

HOW TO BOOK



Scan QR code to register for parenting courses

To book please email [ECFH@bristol.gov.uk](mailto:ECFH@bristol.gov.uk)

Monday

Tuesday

Wednesday

Thursday

Friday

St Anne's Park Children's Centre / Family Hub BS4 4BJ

**Breastfeeding Peer Support**  
11am - 12noon

**Childminders**  
9:30am - 11am

**Twins and Multiples**  
10am - 11.30am  
3<sup>rd</sup> Tues of each month

**Hello Baby**  
2pm - 4pm  
Please book via [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

**Welcome to the World**  
3pm - 5pm  
10<sup>th</sup> March - 7<sup>th</sup> April

**Baby Hub**  
10am - 11.30am

**Nurturing Programme**  
9.45am - 11.45am  
15<sup>th</sup> January - 26<sup>th</sup> March

**Postnatal Rockabye**  
1pm - 2.15pm  
Starts 22<sup>nd</sup> Jan  
To book please email [Samantha.Cooper36@nhs.net](mailto:Samantha.Cooper36@nhs.net)

St Paul's Children's Centre / Family Hub BS2 9JF

**Romanian Roma Drop in**  
9.30am - 3.30pm

**Roma Young Parents**  
10am - 12.30pm

**Baby Hub**  
1pm - 2.30pm

Bannerman Road Children's Centre / Family Hub BS5 0RL

**ESOL**  
9.30am - 11.30am  
Creche is provided

**Newborn Hearing (invite only)**  
10:30 - 11:30am  
Twice a month

**New Parents**  
1.30pm - 3pm

**Health & Social Care Level 1**  
9:30am - 2:30pm  
24th Feb - 12<sup>th</sup> May

**Childminders**  
9:30am - 11.30am

**Learn & Play Together - Toddler (PEEP)**  
1pm - 2.15pm

**Baby Hub**  
1pm - 2.30pm

**Young Parents**  
1.30pm - 3.30pm

**Welcome to the World**  
9.15am - 11.15am  
10<sup>th</sup> April - 1<sup>st</sup> May

Barton Hill Family Hub BS5 0AX

**Local Parents**  
10am - 11.30am

**Parents to be Rockabye**  
6pm-8pm  
Starts 23<sup>rd</sup> Feb  
To book please email [Samantha.Cooper36@nhs.net](mailto:Samantha.Cooper36@nhs.net)

**Learn & Play Together - Baby (PEEP)**  
11.30am - 12.30pm

**Hello Baby**  
1.30pm - 3.30pm  
Please book via [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

**Stay and Play**  
10am - 11.30am

**Food Club Wellspring Settlement**  
12.30pm - 2.00pm

**SEND & You**  
12.30pm - 2pm  
Monthly Drop In

**Postnatal Rockabye**  
12.45pm - 2pm  
Starts 21<sup>st</sup> Jan  
To book please email [Samantha.Cooper36@nhs.net](mailto:Samantha.Cooper36@nhs.net)

**Strengthening Families Strengthening Communities Bookable Creche**  
9.15am - 12.15pm  
Starts 15<sup>th</sup> Jan

**1-1 Specialist Infant Feeding (referral only)**

**Baby Hub**  
(Infant Feeding support available)  
1pm - 2.30pm  
Last entry at 2.15pm

Oldbury Court Children's Centre / Family Hub BS16 2QS

**Dad/Male Carer PEEP**  
(Outdoor weather dependant)  
10am - 11.15am

**Children's Scrapstore**  
3.30pm - 5pm

**Murmuration Nurture Group**  
7.30pm - 9pm, Starting 26<sup>th</sup> Feb  
Please book via [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

**Childminders**  
9.30am - 11am

**Toddler Incredible Years**  
12.45pm - 2.45pm

**Baby Hub**  
9.30am - 11am

**SEND Rainbows**  
9am - 11am

**New Parents**  
1.30pm - 3pm

**Twins and Multiples**  
10am - 11.30am  
First Friday of each month

**Hello Baby**  
2pm - 4pm  
Please book via [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

St Werburghs Children's Centre / Family Hub BS2 9UX

**ESOL Conversation**  
2pm - 3pm  
To book please email [Agnieszka.Kaziszyn@bristol.gov.uk](mailto:Agnieszka.Kaziszyn@bristol.gov.uk)

