



What's on January-April 2022

Your 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 Central Bristol Children's Centre

Call 0117 9030337 (main line)



Welcome

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

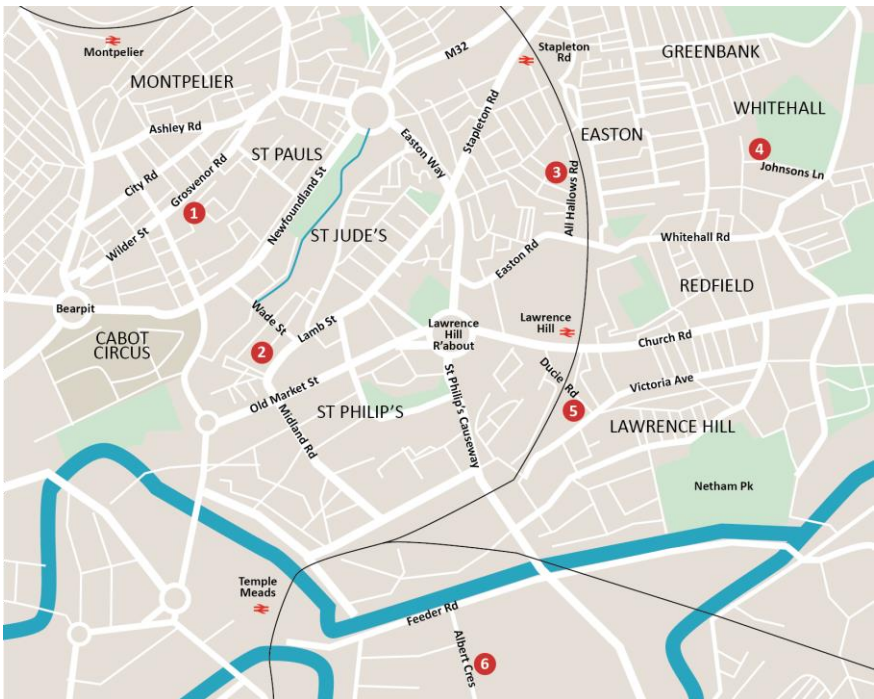
We support families and children from birth to five years, with a range of drop-in and bookable courses to stimulate, engage and inspire.

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 centre's 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 3532081 **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...

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. Annes Church St. Leonards Road, Eastville, BS5 6JN

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 centre's, from January to April 2022.

Monday

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 Wellspring Settlement, 9.30-11.30am

Free play for children and parents/carers.

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

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

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

For children aged 0-5 and their parents/carers to explore and play together. Everyone welcome, drop in.

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. Everyone welcome, drop in.

Please refer to page 3 for centre locations and contact details.



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.

ESOL St. Pauls Children's Centre, 9.30-11.00am

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

Stay and Play The New Place, 10-11am

For children aged 0-5 and their families. Everyone welcome, drop in.

Rock-a-bye Wellspring Settlement, 09.30am-11.30 am

For Somali mothers 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, 1-2.30pm

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

Refugee Women of Bristol Easton Christian Family Centre, 10-11am

Session runs from 10-2.30am, however family support and signposting is available from 10-11am.

Incredible Years Easton Christian Family Centre, 12.24-2.45pm

Starting 25th January – **Referral only.**

Rock-a-bye St Werburghs Park Nursery School, 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 & Play St Phillips Marsh Nursery, 9-11am

For children aged 0-5 and their families. Everyone welcome, drop in.

Please refer to page 3 for centre locations and contact details.



Wednesday

Nurture Programme Wellspring Settlement, Bookable places, 09.30-12pm

Starting 16th January 2022. This is a 10-week programme with onsite creche facilities. This programme will help you to build on your skills and learn ways to improve family relationships and manage children's behavior. **Booking essential.**

Food Club St Paul's Children's Centre, 9.30-11.00am

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.

Wellbeing Art St Paul's 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.**

Please refer to page 3 for centre locations and contact details.



Thursday

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

Run by ECFC and supported by the Children's Centre. Everyone welcome, drop in.

The Nurture Programme Bannerman Road, 1-3pm

Starting 10th February, until 5th May. 10-week programme - build on your skills and learn ways to improve family relationships and manage children's behavior. **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. Drop in, no need to book.

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. Drop in, all welcome.

Baby Group (Non mobile babies)

Bannerman Road Children's Centre, 10.00-11.00am

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. Drop in, no need to book.

Grup pentru părinți vorbitori de limba Română

Joi între orele 12.00 și 13.00 Centrul pentru copii St.Pauls BS2 9JF

Vino, să te joci și să întâlnești cu alte familii.
Group for romanian speaking parents.

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

Bookable places via Montpellier Health Visiting team.

Under 5's Hub and Infant Feeding support group

Wellspring Settlement, 1-2.pm

Bookable places via Wellspring Health Visiting team and Family Centre Team.

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

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

Buggy Walk and Soup @ Wellspring Settlement, 09.30-12pm

13th January to 17th February 2022.

Please refer to page 3 for centre locations and contact details.

Friday

Stay and Play Trinity Centre, 10-11.00am

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

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.

Stay & Play St Annes Church, 10-11am For children 0-5 and their families to explore, play and learn in a safe, friendly environment. Everybody welcome, drop in.

Antenatal Classes Alternating between St Pauls Children's Centre & Bannerman Road Children's Centre. To book a place contact your midwife.

Aandheelno/Let's Play @ Wellspring Settlement, 09.30-12pm This group is for Somali mothers and their children who will engage in singing, storytelling and play.

Please refer to page 3 for centre locations and contact details.

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