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**SBCC Groups and Services – November 2020**

**202020**

ALL OUR GROUPS ARE FREE TO BRISTOL FAMILIES

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| **Start date** | **Group name & brief**  **Description/target group** | **How to apply** |
| **10/11/2020** 11:00-11:30am  **17/11/2020** 11:00-11:30am  **24/11/2020**  11:00-11:30am | **How babies learn to talk**  This is a one off 30-minute session for parents and their babies up to 18 months with a Speech and language therapist. Find out how your baby is learning all about language, even now before they’re talking. We’ll show you what to look out for, what to expect as baby grows and how you can help them on their way. It’s a virtual ‘baby group’ with some other mums and dads from the area. It’s very casual and informal, you can have baby on your knee, just come along and find out the amazing things your baby’s brain is up to! | Contact the link to sign up, receive an online invitation.  <https://www.surveymonkey.co.uk/r/7QDCYYX>  or email Anne-Marie  [acray@ican.org.uk](mailto:acray@ican.org.uk) |
| **Redcatch Park. 17/11/2020** 10:00-10:45 am  **Harbourside. Meeting at Freeling House 11/11/2020** 9:45-11:00am | **Walk, Talk & Support**  A fun and gentle walking, talking and movement session for new parents. We will start with a light warm up followed by a walk, and movement break and ending with a cool down. All exercises are optional and gentle. | To Book for Knowle Please text or call Tracey on 07920 416161  To Book Harbourside Please call Lucie on  07469 413136 |
| Wednesday’s  9:30-10:00 am  **On Zoom every week.** | **Zoom Sing and Sign**  Live from Knowle Community Room two weekly with Gemma, Duane and Bill the Music Man.  Come and join the fun! Half an hour of music, rhymes and action songs.  A great way to start your day with a smile! | Please text or call Tracey on  07920 416161  To Book |
| Thursday’s  10:00-10:30am  6 weeks running at  **Stockwood**  **Starting January.** | **Stockwood Baby group Walk & Talk.**  A fun and gentle walking and talking group in the local area. A chance to meet new mums and talk about your Babies development whilst we walk and benefit from gentle exercise in the fresh air. Groups will also include singing with your babies. | Please text or call Lucie on  07469 413136  For more details |
| Monday’s  10:00 – 10:35am  **8 weeks** | **Tots Talking**  35-minute session  Come along to 8 weekly sessions to find out how you can help your two-year-old with talking and learning. | Contact the link to sign up, receive an online invitation and then Anne-Marie will contact you with more information. <https://www.surveymonkey.co.uk/r/7QDCYYX>  or email Anne-Marie Cray  acray@ican.org.uk |
| Tuesdays  1:00-2:00 pm  6 week’s Course  **Hartcliffe** | **Five Baby Thrive** Five Baby Thrive is a baby group for babies under one year old, underpinned by the **Five to Thrive** approach. Using the five building blocks to help build a healthy brain for  babies. | Please text or call either  Kelly on 07795952628  Aimi on 07920416399  To Book |
| **Monday, Tuesday, Wednesday & Friday** group support offered via Facebook.  The two groups offering support on **Thursday** will be on line.  Please see how to apply for more information on how to find out about the session’s | **Breastfeeding Support**  We welcome expectant and breastmilk feeding families in our groups where we can offer information and support on all topics relating to Breast Feeding.  These Include:  Starting breastfeeding, expressing, overcoming challenges, introducing solids, returning to work and breastfeeding, mixed feeding, and stopping breastfeeding. | Please Email Sandra at  [BristolBreastfeeding@bristol.gov.uk](mailto:BristolBreastfeeding@bristol.gov.uk)  for more information  or  see Facebook page  Bristol Breastfeeding Mummies.  Bristol Breastfeeding Support Service.  Bristol Breastfeeding. |
| **Starting January.**  10:00-11:00 am  **Zoom for twelve weeks** | **Rockabye.**  One hour’s group for parents with babies aged between 2-8 months feeling anxious about having a new baby.  It is designed to increase confidence and help understand your baby’s non-verbal cues.  Enjoy quality time with your baby through being together as a virtual group and finding out about using rhymes, music and colourful engaging props. | Please call Leanne on  07795952691  To book & check availability.  If you think you would benefit from this group. |
