

SBCC Groups and Services – May/June 2021

ALL OUR GROUPS ARE FREE TO BRISTOL FAMILIES, we do however welcome a £1 donation to help towards resources for running the session's.

Start date	Group name & brief Description/target group	How to apply
  <p>Daily virtual groups Monday – Friday</p> 	 <p>Virtual Breastfeeding Support</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: Starting breastfeeding, expressing, overcoming challenges, introducing solids, returning to work and breastfeeding, introducing a bottle, mixed feeding, and stopping breastfeeding.</p>	 <p>'Bristol Breastfeeding' 'Bristol Breastfeeding Support Service' 'Bristol Breastfeeding Mummies'</p> <p>Email: bristolbreastfeeding@bristol.gov.uk</p>
<p>Mondays 10.30-11.30</p> <p>With Leanne and Monique</p> <p>Via Zoom for nine weeks</p>	<p>Rockabye.</p> <p>One hour's group for parents with babies aged between two to eight 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 & check availability. If you think you would benefit from this group.</p>
<p>Monday's Hartcliffe 1.00 -2.00 pm with Aimi and Florence for 5 Weeks.</p>	<p>Five to Thrive, Babies</p> <p>A five-week course for parents and babies (under 8 months old). Come along to our fun and interactive sessions to learn about the things you do every day that help your baby's growing brain!</p>	<p>Please text or call Kim from Hartcliffe on 07795 952633 To Book</p>

<p>Tuesdays Redcatch Park Knowle 10:00-10:45am 11:00-11:45am With Di and Tracey from Knowle.</p>	<p>Buggy Walks Join us for a social distance buggy walk. Meet other Mums while getting some gentle exercise.</p>	<p>Please contact Tracey on 07920 416161 For more details to book and check availability</p>
<p>Tuesday 11th, 18th 25th, May Victoria Park 10:30-11:15am</p> <p>Tuesday 8th, 15th, 22nd June Greville Smyth Park 10:30-11:15am</p> <p>Tuesdays 29th June, 6th, 13th July Location to be confirmed. With Pascale and Sharon</p>	<p>Buggy Walks Join us for a social distance buggy walk. Meet other Mums while getting some gentle exercise.</p> <p>Limited to 6 families on a first come first serve basis.</p>	<p>Please contact Anna from Bedminster on 0117 3746362 to book a place</p>
<p>Tuesdays Bedminster Starting 8th June For 5 weeks 1:00-2:00pm With Sharon and Fatuma</p>	<p>Baby Group Semi structured with singing, sensory play, and lots of different activities including early learning each week. A great opportunity to meet other parent's carers and babies.</p> <p>Face to Face at Freeling House, Prewett Street, Redcliffe. 6 families, socially distancing.</p>	<p>Please contact Anna at Bedminster on 0117 3746362</p>
<p>Tuesday's 4 week's rolling</p> <p>With Deb from Bishopsworth</p>	<p>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.</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>Tuesday's 10:00-12:00 Via Zoom</p> <p>With Leanne</p>	<p>Nurture</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 call Leanne from Stockwood on 07795952691</p> <p>To book & check availability. If you think you would benefit from this group.</p>
<p>Wednesday's 9:30-10:00 am</p> <p>Until Wednesday the 26TH May</p> <p>Via Zoom every week.</p>	<p>Zoom Sing and Sign</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 07920 416161</p> <p>To Book</p>
<p>Wednesday's Knowle 10:00 – 10:45am</p> <p>5 Sessions starting 16th June</p> <p>Weekly</p> <p>With Duane and Janet from Knowle</p>	<p>Baby Sing and Sign- Making Music</p> <p>Come and join the fun in our garden with your under 1's. Enjoy rhymes and action songs with instruments for your baby to make and explore.</p> <p>A great way to start your day with a smile!</p>	<p>Please text or call Tracey from Knowle on 07920 416161</p> <p>To book and check availability.</p>
<p>Wednesday's Hartcliffe 9:30-10-30am</p> <p>With Florence and Siannon</p>	<p>Buggy Walks</p> <p>Join us for a social distance buggy walk. Meet other Parents and Carer's, while getting some gentle exercise.</p>	<p>Please contact Florence on 07880 151392 for more details to book and check availability</p>

