

Group	When	Where	How To Book
<p><b>Forest school</b>  <b>Starting week 20th September</b>                      Join Duane and his Colleagues for some outside fun looking at the environment and learning about wildlife, Den building and natural craft activities.</p>	<p>Monday 1:30pm to 2:30pm                      Tuesday 1:30pm to 2:30pm                      Wednesday 9:30am to 10:30am                      Wednesday 1:15 to 2:15pm                      Friday 1:30 to 2:30pm</p>	<p>@ South street park Bedminster                      @ Stockwood children’s Centre.                      @the pod in Withywood park.                      @ the Bommie in Knowle                      @ Millennium green. Hartcliffe.</p>	<p>No booking required- just turn up suitably dressed for the weather to the session closest to you.</p> <p>Please call or check your local Children's Centre Facebook page for updates on this group.</p>
<p><b>5 to thrive, Baby Groups</b>                      Come along to our fun and interactive sessions to learn about the things you do every day that help your baby’s growing brain! 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.                      Group size is limited and spaces allocated on first come first served basis so booking is essential</p>	<p>Monday 10:00 to 11 :00am                       Tuesday 9:30 to 11:00am                       Tuesdays 1:30 to 2:30pm</p>	<p>Stockwood Children’s Centre                       Bishopsworth Children’s Centre                       Bedminster Children’s Centre</p>	<p>Please text or call Helen from Stockwood on 07920 416405.</p> <p>Please contact Deb from Bishopsworth, on 07795 953069</p> <p>Please contact Anna at Bedminster on 0117 3746362</p>
<p><b>Buggy Walks</b>                      Join us for a social distance buggy walk. Meet other Parents and carers, while getting some gentle exercise</p>	<p>Tuesday 11:00 to 12:00pm                       Wednesday 9:30 to 10:30am</p>	<p>Redcatch Park                       Hartcliffe Children’s centre</p>	<p>No booking required- just turn up suitably dressed for the weather to the session closest to you.</p>

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<p><b>Baby Sing and Sign- Making Music</b></p> <p>Come and join the fun with your little 1's. Enjoy rhymes and action songs with instruments for your baby to make and explore. A great way to start your day with a smile!</p>	<p>Friday mornings from 10:00 to 11:00 am</p>	<p>Knowle West Nursery School</p>	<p>Please text or call Tracey from Knowle on 07920 416161 to book and check availability.</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. 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>Thursdays 10:30 to 11:30am</p> <p>Thursdays 1:30 to 2:30pm</p>	<p>On zoom</p> <p>Bishopsworth Children's Centre</p>	<p>Please contact Anna from Bedminster on 0117 3746362</p> <p>Call Deb on 0117 9781028 or text/call her on 07795 953069</p>
<p><b>Young Parents Group</b></p> <p>We welcome parents who are 25 Yr's or younger. A great chance to make new friends with other families while the children enjoy activities and BOING soft play.</p>	<p>Thursdays 1:15 to 2:30pm</p>	<p>Inns Court Community Centre</p>	<p>Please text or call Tracey from Knowle on 07920 416161 to book and check availability.</p>

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<p><b>Boogie Disco</b> Music, Disco Lights and Boogie! Move, and Groove with your children to the sound of all the fun party classics. Finish with your children exploring the amazing soft play equipment at Boing. A fun active to start your day!</p>	Thursday at 11:30 to 12:15PM	Inns Court Community Centre	Please text or call Tracey from Knowle on 07920 416161 to book and check availability.
<p><b>Nurture Programme</b> 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>	Thursdays 9:30 to 11:45am Fridays 9:30 to 11:45am from 10th September to 10th December	Stockwood Children's Centre Bishopsworth Children's Centre	For Stockwood contact Helen on 07920 416405 For Bishopsworth call Jodi on 0117 9781028 or text/call on 07880 467072
<p><b>Breastfeeding Support</b> We welcome expectant and breastmilk feeding families in the groups where we can offer information and support on all topics relating to breastfeeding. These include, starting breastfeeding, expressing, overcoming challenges, introducing solids, returning to work and breastfeeding, introducing a bottle, mixed feeding, and stopping breastfeeding.</p>	Monday 12:30 to 2:00pm All year round.  Tuesday 1:00 to 2:30pm	Bishopsworth Children's Centre  Bedminster Children's Centre	call Jodi on 0117 9781028 or text/call on 07880 467072  Please contact Anna from Bedminster on 0117 3746362 For further support look up 'Bristol Breastfeeding Mummies' on Facebook or Email: <a href="mailto:bristolbreastfeeding@bristol.gov.uk">bristolbreastfeeding@bristol.gov.uk</a>

SBCC September Timetable 2021

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<p><b>Tots talking</b> 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>Thursdays 1011am  From 14<sup>th</sup> October to 9<sup>th</sup> December</p>	<p>Bedminster Children's Centre</p>	<p>Please email <a href="mailto:sirona.sltearlyyears@nhs.net">sirona.sltearlyyears@nhs.net</a> or call Fatuma on 07795952446</p>
<p><b>Early years Speech and Language drop-in sessions</b> Free advice for parents. Chat to one of our speech and language therapists about your child's Speech, language and communication development.</p>	<p>Wednesday's 9:30-1230pm</p>	<p>Via Zoom</p>	<p><b>Please Call 0300 1256279</b> <a href="https://cchp.nhs.uk/cchp/explore-cchp/childrens-speech-language-therapy/services-bristol-south-gloucestershire/family">https://cchp.nhs.uk/cchp/explore-cchp/childrens-speech-language-therapy/services-bristol-south-gloucestershire/family</a></p>
<p><b>Rockabye.</b> One hour's group for parents with babies aged between two to eight 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.</p>	<p>Mondays 10:30 to 11:30am</p>	<p>Via Zoom</p>	<p>If you think you would benefit from this group, please call Monique on 07795952577 to book &amp; check availability.</p>



**SBCC**

SOUTH BRISTOL CHILDREN'S CENTRES

Group	When	Where	How To Book
<p><b>Food Clubs</b>            Food club 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 £1 membership fee and then £3.50 per week, each member receives a weekly bag of food worth £15 -£20. 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>Tuesday 9:15 to 11:15am            Tuesday 2:00 to 4:00pm            Wednesday 12:30 to 2:30pm            Thursday 1:00 to 3:00pm            Friday's 10:00-12:00pm</p>	<p>Stockwood Children's Centre            Knowle West Nursery School            Freeling House, Redcliffe            Inns Court Community Centre            Hartcliffe Children's Centre</p>	<p><b>To register and for more information please contact the below members of staff or ask in your Children's Centre.</b>            Stockwood contact Helen on 07920 416405            Knowle contact Janet on 07920 416195            Redcliffe contact Sharon on 07795952596            Inn's Court Contact Duane on 07795952961            Hartcliffe contact Florence on 07880 151392</p>
<p><b>Move together</b>            Let's get our bodies moving together in this fun physical activity session.</p>	<p>Mondays 10:00 to 11:00am            Mondays 9:30 to 10:30am</p>	<p>Faith space, Redcliffe            Ilminster Avenue Nursery school</p>	<p>Redcliffe contact Anna at Bedminster on 0117 3746362            Ilminster Avenue text or call Tracey from Knowle on 07920 416161</p>
<p><b>Health visitors</b>            Are taking bookings to see parents and babies individually where needed to answer enquires concerns and provide health advice.</p>	<p>Mondays            Tuesdays            Tuesdays (fortnightly)            Thursdays</p>	<p>Bishopsworth            Knowle            Stockwood            Bedminster</p>	<p>Please contact the Health Visitors directly to book on 0300 125 6264</p>