**Childminders**  
9:30am - 11.30am

**SEND Rainbows**  
1pm - 3pm

**Postnatal Rockabye**  
10am - 11.15am  
Starts 21<sup>st</sup> Jan  
To book please email [Samantha.Cooper36@nhs.net](mailto:Samantha.Cooper36@nhs.net)

**Parenting Puzzle**  
9am - 11am  
Starts 25<sup>th</sup> Feb

**Learn & Play Together - Baby (PEEP)**  
10am - 11.15am

**Homestart - Mums In Mind Group (invite only)**  
1pm - 2.45pm

**Welcome to the World**  
26<sup>th</sup> Feb - 26<sup>th</sup> Mar  
3pm - 5pm

**Hello Baby**  
10am - 12noon  
Please book via [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

Community

**Stay and Play Faith Space**  
Redcliffe Methodist Church, BS1 6PB  
9.30am - 11am

**Stay and Play St Peter's Church, BS4 4NZ**  
9.30am - 11.30am

**Virtual Parenting Puzzle**  
6pm-8pm  
20th Jan-10<sup>th</sup> Feb

**Baby Hub Meadowvale Community Centre, BS5 7RF**  
9.30am - 11am

**Baby Hub Redland Quakers Meeting Hall, BS6 6JE**  
10am - 11.30am

**Incredible Years Easton Community Centre, BS5 9JF**  
10am - 12.15pm  
9th Jan - 27<sup>th</sup> March

**Group**

**Details**

|   |  |
|---|--|
| <b>Antenatal Hello Baby</b>                   | 4 week course to help you prepare for the arrival of your new baby. The course will help you prepare for the birth experience and the early days   |
| <b>Baby Hub</b>                               | Meet other local parents and gain information and advice about all aspects of your child's development with the support from a local health visiting team and Family Hub team  |
| <b>Learn &amp; Play Together (PEEP)</b>       | A group for parents, babies and children to learn together through playing, listening, talking, singing and sharing books  |
| <b>Childminders</b>                           | A space where childminders can connect, share experiences, and receive support, and a network for collaboration  |
| <b>Breastfeeding Peer Support</b>             | Meet new people and discuss your breastfeeding experiences - positives and struggles with support from trained practitioners   |
| <b>Infant Feeding Group (Referral Only)</b>   | 1-2-1 support for mums, including expectant mums, offering information about all aspects of breast, formula, or mixed feeding  |
| <b>Stay &amp; Play</b>                        | A stay and play group for families with children aged 0-5 years  |
| <b>Circle of Security</b>                     | 9-week programme for parents/carers of a child aged between 0-5 years, offering relationship tools and providing a new way of understanding children's needs   |
| <b>Parenting Puzzle</b>                       | 4-week programme for parents/carers of a child between 0-5 years, sharing parenting strategies that support positive behaviour and emotional wellbeing. Delivered in person and virtually (condensed version of The Nurture programme) |
| <b>Toddler Incredible Years</b>               | 12-week programme for parents/carers of a child aged between 1-3 years, strengthening child wellbeing and promoting social/emotional learning  |
| <b>The Nurture Programme</b>                  | 10-week programme for parents/carers of a child aged 2-8 years, sharing parenting strategies that support positive behaviour and emotional wellbeing   |
| <b>Welcome to the World</b>                   | 5-week programme for parents-to-be. From 22 weeks of pregnancy onwards. Preparing for parenthood, focusing on building strong emotional health for parent and baby   |
| <b>Community Adult Learning</b>               | English - to help improve your reading, writing, speaking and listening skills. Maths - a fun and supportive class, with an emphasis on overcoming Maths anxiety. For adults over 19   |
| <b>ESOL Conversation</b>                      | Drop in group to build confidence and chat with others   |
| <b>Mums in Mind</b>                           | A peer support group for mums with children aged 0-2 years who feel like things are getting on top of them   |
| <b>Rainbow Group</b>                          | A stay and play group for pre-school children who have additional needs, and/or disability   |
| <b>Rockabye</b>                               | A group to support you and nourish your relationship with your baby through sharing experiences with other parents, singing and sensory play. For mums with babies from 0 -7 months old  |
| <b>Young Parents &amp; Roma Young Parents</b> | A stay and play group for parents aged under 23 with children aged 0-5 years. For families to explore & play in a safe, supportive space and access advice   |
| <b>Twins and Multiples</b>                    | Monthly group to meet other parents/carers with their twins/multiples and enjoy fun activities for children 0-5 years  |