



# SBCC Groups and Services – March/April, 2021

ALL OUR GROUPS ARE FREE TO BRISTOL FAMILIES

| Start date  | Group name & brief Description/target group  | How to apply   |
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| <p><b>Wednesday's</b><br/>9:30-10:00 am</p> <p><b>Via Zoom every week.</b></p>  | <p><b>Zoom Sing and Sign</b></p> <p>Live from Knowle Children's Centre weekly with Gemma, Duane and Bill the Music Man. Come and join the fun! Half an hour of music, rhymes and action songs.</p> <p>A great way to start your day with a smile!</p>  | <p>Please text or call Tracey from Knowle on</p> <p>07920 416161</p> <p>To Book</p>  |
| <p><b>Tuesday's</b><br/>1.00 -2.00 pm<br/>with Aimi for 5 Weeks.<br/>1-3yrs<br/><b>Via Zoom</b></p>   | <p><b>Five to Thrive, Toddlers</b></p> <p>5 to Thrive Toddlers will be a weekly group for parents and children that will look into the 5 building blocks for healthy brain development and attachment. Each week we will look into a different block; respond, cuddle, relax, play and talk. The sessions will include a range of information, group discussions and activities for families.</p>  | <p>Please text or call Kim from Hartcliffe on</p> <p>07795 952633</p> <p>To Book</p>   |
| <p><b>Thursdays</b><br/>1:00-2:00pm<br/>with Kelly for 5 Weeks.<br/><b>Via Zoom</b></p>   | <p><b>Thriving Thursday's</b></p> <p>A weekly wellbeing group based on the '5 Ways to wellbeing'. This group will provide steps, activities, and information for mental wellbeing. Learn mindfulness techniques and activities to help you reflect and relax.</p>  | <p>Please text or call Kim from Hartcliffe on</p> <p>07795952633</p> <p>To Book</p>  |
| <div style="display: flex; flex-direction: column; align-items: center;">   <p><b>Daily virtual groups Monday – Friday</b></p>  </div> | <div style="display: flex; flex-direction: column; align-items: center;">  <p><b>Virtual Breastfeeding Support</b></p> <p>We welcome expectant and breastmilk feeding families in our groups where we can offer information and support on all topics relating to breastfeeding.</p> <p>These Include:</p> <p>Starting breastfeeding, expressing, overcoming challenges, introducing solids, returning to work and breastfeeding, introducing a bottle, mixed feeding, and stopping breastfeeding.</p> </div> | <div style="display: flex; flex-direction: column; align-items: center;">  <p>'Bristol Breastfeeding'</p> <p>'Bristol Breastfeeding Support Service'</p> <p>'Bristol Breastfeeding Mummies'</p> <p>Email: <a href="mailto:bristolbreastfeeding@bristol.gov.uk">bristolbreastfeeding@bristol.gov.uk</a></p> </div> |

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| <p>10:00-11:00 am</p> <p>With Leanne and Monique</p> <p><b>Via Zoom for twelve weeks</b></p>                          | <p style="text-align: center;"><b>Rockabye.</b></p> <p>One hour's group for parents with babies aged between 2-8 months feeling anxious about having a new baby.</p> <p>It is designed to increase confidence and help understand your baby's non-verbal cues.</p> <p>Enjoy quality time with your baby through being together as a virtual group and finding out about using rhymes, music and colourful engaging props.</p> | <p>Please call Leanne from Stockwood on 07795952691</p> <p>To book &amp; check availability. If you think you would benefit from this group.</p>      |
| <p><b>Tuesday's</b><br/>11:00-12:00pm<br/>Max 12 people.</p> <p>With Carole,<br/><b>Via Zoom</b></p>                  | <p style="text-align: center;"><b>Babes and Mums playing</b></p> <p>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.</p>  | <p>Please contact Anna from Bedminster on either 0117 3746362 or <a href="mailto:anna.mcvey@bristol-schools.uk">anna.mcvey@bristol-schools.uk</a></p> |
| <p><b>Tuesday's</b><br/>9:30 - 10:15am</p> <p>For Babies 0-18mths, Roughly.</p> <p>With Joan,<br/><b>Via Zoom</b></p> | <p style="text-align: center;"><b>Baby Singing time.</b></p> <p>Come along and have some fun singing and dancing with your little ones! Learn lots of new songs and ways to play with your baby with other new parents.</p>   | <p>Please contact Joan from Bishopsworth, on 07881034544 for more information and to book.</p>  |
| <p><b>Thursday's</b><br/>10:30-11:15am</p> <p>With Joan,<br/><b>Via Zoom</b></p>                                      | <p style="text-align: center;"><b>Singing and Story time.</b></p> <p>A chance for children to hear a well known story each week and to learn and practice new songs. Families can also find out some simple activities they can do together on the weekend that are linked to the story.</p>  | <p>Please contact Joan from Bishopsworth, on 07881034544 for more information and to book.</p>  |

