



What's on September-December 2021

Your easy guide to family support services
across all of Central Bristol's Children's Centres.

Email cbcc@bristol-schools.uk **Web** www.centralbristolcc.co.uk

Facebook @CentralBristolCC



Welcome

This guide is our timetable for weekly sessions across all six central Bristol Children's Centres and beyond.

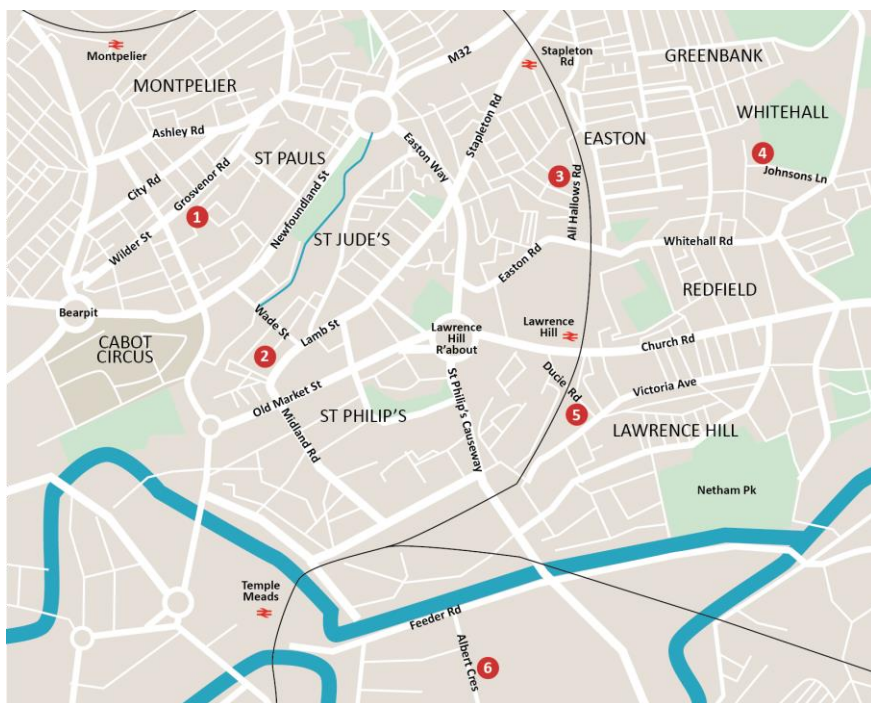
We support families and children from birth to five years, with a range of drop-in and bookable courses to stimulate, engage and inspire.

Most baby and stay & play sessions do not require booking, but some courses are referral only or require pre-booking. Check with us if you are unsure.

We also offer 1:1 support including home visits, and signposting to other organisations. Please speak to one of the staff members for more information.

Our locations

You are welcome to attend activities at any of our centres and outreach locations. Here's where we are...



1. St Pauls Nursery School and Children's Centre

Little Bishop Street, St Pauls, Bristol BS2 9JF

Tel 0117 903 0337 **Email** stpaulsncc@bristol-schools.uk

Web www.stpaulschildrenscentre.co.uk



2. Rosemary Nursery School and Children's Centre

Haviland House, Great Ann Street, St Judes, Bristol BS2 0DT

Tel 01179031467/ 3773297 **Email** rosemary.n@bristol-schools.uk

Web www.rosemary.bristol.sch.uk



3. Bannerman Road Children's Centre

Bannerman Road, Easton, Bristol, BS5 ORL

Tel 0117 9030269 **Web** www.bannermanroadcc.uk



4. The Limes Nursery School and Children's Centre

Johnsons Road Bristol Avon BS5 9AT

Tel 0117 903 0317 **Email** thelimesn@bristol-schools.uk

Web www.limes.bristol.sch.uk



5. Wellspring Settlement Family Centre

43 Ducie Rd BS5 0AX

Tel 0117 955 6971 **Email** admin@bartonhillsettlement.org.uk

Web www.bartonhillsettlement.org.uk



6. St Philip's Marsh Nursery School

Albert Crescent, St Philip's Marsh, Bristol, BS2 0SU

Tel 0117 977 6171 **Email** admin@bartonhillsettlement.org.uk

Web www.bartonhillsettlement.org.uk



We offer some of our activities at other locations...

