



What's on January-April 2024

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

Facebook Central Bristol Children's Centre

Call 0117 3532081 (main line)



Welcome

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

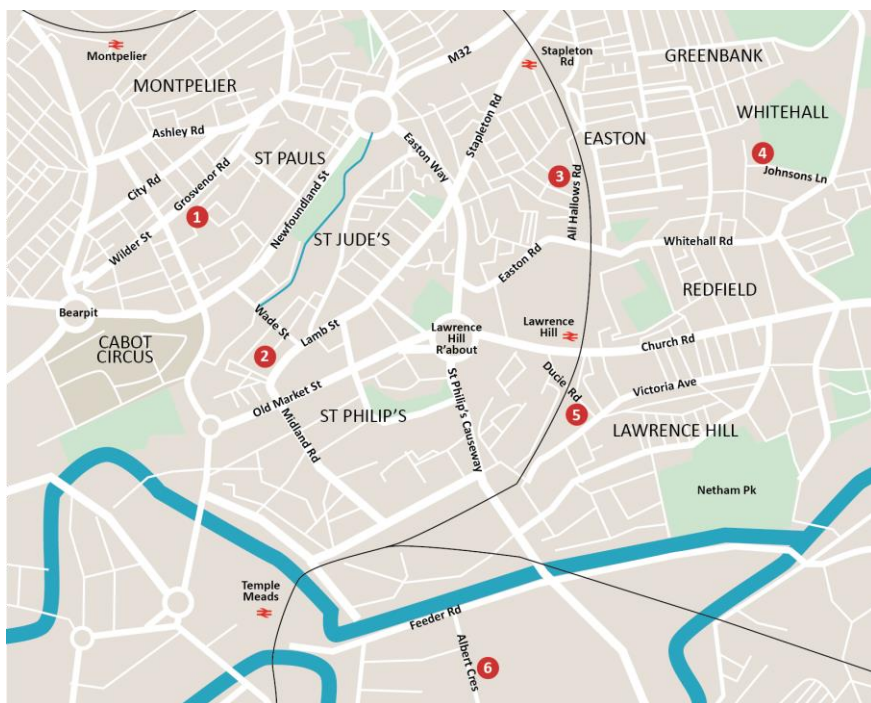
We support families and children from birth to five years, with a range of drop-in and bookable courses to stimulate, engage and inspire.

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 07880 487372



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

Oldbury Court Children's Centre Frenchay Road, BS16 2QS

Redland Quaker Meeting Hall 126 Hampton Road, BS6 6JE

Redcliffe Faith Space, BS1 6PB

St Anne's Park Children's Centre Lichfield Road, Brislington, BS4 4BJ

Trinity Centre, Trinity Road, BS2 0NW

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 January to April 2024.

Monday

Stay and Play Wellspring Settlement, 9.30-11am

Free play for children under 5's and parents/carers **starting 8th January**.

Drop-in – everyone welcome.

Health and Social Care Bannerman Road Children's Centre, 9.30-11.30am

Starts 8th January. 4 week practical and friendly course designed to progress on to accredited course. **Booking Essential** contact Gaynor on 07917 615354.

Stay and 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.

Circle of Security Oldbury Court Children's Centre, 12:30-2:30pm

8-week parenting programme. **Booking essential** call 0117 3532899 or 0117 3773189

Baby Group Wellspring Settlement, 1-2pm

Baby group for children 0 to 1, no need to book, just drop in.

ESOL for Everyday St Paul's Children's Centre, 1-3pm

A practical course to help improve your reading, writing, listening, and spoken English.

Contact Gaynor on 07917 615354.

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

Tuesday

Stay and Play St Phillip's Marsh Nursery, 9:30-11:30am

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

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.

Rock-a-Bye Wellspring Settlement, 10-11:15am

Referral only starting 23rd January Contact laura.street@wsb.org.uk or clare.beckett@nhs.net phone 0117 9548882/07856 275967.

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.

Antenatal RockaBye St Anne's Park Children's Centre, 12-1:30pm

8-9 weeks starting 30th January, call 0117 3773189 email samantha.cooper2@bristol.gov.uk

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 23rd January.

Referral only, contact Sammy on 07917 615360.

Antenatal Classes Wellspring Settlement, 1:30-3:30pm Book with your midwife.

The Parenting Puzzle Online Course, 7-9pm

4-week parenting programme starting 20th February to 23rd March.

Booking essential call 0117 3532899 or 0117 3773189

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, £4 per week, each box offers a range of veg, meat and food cupboard essentials worth £10-£15. Email Bristolfoodclubs@family-action.org.uk 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.

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 for further information.

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.

Welcome to the World Oldbury Court Children's Centre, 4:30-6:30pm

5-week antenatal programme for future mum's & dad's starting 21st February.

Referral only, call 0117 3532899 or 0117 3773189.

Welcome to the World Wellspring Settlement, 6-8pm

5-week antenatal programme for future mum's & dad's starting 10th January.

Referral only, contact details 0117 9548882/ 07856 275967

email tracey.nation@wsb.org.uk or shonaugh.iles@wsb.org.uk

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

Thursday

Circle of Security Bannerman Road Children's Centre, 9:30-11:30am

8-week parenting programme.

Booking essential, Contact Charlotte on 07917 517651.

Strengthening Families Strengthening Communities

Wellspring Settlement, 9.30-12:30pm Parenting programme starting 11th January.

Call 0117 9548882 to find out more or sally.williams@wsb.org.uk or

paul.hamnett@wsb.org.uk

The Nurturing Programme St Anne's Park Children's Centre, 9:30-11:45am

10-week parenting programme starting 11^h January.

Referral only, call 0117 3532899 or 0117 3773189.

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.

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 and Infant Feeding support group

Wellspring Settlement, 1-2.30pm

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

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.

Nurturing Programme St Paul's Children's Centre, 1-3pm

10-week parenting programme starting 18th January.

Referral only, contact Jackie on 07823 334688 or Mina on 07721 009902.

The Parenting Puzzle Online Course, 7-9pm

4-week parenting programme starting 20^h February to 23rd March.

Booking essential, contact Abdullahi on 07880 465709 or Laura 07880 465059.

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.

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.

Rock-a-Bye Oldbury Court Children's Centre, 10-11:30am
10-weeks starting 26th January call 0117 3532899 or 0117 3773189.

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.