



What's on January-April 2023

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

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Call 0117 9030337 (main line)



Welcome

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

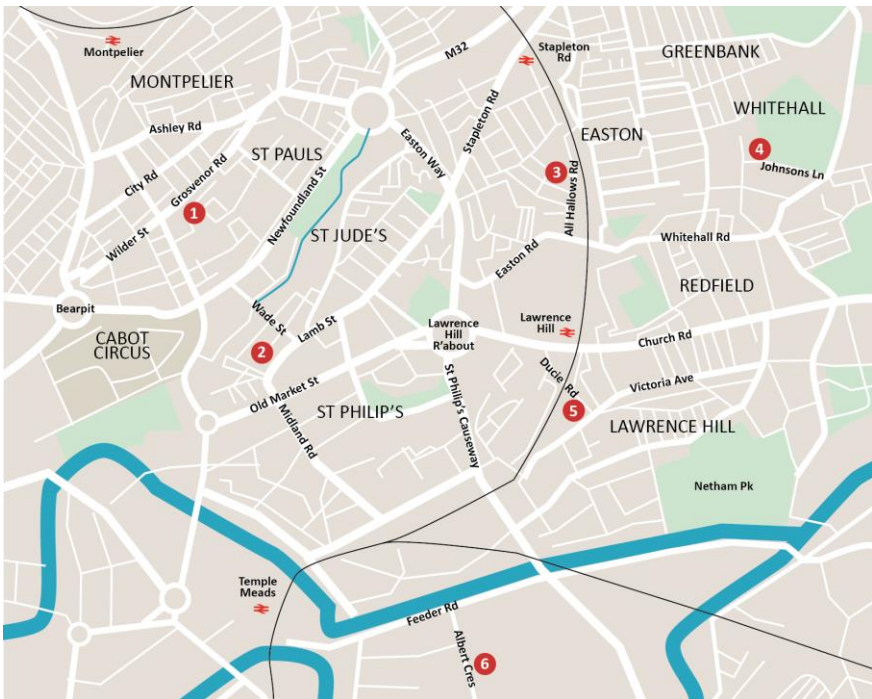
We support families and children from birth to five years, with a range of drop-in and bookable courses to stimulate, engage and inspire.

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 Children's Centre

Little Bishop Street, St Pauls, Bristol BS2 9JF
Tel 0117 903 0337



3. Bannerman Road Children's Centre

All Hallows Road, Easton, Bristol, BS5 ORL
Tel 0117 3532081 **Web** www.bannermanroadcc.uk



5. Wellspring Settlement Family Centre

43 Ducie Rd BS5 0AX
Tel 0117 955 6971 **Email** info@wsb.org.uk
Web <https://wellspringsettlement.org.uk>



Central Children's Centre@ Easton Christian Family Centre

Beaufort Street, BS5 0SQ



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

Elim Church King Square, Stokes Croft, BS2 8JP

Hope Chapel Hotwells, BS8 4ND

Trinity Centre, Trinity Road, BS2 0NW

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

St Pauls Adventure Playground Fern Street, BS2 9LN

2. Rosemary Nursery School Haviland House, Great Ann Street, BS2 0DT

4. The Limes Nursery School Johnsons Road Bristol Avon BS5 9AT

6. St Philip's Marsh Nursery School Albert Crescent, St Philip's Marsh, BS2 0SU



What's on

Here is an outline of weekly activities across all our centre's, from January to April 2023.

Monday

Stay and Play Wellspring Settlement, 9.30-11am

Free play for children under 5's and parents/carers. Drop in – everyone welcome.

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.

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.**

Antenatal Classes Wellspring Settlement 2-4pm

To book a place contact your midwife.

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



Tuesday

Brush up English St Pauls Children's Centre, 9.15-11.15am

Improve your reading, writing, spelling and grammar. Learn in a friendly group and increase your skills and self-confidence. This course will lead to an English Functional Skills qualification. **Booking essential. Contact Gaynor on 07917 615354.**

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.

Stay and Play Bannerman Road Children's Centre, 10-11:30am

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

Refugee Women of Bristol Easton Christian Family Centre, 10-12pm

(Term time only) Session runs from 10-2.30am, however family support and signposting is available from 10-12am.

Incredible Years Easton Christian Family Centre, 12.30-3.15pm

12 week evidence based parenting programme., **Booking Essential.**

Baby Club Wellspring Settlement, 1-2pm

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

Young Parents Group Bannerman Road Children's Centre, 1:30-3pm

For Parent's up to 23 years to explore & play in a safe, supportive space.

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

Wednesday

Food Club St Paul's Children's Centre, 9-11am

Every Wednesday. £1 joining fee, £3.50 per week, each box offers a range of veg, meat and food cupboard essentials worth £10-£15. **Contact Yvonne on 07463 35706** to find out more.

Parent Puzzle Wellspring Settlement, 9:30-12pm

4 week parenting programme. **Starts 11th January, booking essential, call 0117 9548882.**

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.

Stay and Play Easton Christian Family Centre, 10-11:30am

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

Toddler Yoga Bannerman Road Children's Centre, 10-11am

Start date to be confirmed. **Booking essential.**

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.**

Contact Jackie on 07823 334688 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

Baby Rhyme and Play St Pauls Children's Centre, 10-11:30am

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 Elim Church, 10-11.30am Run jointly with St Matthews and Elim for parents/carers and children of all ages. Drop in, all welcome.

Circle of Security Bannerman Road Children's Centre, 12-3pm

8 week parenting programme. **Booking essential, Contact Charlotte on 07917 517651.**

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.

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

Delivered in partnership with the Health visiting team from Montpelier. 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.

Budget Planning Bannerman Road Children's Centre, 1-2pm.

This 8 week course looks at budgeting in a friendly environment.

Booking essential, contact Gaynor on 07917 615354.

ESOL Conversation Club St Pauls Children's Centre, 1.30-2.30pm

These clubs are the ideal way to help build your confidence and skills in speaking English.

Groups are free to attend. Come join us and have a chat in a relaxed and friendly atmosphere.

Booking essential. Contact Gaynor on 07917 615354.

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

Friday

Stress Busting Bannerman Road Children's Centre, 9:30-11:30am

10 week course to manage strong emotions and respond to your children in the way you want in times of stress. **Booking essential contact Donna Person 07747 573687.**

Stay and Play & Under 5's Hub Trinity Centre, 10-11.30am

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.

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.

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.

Baby Massage Bannerman Road Children's Centre, 1:30-2:30pm

5 week programme starting 27th January. **Referrals only.**

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