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| <p><b>Wednesday's</b></p> <p>1:30-2:30 pm<br/>for<br/>Seven Weeks</p> <p>With Carole,<br/><b>Via Zoom</b></p>  | <p><b>New Parent Talk Group</b></p> <p>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.</p> <ul style="list-style-type: none"> <li>• Early brain development</li> <li>• Sleep patterns</li> <li>• Baby massage</li> <li>• Creating a wellbeing plan for you</li> <li>• Creating play resources for your baby</li> <li>• Speech and language session</li> <li>• Baby wellbeing session</li> <li>• Weaning</li> </ul> | <p>Please contact Anna from Bedminster on either 0117 3746362 or <a href="mailto:anna.mcvey@bristol-schools.uk">anna.mcvey@bristol-schools.uk</a></p> |
| <p><b>Tuesday's</b><br/>Knowle<br/>10:00-12:00pm</p> <p><b>Thursday's</b><br/>Bedminster<br/>10:30-12:30pm</p> | <p><b>Health Visitors</b></p> <p>Any enquires, concerns and information to do with your baby.</p>   | <p><b>Please contact the Health Visitors directly to book</b></p> <p>On 0300 125 6264 and to discuss any queries.</p>                                 |
| <p>4 week's rolling</p> <p><b>Via Zoom</b></p>   | <p><b>Baby Massage</b></p> <p>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.</p> <p>It can help relieve symptoms of constipation, reflux and colic and can help parents and babies relax and can even help with sleep.</p>  | <p>Please Contact Debs from Bishopsworth on 07795953067</p> <p>To check availability, Book and be added to the waiting list, for South Families.</p>  |
| <p><b>Thursday's</b><br/>9:30-10:15am</p> <p>With Florence<br/><b>Via Zoom</b></p>                             | <p><b>Baby group</b></p> <p>A zoom baby group while in lockdown with other new parents and talk about your Babies development and play until we can meet in person. Groups will also include singing with your babies.</p>  | <p>Please text or call Florence from Hartcliffe on 07880 151392</p> <p>For more details and zoom link</p>   |
| <p><b>Wednesday's</b></p> <p>10:30 -11:30am</p> <p>With Joan,<br/><b>Via Zoom</b></p>                          | <p><b>Tea and Talk</b></p> <p>Take a chance to sit down and have a hot cuppa with others. A chance to have a chat about what is going on for you as a parent, family, and the community. Advice and support can be given if needed.</p>   | <p>Please contact Joan from Bishopsworth, on 07881034544 for more information and to book.</p>  |

