 2nd, 3rd Wednesday of the month Last entry 11.15am

Welcome To The World (Booking)

4.30pm - 6.30pm 15th Nov - 13th Dec 5 week course

Rockabye (Booking)

1.30pm - 2.30pm 28th Sept - 7th Dec 10 week course

Baby Building Blocks (Drop In)

10am - 11.15am Starting 15th September Ages 0 - 12 months

Broomhill

Mums in Mind (Invitation) 9.15am - 11.15am Starting 18th September 8 week course

Childminders Group (Invitation)

10am - 11.30am

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 11.15am

Tots Talking (Booking)

10am - 11am Starting 12th October 6 week course For parents with children aged 18 months + (no creche available)

Stay & Play (Drop In) 1.30pm - 3pm Starting 21st September Ages 0 - 5 years

New Parents (Booking)

10am - 11.30am Starting 29th September 6 week course

Speedwell



Tots Talking (Booking)

9am - 10am Starting 10th October 6 week course For parents with children aged 18 months (no creche available)

New Parents (Booking)

1pm - 2.30pm Starting 26th September 6 week course

12.30pm - 2.30pm 8 week course

Childminders Group (Invitation) 9.30am - 11.30am

Baby Hub (Drop In)

9.30am - 11.30am Last entry 11am



Circle of Security (Booking)

17th Oct - 5th Dec

Parenting Puzzle (Booking)

7pm - 9pm 12th Oct - 2nd Nov 4 week course

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 an Expression of Interest form and we will be in touch when a space is available.

What's on in the community for children and families with EBCC...

Monday Thursday Friday Saturday/Sunday Tuesday Wednesday Food Club (£) Stay & Play (Drop In) Food Club (£) 12.30pm - 2.30pm 1.45pm - 2.45pm 12.30pm - 2.30pm St. Peter's Church, BS4 4NZ Starting 20th September The Haven at Speedwell Ages 0 - 5 years (Speedwell Methodist Church) 378 Speedwell Rd, BS15 1ES The Haven at Speedwell (Speedwell Methodist Church) Mini Explorers (Drop In) 378 Speedwell Rd, BS15 1ES 10am - 11am Hillfields Community Garden at PLEASE NOTE: Hillfields Library, BS16 4HL This group does NOT run on the Dates: 24th Oct, 28th Nov, 19th Dec first Wednesday of the month Ages 2 - 4 years (siblings welcome)

Adult Learning Timetable - Autumn 2023

Monday Tuesday Wednesday **Thursday** Friday **Autumn Gardening & Wellbeing** Oldbury (Booking) 10am - 12pm Court Starting 21st September 5 week course

St. Anne's Park

Health & Social Care Level 1 (Booking) 9.15am - 11.15am

Starting 18th September 5 week taster course

Brush Up Skills: English (Booking) Paediatric First Aid (Booking)

9.15am - 11.15am 9am - 2pm Starting 19th September Starting 2nd October 12 week course 3 week course Fishponds Baptist Church, BS16 5AS Wick Road Library, BS4 4HE

Autumn Gardening & Wellbeing (Booking)

9am - 11am Starting 13th September 6 week course Broomhill Juniors School, BS4 4NZ

ESOL Beginners (Booking)

9.45am - 11.45am Starting 20th September (Assessment session week before) 12 week course Fishponds Baptist Church, BS16 5AS

Paediatric First Aid (Booking)

Maths For Everyday Life (Booking) 12.15pm - 2.45pm 10am - 1pm Starting 12th October Starting 15th September 6 week course 10 week course Venue TBC - Fishponds/ St Peter's Church, BS4 4NZ Oldbury Court Area TO BOOK - CALL SARAH ON: 07721 589956

Festive Fun (Booking)

9.30am - 11.30am Starting 3rd November 6 week course St Peter's Church, BS4 4NZ

Community



TO BOOK - CALL CATHERINE ON: 07785 702454 (unless otherwise stated)

For other Adult Learning courses across Bristol visit: https://communitylearningwest.net/

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.

Booking required.

Circle of Security

Circle of Security is a 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. Booking required.

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. Booking required.

Wellbeing Group

A small and gentle group for parents-to-be and parents with children aged 0 - 5 years, where you can learn new tools to support yours and your families mental health and wellbeing. To book a space and/or to find out more: Text Anna on: 07748 106410 Booking required.

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

Drop in.

Boogie Disco

A fun filled dance and movement group. Expect themed activities each week, instruments and props.

Suitable for children aged 18 months and over. 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.

Mum's in Mind (Invitation)

Tots Talking

Come to this 6 week course to discover

information and activities to support you to

help your two year old get a head start at

nursery and school.

Recommended for parents with children ages

18 months to 2 years old. Adults only group.

Booking required.

This 8 week course is a peer-to-peer support group for mums who are feeling anxious, isolated, or are struggling in baby's first two years. Why not join us for snacks, crafts and a chance to meet and talk with other mums in a safe space.

To book your place please call: 0117 950 1170

Parenting Puzzle

Join us for this 4 week online course whereby you will be given the tools to respond effectively within daily family life and situations that arise as children grow, learn and develop.

Suitable for parents with children ages 0 - 5 years old. Booking required.

Baby Hub

Rockabye

A small 10 week group for parents and babies

to enable secure attachment to grow. Meet

other parents, time to talk with knowledgeable

staff and enjoy interactive activities together.

Recommended for pre crawling babies only.

Booking required.

Forest School

loin us for this new 6 week course on the field

at Oldbury Court Children's Centre.

There will be different outdoor activities each

week. Expect whittling, camp fires, hot

chocolate and more!

Suitable for children aged 4 years and over.

Booking required. Call 0117 353 2899 for more information.

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.

Mini Explorers

East Bristol Children's Centres

EBCC

Join us for this monthly drop in group that focuses on connecting with nature and learning about the outdoors.

Suitable for children ages 2 - 4 years old. Drop in.

Groups and Services **Information**

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.

SEND Rainbows

Food Club

Weekly food club to reduce food waste. £1 joining fee, £3.50 per food box Each box offers a range of veg, meat and cupboard essentials worth £10-£15. Get in touch to find out more and sign up. Broomhill - 0117 353 4276 Oldbury Court - 0117 353 2899 Speedwell - 0117 903 0206

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 different sensory activities to promote baby development.

Suitable for babies aged 0-12 months. 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.