



What's on September-December 2023

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

Email cbcc@bristol.gov.uk **Web** www.centralbristolcc.co.uk

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Call 0117 3532081 (main line)



Welcome

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

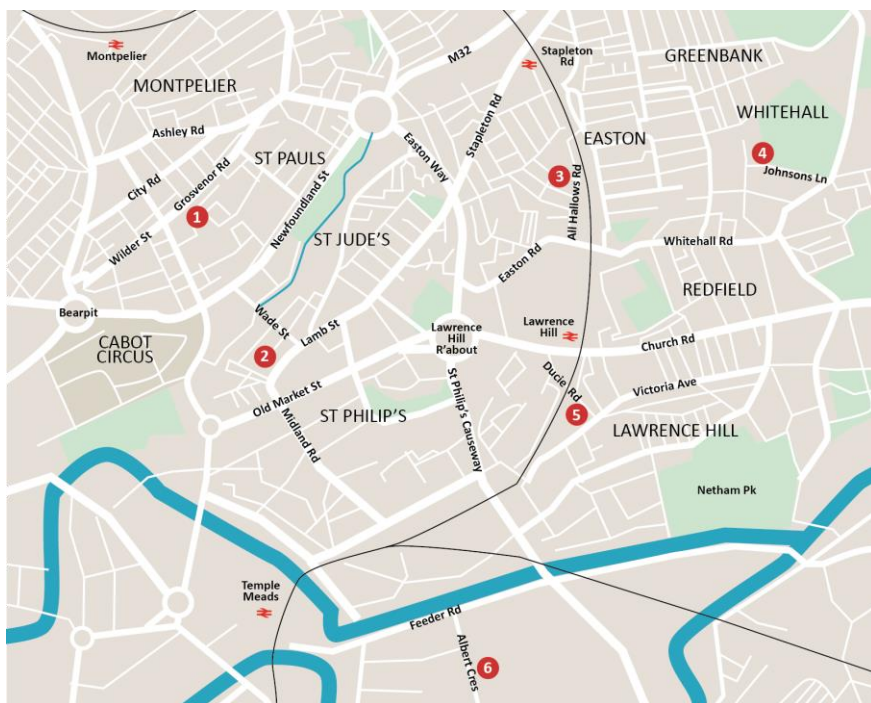
We support families and children from birth to five years, with a range of drop-in and bookable courses to stimulate, engage and inspire.

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 Paul's Children's Centre

Little Bishop Street, St Paul's, 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 Bristol 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

Redland Quaker Meeting Hall 126 Hampton Road, BS6 6JE

Redcliffe Faith Space, BS1 6PB

Trinity Centre, Trinity Road, BS2 0NW

St. Anne's Church St. Leonards Road, Eastville, BS5 6JN

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 our centres, from September to December 2023.

Monday

Stay and Play Wellspring Settlement, 9.15-10.45am

Free play for children under 5's and parents/carers **starting 11th September**.
Drop-in – everyone welcome.

Introduction to working with a laptop Bannerman Road Children's Centre, 9.30-11.30am

Starts 25th September-16th October. 8 week practical and friendly course designed to support you learn basic computer skills and budgeting skills.
Booking Essential contact Gaynor on 07917 615354.

Stay & Play Redcliffe Faith Space, 9:30-11am

Free play for children under 5's and parents/carers to explore & play together.
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.

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



Tuesday

Stay and Play St Phillip's Marsh Nursery, 9-11am

Free play sessions for children 0 to 5 and parents/carers. Drop-in – everyone welcome.

ESOL for customer Service St Paul's Children's Centre, 9.30-11.30am

Improve your reading, writing, spelling and grammar. Learn in a friendly group and increase your skills and confidence. This course can lead to level 1 award in customer service.

Contact Gaynor on 07917 615354.

Childminders' group St Paul's 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 10-2.30pm, however family support and signposting is available from 11-1pm.

Rockabye Bannerman Road Children's Centre, 12.45-2.45pm

Referral only Contact Kate on 07917 615369.

Baby Group Wellspring Settlement, 1.30-2.30pm

Baby group for children 0 to 1, 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.

Welcome to the world St Paul's Children's Centre, 1.30-3.30pm

5-week antenatal programme for future mum's & dad's starting 3rd October

Referral only, contact Karolina on 07780 465778.

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 07467 335706** to find out more.

Romanian Roma Drop in St Paul's Children's Centre, 9-3pm

Access support for EUSS applications, benefits, education & health.

Contact Jane on 07827 979662.

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.

Strengthening Families Strengthening Communities Wellspring Settlement, 9.30-12:30pm

Parenting programme. **Call 0117 9556971 to find out more.**

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

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

Wellbeing Art St Paul's Children's Centre, 12.30-2.30pm

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.

Baby Hub Bannerman Road Children's Centre, 1-2.30pm

Delivered in partnership with the Health visiting team from Charlotte Keel/East Trees. Drop-in session to play, sing and share stories. Have discussions around health, routine, 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

Nurturing Programme St Paul's Children's Centre, 9.30-11.30am

10-week parenting programme starting 28th September.

Referral only, contact Karolina on 07780 465778.

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

Circle of Security St Paul's Children's Centre, 12.45-2.45pm

8-week parenting programme.

Booking essential, Contact Charlotte on 07917 517651.

Baby Hub Redland Quaker Meeting room, 10-11:30am

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.

Baby Hub St Paul's 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, routine, infant feeding safety and nutrition. All in a safe nurturing environment. All welcome.

Baby Hub and Infant Feeding support group

Wellspring Settlement, 1-2.30pm

Drop in with Wellspring Health Visiting team and Family Centre Team.

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

Friday

Stay and Play & Baby 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, routine, 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 Paul's 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 November. **Referrals only, Contact Yvonne on 07467 335706.**

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 askcyps@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 3532081.

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