

## 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.



Breastfeeding is welcome in our centres and we have trained staff to answer any feeding queries. 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).

### 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.gov.uk](mailto:askcyps@bristol.gov.uk)



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/portage-home-visiting-service](http://www.bristol.gov.uk/web/bristol-local-offer/portage-home-visiting-service)



Community Children's Health Partnership

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

### 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)

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

# East Central Bristol Children's Centres Timetable

## 23rd July - 29<sup>th</sup> August 2025



## Keep in touch



0117 9223189



[ebcc@bristol.gov.uk](mailto:ebcc@bristol.gov.uk)



[www.eastbristolchildrenscentre.co.uk](http://www.eastbristolchildrenscentre.co.uk)



[eastbristolchildrenscentres](https://www.facebook.com/eastbristolchildrenscentres)



Sign up for our newsletter:

[www.eastbristolchildrenscentre.co.uk/email-sign-up](http://www.eastbristolchildrenscentre.co.uk/email-sign-up)



# 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.

## 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.

## 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.

## 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.

## 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.



# Baby Hub

**You can drop in to our 'Baby Hub' sessions to see a Health Visitor for some advice and weigh your baby/toddler.**

**Our team are on hand too to share information about all of our services. Last entry for these sessions is 11am.**

**Our current sessions are on the following:**

**Wednesday's at Oldbury Court Children's Centre  
9.30am - 11.00am**

**Wednesday's at St Anne's Park Children's Centre  
10am - 11.00am**

**Thursday's at Meadow Vale Community Centre  
9.30am - 11.00am**

**DROP IN GROUP  
No booking required**



**Keep in touch**

Sign up for our newsletter: [www.eastbristolchildrenscentre.co.uk/email-sign-up](http://www.eastbristolchildrenscentre.co.uk/email-sign-up)



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[www.eastbristolchildrenscentre.co.uk](http://www.eastbristolchildrenscentre.co.uk)



[ebcc@bristol.gov.uk](mailto:ebcc@bristol.gov.uk)

## 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](http://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](http://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)



## Bristol Parenting Groups

- Are you pregnant or a parent of a 0 - 8 year old?
- Would you like to add ideas and skills to your parenting toolbox?
- Would you like to develop more confidence in your parenting?
- Would you like to understand your child better?

Free groups for adults run by Bristol Children's Centres

Your parenting toolbox:

Listening

Play

Nurture

Praise

Empathy


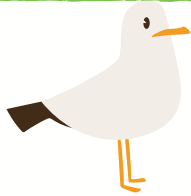





Connection

For more information please call: **07721 311 497**  
or email: **pssso@bristol.gov.uk**

Once you have registered your interest via:  
**[www.bit.ly/BristolParentingGroups](http://www.bit.ly/BristolParentingGroups)** we will be in touch to find the best group option for you.