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| <p><b>Thursdays</b><br/>10:00-12:00pm</p> <p>With Deb<br/><b>Via Zoom</b></p>   | <p style="text-align: center;"><b>Nurture</b></p> <p>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.</p>  | <p>Please contact Anna from Bedminster on either 0117 3746362 or <a href="mailto:anna.mcvey@bristol-schools.uk">anna.mcvey@bristol-schools.uk</a> To Book and check availability.</p>   |
| <p><b>Tuesday's</b><br/>2:00-4:00pm<br/><b>Knowle</b></p> <p><b>Thursday's</b><br/>1:00-3:00 pm<br/><b>Inn's Court</b></p> <p><b>Wednesday's</b><br/>12:30-2:30pm<br/><b>Redcliffe</b></p> <p><b>Tuesday's</b><br/>9:15-11:15am<br/><b>Stockwood</b></p> <p><b>Friday's</b><br/>10:00-12:00pm<br/><b>Hartcliffe</b></p> | <p style="text-align: center;"><b>Food Clubs.</b></p> <p>FOOD clubs offer a means for families to access a mix of good quality ingredients including fresh fruit and vegetables, dried goods, fresh meat and dairy products. For a £1 membership fee and then £3.50 per week, each member receives a weekly bag of food worth £15 -£20.</p> <p>The clubs are run by Family Action using surplus food from supermarkets via FareShare, so it's good for your pocket and the environment! Local volunteers work alongside staff to run each club.</p> <p>Each food club has its own Facebook page to share healthy recipes and cooking demos often run alongside.</p> <p>Please call your local food club leader to find out more and become a member. Family members and professional can also to collect on behalf of those in isolation.</p> | <p>To register and for more information please contact the below members of staff.</p> <p>For Knowle contact Janet on 07920 416195</p> <p>For Inn's Court Contact Duane on 07795952961</p> <p>For Redcliffe contact Sharon on 07795952596</p> <p>For Stockwood contact Donna on 07469 413136</p> <p>For Hartcliffe contact Florence on 07880 151392</p> |
| <p><b>Tuesday's</b><br/>9:00-12:00pm<br/><b>Bishopsworth</b></p> <p><b>Monday's</b><br/>12:30-3:30pm<br/><b>Hartcliffe</b></p> <p><b>Tuesdays</b><br/>12:30-2:30pm<br/><b>Knowle</b></p> <p><b>Tuesday's</b><br/>9:00-12:00pm<br/><b>Bedminster</b></p> <p><b>Thursday's</b><br/>12:00-3:00pm<br/><b>Stockwood</b></p>  | <p style="text-align: center;"><b>Family Support Helpline.</b></p> <p>'A Family Support Worker will be available to Listen, Support &amp; Signpost you to appropriate services'</p> <p>If you have any questions relating to your child's development or family life at the moment, call one of our team members who will provide listening and support and advise you on the best service that could help.</p> <p>Please leave a message on the answerphone if your call is not answered and a support worker will call you back.</p>  | <p>For Bishopsworth please contact Joan on: 07881034544</p> <p>For Hartcliffe please contact Florence on: 07880 151392</p> <p>For Knowle please contact Diane on: 07392108882</p> <p>For Bedminster please contact Sharon on: 07795952596</p> <p>For Stockwood please contact Donna on: 07469413136</p>   |

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| <p><b>Friday's</b><br/>11:00-12:00pm<br/>Max 20 people.</p> <p>Starting on 12<sup>th</sup><br/>February then<br/>26/02/21<br/>12/03/21<br/>26/03/21</p> <p>With Carole,<br/><b>Via Zoom</b></p> | <p><b>Wild Tots</b></p> <p>Whilst we can't be with you face to face, we are going to meet fortnightly on zoom to share ideas about outdoor play. Carole has initially produced a winter activity pack for toddlers to play outside in the garden and in parks and nature reserves. You will receive the pack if you sign up for the group. You don't have to attend every fortnightly meeting but it will be great to get everyone sharing their ideas. There will also be a What's App group and regular updates by email.</p> | <p>Please contact Helen Brooks on<br/>0117 3533503 or email<br/>h.brooks@bristol-schools.uk</p> |
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SOUTH BRISTOL CHILDREN'S CENTRES

### South Bristol Children's Centre Hub

Leinster Avenue, Knowle, Bristol BS4 1NN

Phone 07795952621