| **Starting January** Wednesday’s  1:30-2:30 pm  **Zoom for seven weeks** | **New Parent Talk Group**  One hour Zoom sessions for parents with babies under four months old. The course will help you to socialise on line with other new parents and develop an understanding of FIVE TO THRIVE.   * Early brain development * Sleep patterns * Baby massage * Creating a wellbeing plan for you * Creating play resources for your baby * Speech and language session * Baby wellbeing session * Weaning | Anna McVey at Bedminster Children’s Centre  on either 0117 3746362  or [anna.mcvey@bristol-schools.uk](mailto:anna.mcvey@bristol-schools.uk) |
| **6 weeks**  **Stockwood** 1:00-2:00pm  From 10/11/2020  **Knowle** 1:00-2:00pm  From 11/11/2020  **Bedminster** 10:30-11:30 & 1:00-2:00pm  From 13/11/2020 | **Wild Tots**  Outdoor stay and play session to explore the nature all around us and taking part in fun activities. The activities are based around nature and the seasons and active fun. | To Book and check availability.  Please text or call Helen on:  07920 416405 |
| Tuesday’s  **Knowle**  10:00-12:00pm  Thursday’s  **Bedminster**  10:30-12:30pm | **Health Visitors**  Any enquires, concerns and information to do with your baby. | Please contact the Health Visitors directly  On 0300 125 6264  To discuss any queries. |
| Tuesday’s  3:00- 5:00pm  **Knowle**    Thursday’s 1:00-3:00 pm  **Inn’s Court**  Wednesday’s 11:30-1:30pm  **Redcliffe**  Tuesday’s  9:15-11:15am  **Stockwood**  Friday’s  11:00-1:00pm  **Hartcliffe** | **Food Clubs.**  Supporting Local Families with food at an affordable cost. £1 membership fee for the year then £3:50 a week if you attend. Each week boxes include Fresh Veg, Meat, Dairy and store cupboard essentials. | To register and for more information please contact the below members of staff.  For Knowle and Inn’s Court Contact Duane on  07795952961  For Redcliffe contact Fatuma on  07795952446    For Stockwood contact Lucie on  07469 413136  For Hartcliffe contact Ruth on  07880467135 |
| Tuesday’s 9:15-10:15am  Fridays 11:00-12:00pm  **Bishopsworth.** | **Baby Massage**  Baby massage is suitable for babies aged between 6 weeks and 6 months old, it provides a special time for parents and their baby to share.  it can help relieve symptoms of constipation, reflux and colic and can help parents and babies relax and can even help with sleep. | Contact Deb on  07795953067  To check availability and Book |
| Tuesday’s 11:00-12:00pm  Friday’s 9:15-10:15am  **Bishopsworth.** | **Baby Group**  Come along to baby group and spend time with your baby singing, playing and learning. Each session will include singing nursery rhymes with props, a talk time relevant to life with a new baby such as sleep, looking after baby and yourself, and gaining more knowledge on your Babies development. Then calm down time at the end with bubbles. We can also support you and your family with a range of other worries and concerns during the sessions. | Contact Daisy on  07795953069  To check availability and book. |
| Mondays  9:30-11:30am  **Starting January 2021**  **Bedminster** | **Grow a Garden**  This group will be offered to Low income families and low qualifications. | Please contact Lucy Fieldhouse on  0778 8353 446  To Book and for more information  0778 8353 446 |
| Tuesday’s  **Bedminster**  **10:00-12:00pm** | **Nurture**  **A 10 week’s programme which gives you ways to help deal with the challenges of family life, to give you a calmer happier lifestyle.** | Please contact Pascale on  07795952565    To Book and check availability. |
| Tuesday’s  11:00-12:00pm  2:00-3:00pm  **from November 10th**  **Bedminster** | **Babes and Mums playing**  **(Non- mobile babies only)**  Each week we will be introducing you to ideas to boost your baby’s development with items found at home, sensory play ideas, songs and question time for Mums. | Anna McVey at Bedminster Children’s Centre  on either 0117 3746362  or [anna.mcvey@bristol-schools.uk](mailto:anna.mcvey@bristol-schools.uk) |
| Tuesday’s  9:00-12:00pm  **Bishopsworth**  Monday’s  12:30-3:30pm  **Hartcliffe**  Tuesdays  12:30-2:30pm  **Knowle**  Tuesday’s  9:00-12:00pm  **Bedminster**  Thursday’s  12:00-3:00pm  **Stockwood** | **Family Support Helpline.**  ‘A Family Support Worker will be available to Listen, Support & Signpost you to appropriate services’ | For Bishopsworth please contact Joan on: 07881034544  For Hartcliffe please contact Aimi  on: 07920416399  For Knowle please contact Diane  on: 07392108882  For Bedminster please contact Sharon on: 07795952596  For Stockwood please contact Lucie  On 07469413136 |
| **One off session Monthly** | **Infant Feeding Workshop**  Free workshop for expectant parents. Topics covered what to expect in early days and weeks. Information & advice on feeding your baby. | Contact Tracey at  [tracey.robinson@bristol-schools.uk](mailto:tracey.robinson@bristol-schools.uk)  To book and more information. |