<p>Wednesday's Stockwood 10:00-11:00 am</p> <p>With Mim and Rosie</p>	<p>Baby Group</p> <p>Semi structured with singing, sensory play, and lots of different activities including early learning each week. A great opportunity to meet other parent's carers and babies.</p> <p>Limited to 6 Families and spaces allocated on first come first served basis.</p>	<p>Please text or call Helen from Stockwood on 07920 416405.</p> <p>For more details and availability.</p>
<p>Wednesday's Knowle Starting 9th June 1:15-2:15 pm 5 weeks With Duane</p>	<p>Forest School</p> <p>Outside fun at the Bommie looking at the environment and learning about wild life, Den building, and natural craft ideas.</p> <p>Limited to 6 families on a first come first serve basis.</p>	<p>Please contact Tracey on 07920 416161 for more details and availability.</p>
<p>Wednesday 9th /16th /23rd June Victoria Park 10:30-11:15am</p> <p>Wednesday 30th June/7th/14th/July Greville Smyth 10:30-11:15am</p> <p>With Pascale from Bedminster</p>	<p>Woodland Wanderers</p> <p>Woodland walk discovering things using your senses, aimed at children 18mths – 4years Limited to 10 families on a first come first serve basis.</p>	<p>Please contact Anna from Bedminster on 0117 3746362 to book</p>
<p>Thursdays Hartcliffe Starting June 1:00-2:00pm with Kelly and Florence</p>	<p>Thriving Thursday's</p> <p>A six-week course for parents of under 5s. 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 07795952633 To Book</p>

<p>Thursday's</p> <p>Starts 13th MAY 10:00-11:00am</p> <p>Via Zoom with Monique From Bedminster</p>	<p>Baby Massage</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. 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 Anna from Bedminster on 01173 746362</p>
<p>Thursdays Bedminster Starting 10th June</p> <p>10.30-12:00 pm</p> <p>For 8 weeks</p> <p>With Emma and Fatuma</p>	<p>Tots Talking</p> <p>Find out how everyday activities can boost your child's talking skills, get ideas for simple toys and games you can make at home. Creche available on request.</p>	<p>Please contact Emma to book a place on the course on emma.mccormack@nhs.net or 07771335079 and/or Fatuma on 07795952446</p>
<p>Thursday's Starting 17th June Stockwood 10:30-11:30</p> <p>4 weeks With Mim</p>	<p>Forest School</p> <p>Outside fun looking at the environment and learning about wild life, Den building, and natural craft ideas. Limited to 6 families on a first come first serve basis.</p>	<p>Please contact Helen 07920 416405 For more details and check availability</p>
<p>Thursday's Withywood Park 1:30-2:30pm</p> <p>Park 6 Week Block</p> <p>With Joan and Deb from Bishopsworth</p>	<p>Wild Tots</p> <p>Fun outdoor group for Pre-school children and their parents or carer</p>	<p>Please contact Joan from Bishopsworth, on 07881034544 for more information and to book.</p>

<p>Friday's Bishopsworth</p> <p>6 Week Block</p> <p>9:30-10:30am</p> <p>With Joan and Deb</p>	<p>Baby Group</p> <p>Semi structured with singing, sensory play, and lots of different activities including early learning each week. A great opportunity to meet other parent's carers and babies.</p> <p>For Babies aged 0-12months.</p>	<p>Please contact Deb from Bishopsworth, on 07795 953069 for more information and to book.</p>
<p>Monday's Bishopsworth</p> <p>Tuesday's Knowle</p> <p>Thursday's Bedminster</p>	<p>Health Visitors</p> <p>Any enquires, concerns and information to do with your baby.</p>	<p>Please contact the Health Visitors directly to book</p> <p>On 0300 125 6264 and to discuss any queries.</p>
<p>Tuesday's 2:00-4:00pm Knowle</p> <p>Thursday's 1:00-3:00pm Inn's Court</p> <p>Wednesday's 12:30-2:30pm Redcliffe</p> <p>Tuesday's 9:15-11:15am Stockwood</p> <p>Friday's 10:00-12:00pm Hartcliffe</p>	<p>Food Clubs</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 Helen on 07920 416405</p> <p>For Hartcliffe contact Florence on 07880 151392</p>



South Bristol Children's Centre's Hub

Leinster Avenue, Knowle, Bristol, BS4 1NN

07920 416161 or 01179 030214