Wellspring Settlement Barton Hill BS5 0AX

Easton Christian Family Centre Beaufort Street, BS5 0SQ

Elim Church Stokes Croft, BS2 8JP

Quakers Haviland House Champion Square, St Judes, BS2 9DB

The New Place 119-121 Fishponds Road, BS5 6PN

Trinity Centre, Trinity Road, BS2 0NW

St. Werburghs Park Nursery School Glenfrome Road, BS2 9UX

St Pauls Adventure Playground Fern Street, BS2 9LN

What's on

Here is an outline of weekly activities across all our centres, from September – December 2021.

Monday

Introduction to Volunteering Bannerman Road Children's centre, 9.30-11.30am 20th September-15th November

This six-week course will give you the chance to explore and develop skills for volunteering for personal development and possibly progression to work. **Booking essential.**

Stay and Play Wellspring Settlement, 9.30-11.30am

Free play for children and parents/carers. **Bookable places.**

Rock-a-bye Hillfields Library, 10-11am

For parents to grow in confidence, understand your baby's nonverbal communication and have fun. Uses music, movement, rhymes and colorful engaging props. **Referral only.**

Stay and play St Pauls Children's Centre, 10-11.am

For children aged 0-5 and their parents/carers to explore and play together.

Mums Comfort Zone St Paul's Children's Centre, 12.45-2.45pm

A supportive group from Bluebell, where you can have some time out with relaxing sessions. Meet others and learn new ways of coping with life as a mum. **Referral only.**

Stay and Play Bannerman Road Children's Centre, 1.30-2.30pm

A group for children 0-5 and their parents/carers to explore and play.

Pediatric First Aid Quakers Haviland House, 9.30-11.30am

1st November-6th December

A practical and helpful course that will help you deal with health emergencies in babies and children.

ESOL Bannerman Road Children's Centre, 9.30-11.30am

22nd November-6th December

Come and join our friendly class to help improve your English for living in Bristol. Practise your listening, speaking, reading and writing skills.

Please refer to page 3 for centre locations.

Tuesday

Childminders' group St Pauls Children's Centre, 9.30-11.30am

For local childminders and their children to play and learn together. We support childminders in all areas of professional practice.

Food Hygiene Course St. Pauls Children's Centre, 21st September-15th November 9.30-11.30am

Gain a level 2 food safety qualification for work or volunteering. **Booking essential.**

Circle of Security Parenting Programme St Pauls Children's Centre, 9.30-11.30 am Starting 28th September for 8 weeks

Supporting secure attachment between parent & child. **Booking Essential.**

Rock-a-bye Wellspring Settlement, 10am-12 noon Starting 14th September

For parents to grow in confidence, understand your baby's nonverbal communication and have fun. Uses music, movement, rhymes and colorful engaging props. **Referral only.**

Stay and Play Wellspring Settlement, 1-3pm

A group for children 0-5 and their parents/carers to explore and play.

Stay and Play The New Place, times to be confirmed

For children aged 0-5 and their families.

Please refer to page 3 for centre locations.

Wednesday

Strengthening Families Strengthening Communities Parenting Programme.
Wellspring Settlement. 9am-12.15pm

Booking essential. Starting 22nd September.

Food Club St Pauls Children's Centre, 9.30-11.30am

Every Wednesday. £1 joining fee, £3.50 per week, each box offers a range of veg, meat and food cupboard essentials worth £10-£15. Call Yvonne on 0746335706 to find out more.

Childminders' group Bannerman Road Children's Centre, 9.30-11.30am

For local childminders and their children to play and learn together. We support childminders in all areas of professional practice.

