



## What's on April-July 2024

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

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

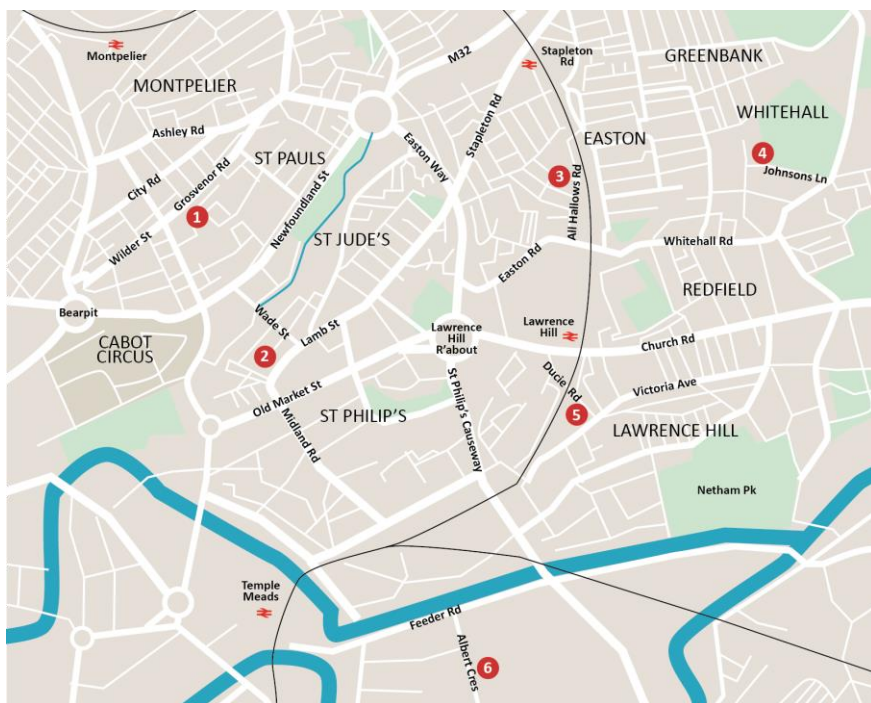
We support families and children from birth to five years, with a range of drop-in and bookable courses to stimulate, engage and inspire.

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](http://www.bannermanroadcc.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>



### 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

**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 April to July 2024.

## Monday

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### **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 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.

### **Baby Group Wellspring Settlement, 1-2pm**

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

### **ESOL Conversation Club St Paul's Children's Centre, 1-2pm**

Drop-in group to build confidence & chat with others.

For details how to join contact [esolconversationclubs@bristol.gov.uk](mailto:esolconversationclubs@bristol.gov.uk)  
or contact Gaynor on 07917 615354.

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



## Tuesday

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### **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.

### **Nurturing Programme St Paul's Children's Centre, 9:45-11:45am**

10-week parenting programme **starting 23<sup>rd</sup> April.**

Contact Sammy 07917 615360 or Mina 07721 009902.

### **Rock-a-Bye Bannerman Road Children's Centre, 10-11am**

10 weeks **starting 7<sup>th</sup> May**, Contact Kate on 07917 615369.

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

Referral only. Contact [laura.street@wsb.org.uk](mailto:laura.street@wsb.org.uk) or [clare.beckett@nhs.net](mailto: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.

### **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.

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

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

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# 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](mailto:Bristolfoodclubs@family-action.org.uk) to find out more.

## **Stressbusting for Parents Bannerman Road Children's Centre, 9.30-11am**

10-week course to help you pause, breath & be.

Contact Claire-Louise on 07949 399633 or Debbie on 0117 3532081.

## **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.

## **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.

## **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.

*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, 9.30-12pm** Parenting programme **starting 25<sup>th</sup> April.**

Call 0117 9548882 to find out more or [sally.williams@wsb.org.uk](mailto:sally.williams@wsb.org.uk) or

[paul.hamnett@wsb.org.uk](mailto:paul.hamnett@wsb.org.uk)

## **Parenting Puzzle** Wellspring Settlement, 9:30-12pm

Parenting programme **starting 13<sup>th</sup> June.**

Contact Tracey or Shonaugh 0117 9548882/ 07856 275967

email [tracey.nation@wsb.org.uk](mailto:tracey.nation@wsb.org.uk) or [shonaugh.iles@wsb.org.uk](mailto:shonaugh.iles@wsb.org.uk)

**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.

## **The Countdown Begins...321go! You've got this.**

**Bannerman Road Children's Centre, 12:45-15:15pm**

A free 13 week course which will support you to improve wellbeing, have fun with numbers & develop confidence & skills. **Starting 18<sup>th</sup> April** for further information contact Lorraine on 07721 702872.

## **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.

# 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.

*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](mailto: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.**