



## What's on May-July 2022

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

**Email** [cbcc@bristol-schools.uk](mailto:cbcc@bristol-schools.uk) **Web** [www.centralbristolcc.co.uk](http://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.

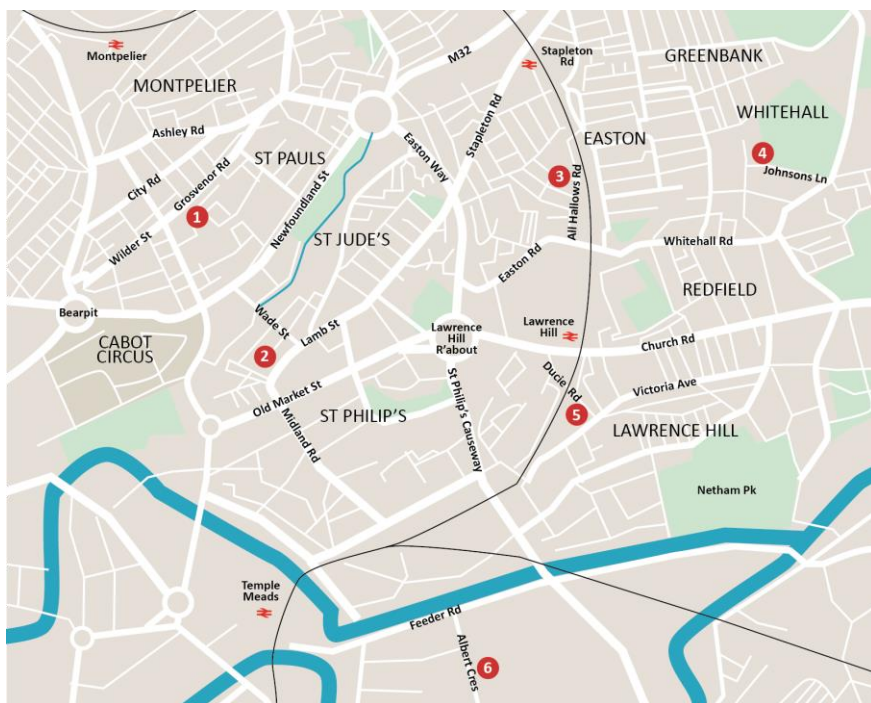
We support families and children from birth to five years, with a range of drop-in and bookable courses to stimulate, engage and inspire.

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](mailto:stpaulsncc@bristol-schools.uk)

**Web** [www.stpaulschildrenscentre.co.uk](http://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](mailto:rosemary.n@bristol-schools.uk)

**Web** [www.rosemary.bristol.sch.uk](http://www.rosemary.bristol.sch.uk)



## 3. Bannerman Road Children's Centre

Bannerman Road, Easton, Bristol, BS5 0RL

**Tel** 0117 3532081 **Web** [www.bannermanroadcc.uk](http://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](mailto:thelimesn@bristol-schools.uk)

**Web** [www.limes.bristol.sch.uk](http://www.limes.bristol.sch.uk)



## 5. Wellspring Settlement Family Centre

43 Ducie Rd BS5 0AX

**Tel** 0117 955 6971 **Email** [info@wsb.org.uk](mailto:info@wsb.org.uk)

**Web** <https://wellspringsettlement.org.uk>



## 6. St Philip's Marsh Nursery School

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

**Tel** 0117 977 6171 **Email** [stphilipsmarshn@bristol-schools.uk](mailto:stphilipsmarshn@bristol-schools.uk)

**Web** <https://stphilipsmarshnursery.co.uk>



St Philip's Marsh  
Nursery School

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

**Easton Christian Family Centre** Beaufort Street, BS5 0SQ

**Elim Church** King Square, Stokes Croft, BS2 8JP

**Hope Chapel** Hotwells, BS8 4ND

**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 Pauls Adventure Playground** Fern Street, BS2 9LN

# What's on

Here is an outline of weekly activities across all our centre's, from May to July 2022.

## Monday

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### **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 under 5's and parents/carers. Drop in – everyone welcome.

### **Healthy Cooking** Bannerman Road Children's Centre, 9.30-11.30am

**Booking essential. Contact Gaynor on 0117 9030337**

### **Stay and play** St Paul's Children's Centre, 10-11.30am

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.

### **Antenatal Classes** Wellspring Settlement 2-4pm

To book a place contact your midwife.

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



## Tuesday

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### **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, 9.30-11am

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.**

**Contact Gaynor on 0117 9030337**

### **Stay and Play** The New Place, 10-11am

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

### **Baby Club** Wellspring Settlement, 1-2.30pm

New parents welcome with under 1s, no need to book, just drop in.

### **Buggy Walk** Wellspring Settlement, 9.30-11am

Meet at the Family Centre.

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

(Term time only) Session runs from 10-2.30am, however family support and signposting is available from 10-11am.

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



# Wednesday

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## **Parenting Workshops** Wellspring Settlement, 9-12pm

Bookable support sessions with creche facilities provided if needed.

## **Food Club** St Paul's Children's Centre, 9-11.00am

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 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 suffering from chronic illness. **Referral only. Contact Jackie on 07823334688 if you think this might be for you.**

## **Under 5's Hub** Bannerman Road Children's Centre, 1-2.30pm

Delivered in partnership with the Health visiting team from Charlotte Keel. Drop in session to play, sing and share stories. Have discussions around health, behaviour, infant feeding safety and nutrition. All in a safe nurturing environment. All welcome.

## **Food Club** Wellspring Settlement, 1-3pm

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 us on 0117 9556971 for more information.

*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, 10-12pm

Starting 12<sup>th</sup> May. 10-week programme - build on your skills and learn ways to improve family relationships and manage children's behavior. **Booking essential.**

**Contact Gaynor on 0117 9030337**

**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** 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.

## **Stay and Play** Wellspring Settlement, 9:30-11am

A group for children 0-5 and their parents/carers to explore and play. Drop in, all welcome.

## **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.

## **Under 5's Hub** St Pauls Children's Centre, 1-2:30pm

Delivered in partnership with the Health visiting team from Montpellier. Drop in session to play, sing and share stories. Have discussions around health, behaviour, infant feeding safety and nutrition. All in a safe nurturing environment. All welcome.

## **Under 5's Hub and Infant Feeding support group**

### **Wellspring Settlement, 1-2:30pm**

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

## **Under 5's Hub** Hope Chapel 1-3pm

Delivered in partnership with the Health visiting team from Hampton House. Drop in session to play, sing and share stories. Have discussions around health, behaviour, infant feeding safety and nutrition. All in a safe nurturing environment. All welcome.

## **Antenatal Nurture "Welcome to the World"** Bannerman Road, 1:30-3:30pm

Starts 27<sup>th</sup> May, referral only, an 8 week programme supporting expectant parents.

**Referral only, contact Anne on 07887 451770**

## **Family support sessions** St Paul's Adventure Playground, 3:30-5pm

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

# Friday

## **Stay and Play & Under 5's Hub Trinity Centre, 10-11.00am**

Delivered in partnership with the Health visiting team from Lawrence Hill. Drop in session to play, sing, share stories and enjoy the beautiful gardens. Have discussions around health, behaviour, infant feeding safety and nutrition. All in a safe nurturing environment. All welcome.

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

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

*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](mailto: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**