Baby Group (Crawlers and Walkers) Bannerman Road Children's Centre,

10-11am A friendly group providing opportunity to meet new parents in a safe, fun and sensory learning environment for you and your mobile baby.

The Nurture Programme St Werburghs Park Nursery School, 10am-12 noon

Starting 29th September. 10-week programme - build on your skills and learn ways to improve family relationships and manage children's behavior. **Booking essential.**

Wellbeing Art St Pauls Children's Centre, 12.45-2.45pm

A relaxed and friendly group art session for people who are socially isolated, anxious, stressed or suffering from chronic illness. **Referral only.**

Young Parents Group Bannerman Road Children's Centre, 1-2.30pm

A group for young parents and their children.

Parenting Workshops Wellspring Settlement, Bookable places, 1-3pm

Please refer to page 3 for centre locations.

Thursday

Stay and Play Easton Christian family Centre, 9.30-11am

Run by Easton family Centre supported by the children's Centre.

ESOL Conversation Club St Pauls Children's Centre, 9.30-10.30am

Free sessions for learners who speak English as a second language. **Booking essential.**

Health Visitors Hub Bannerman Road, 9.30-11.30am

Bookable places via Charlotte Keel Health Visiting team.

Baby Group St Pauls Children's Centre, 10-11am

Come and meet other parents and enjoy sensory activities and songs to use at home. Breastfeeding advice available.

Baby Group Wellspring Settlement, 10-11am

Bookable group for babies aged 0-9 months. **Bookable places.**

Stay and Play Elim Church, 10-11.30am

Run jointly with St Matthews and Elim for parents/carers and children of all ages.

Baby Group (Non mobile babies)

Bannerman Road Children's Centre, 10.30-11.30am

A friendly group providing opportunity to meet new parents in a safe, fun and sensory learning environment for you and your young non mobile baby.

Romanian Speakers Group St Pauls Children's Centre 12-1pm

Offering support and advice for families & children who speak Romanian.

Health Visitors Hub St. Pauls Children's Centre, 12.30-3pm

Bookable places via Montpellier Health Visiting team.

Health Visitors Hub Wellspring Settlement 1-2.30pm

Bookable places via Wellspring Health Visiting team.

Tots talk time TBC Information and activities to support communication for 2 year olds.
Invitation only.

Ante-natal Nurture "Welcome to the World" Bannerman Road Children's Centre Starts 7th October referral only, an 8 week programme supporting expectant parents.

Family support sessions @ St Paul's Adventure Playground 3:30-5:30pm

Please refer to page 3 for centre locations.

Friday

Stay and play Trinity Centre, 10-11.30am

For children 0-5 and their families to explore, play and learn in a safe, friendly environment.

Family Music to support children's language development

St Pauls Children's Centre, 10-11am Start date to be confirmed. **Referral only.**

For children aged 0-5 and their families with a focus on language development.

Stress Busting/Mindfulness for parents Bannerman Road Children's Centre

Starts 8th October more information to follow.

Please refer to page 3 for centre locations.

How we can support you

Information, advice and guidance

We can support you to return or remain in work; find childcare; help calculate your entitlement to benefits or tax credits including a better off in work calculation; identify training opportunities. Call 0117 3574192 / email askcypts@bristol.gov.uk for more info.

Family support

Our family support team can help if you have children 0-5 years old, and offer 1:1 support, home visits, referral to groups and courses. Speak to a member of the team for more information.

Internet access

A computer is available to use at each of our centres. Let us know if you need help.

Safeguarding

Are you worried about a child or young person? Do you or your child need help? Call First Response on 0117 903 6444 (or out of working hours call duty team on 01454 615 165).

Domestic abuse

We help support victims of domestic violence and abuse. If you are feeling unsafe and would like help, contact us on 0117 9030337.

If you are in immediate danger call 999 or Next Link on 0117 9250680