# EAST CENTRAL CHILDREN'S CENTRES SUMMER 2025 TIMETABLE

Location	Oldbury Court BS16 2QS	St Anne's Park BS4 4BJ	Bannerman Road BS5 0RL	St Paul's BS2 9JF	Barton Hill BS5 0AX	Community
MONDAY	<b>Dad/Male Carer Outdoor PEEP (Drop In)</b> 10am - 11.15am <b>New Parents (Booking)</b> 10.00am - 11.30am To book a place see How to Book below <b>Baby Massage (Booking)</b> 1pm - 2.30pm Booking via <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a> <b>Scrapstore Play Rangers (Drop In)</b> 10.30am - 2.30pm 28 <sup>th</sup> July / 4 <sup>th</sup> Aug / 11 <sup>th</sup> Aug / 18 <sup>th</sup> Aug			<b>Stay and Play (Drop In)</b> 10am - 11.30am <b>Dads/Male Carer Group (Drop In)</b> (Not first Monday of the month) 1.30pm - 2.30pm	<b>Local Parent Stay and Play (Drop In)</b> 10am - 11.30am 28 <sup>th</sup> July Urban Park, BS5 9LY 4 <sup>th</sup> Aug Gaunts Ham, BS5 0BD 11 <sup>th</sup> Aug Netham Park, BS5 9LY 18 <sup>th</sup> Aug Urban Park, BS5 9LY	<b>Baby PEEP (Booking)</b> <b>@ Meadow Vale BS5 7RF</b> 1.30pm - 2.30pm Ages 0 - 12 months only To book a place see How to Book below
TUESDAY	<b>Baby PEEP (Booking)</b> 1.15pm - 2.30pm Ages 0 - 12 months To book a place see How to Book below	<b>Hello Baby Antenatal Course (Booking)</b> 2pm - 4pm 4 week course - ongoing dates <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a> <b>Parenting Puzzle (Virtual)</b> 6pm - 8pm	<b>Stay and Play (Drop In)</b> 10am - 11.30am <b>Baby PEEP (Drop In)</b> 1.30pm 2.30pm		<b>Baby Group (Drop In)</b> 11.30am - 12.30pm Ages under 12 months <b>Hello Baby</b> 1.30pm - 3.30pm 4 week course - ongoing dates <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a>	<b>Food Club</b> <b>@ St Peter's Church, BS4 4NZ</b> 12.30pm - 2.30pm
WEDNESDAY	<b>Baby Hub (Drop In)</b> 9.30am - 11.00am Last entry 11am <b>SEND Rainbows (Drop In)</b> 9.30am - 11.30am	<b>Baby Hub (Drop in)</b> 10am - 11.30am Last entry 11.15am <b>New Parents (Booking)</b> 1.30pm - 3.00pm To book a place see How to Book below <b>Welcome to the World (Booking)</b> 3pm - 5pm Scan QR code to book 	<b>Baby Hub (Drop in)</b> 1pm - 2.30pm	<b>Romanian Roma (Drop In)</b> 9am - 3pm <b>Food Club</b> 9.30am - 11am	<b>Stay and Play (Drop In)</b> 10am - 11am Urban Park, BS5 9LY <b>Food Club</b> 12.30pm - 2.30pm	<b>Beechwood Road Play Group</b> <b>@ Beechwood Club, BS16 3TD</b> 9.30am - 11.30am 30 July / 13 <sup>th</sup> & 27 <sup>th</sup> August <b>Stay &amp; Play (Drop In)</b> <b>@ The Haven, BS15 1ES</b> 1.45pm - 3pm Ages 0 - 5 years No session on 20 <sup>th</sup> August <b>Bristol Fair Renting Stay and Play</b> <b>@ The Spark Space, BS5 9HH</b> 3 <sup>rd</sup> Wed of each month 10.30am - 12 noon
THURSDAY		<b>Newborn Baby Group</b> 1 - 2pm Ages 0 - 6 months Last session 31 <sup>st</sup> July	<b>Roma Young Parents group (Drop In)</b> 10.30am - 12.30pm <b>Baby Hub (Drop in)</b> 1pm - 2.30pm	<b>Baby Hub and Infant Feeding Hub</b> 1pm - 2.30pm	<b>Play &amp; Learn Together (Drop in)</b> <b>@The Vassall Hub, BS16 2QQ</b> Ages 18 months - 3 years 9.30am - 10.45am Last session 7 <sup>th</sup> August <b>Baby Hub (Drop in)</b> <b>@Meadow Vale, BS5 7RF</b> 9.30am - 11am <b>Baby Hub (Drop in)</b> <b>@Redland Quaker House, BS6 6JE</b> 10am - 11.30am <b>New Parents (Booking)</b> <b>@ Meadow Vale, BS5 7RF</b> 10am - 11.30am <b>Food Club</b> <b>@ The Vassall Hub, BS16 2QQ</b> 1pm - 3pm	
FRIDAY	<b>Toddler PEEP (Booking)</b> 1.30pm - 2.30pm Ages 1 - 3 years To book a place see How to Book below <b>Hello Baby Antenatal Course (Booking)</b> 2pm - 4pm 4 week course - ongoing dates <a href="http://www.Eventbrite.co.uk">www.Eventbrite.co.uk</a>	<b>Baby PEEP (Booking)</b> 10am - 11.15am Ages 0 - 12 months To book a place see How to Book below <b>Baby Massage (Booking)</b> Please see Eventbrite for dates Booking via <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a>		<b>Baby Massage (Booking)</b> 10am - 11am To book contact Anita on 07557 158633 <b>Hello Baby (Booking)</b> 1.30pm - 3.30pm 4 week course - ongoing dates <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a>		<b>Food Club</b> <b>@ The Haven, BS15 1ES</b> 12.30pm - 2.30pm

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](http://www.eastbristolchildrenscentre.co.uk)

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[www.eastbristolchildrenscentre.co.uk/copy-of-timetable](http://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