



What's on April-July 2023

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

Email cbcc@bristol-schools.uk **Web** www.centralbristolcc.co.uk

Facebook Central Bristol Children's Centre

Call 0117 9030337 (main line)



Welcome

This guide is our timetable for weekly sessions across all central Bristol Children's Centre's and beyond.

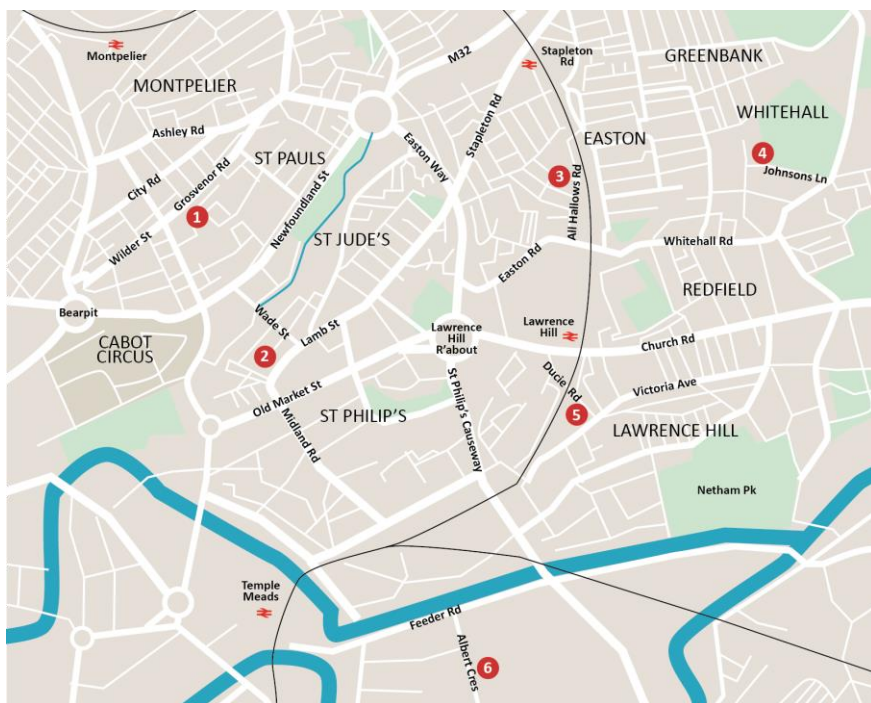
We support families and children from birth to five years, with a range of drop-in and bookable courses to stimulate, engage and inspire.

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 centre's and outreach locations. Here's where we are...



1. St Pauls Children's Centre

Little Bishop Street, St Pauls, Bristol BS2 9JF
Tel 0117 903 0337



3. Bannerman Road Children's Centre

All Hallows Road, Easton, Bristol, BS5 ORL
Tel 0117 3532081 **Web** www.bannermanroadcc.uk



5. Wellspring Settlement Family Centre

43 Ducie Rd BS5 0AX
Tel 0117 955 6971 **Email** info@wsb.org.uk
Web <https://wellspringsettlement.org.uk>



Central 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

Hope Chapel Hotwells, BS8 4ND

Quakers Centre, Friends Meeting House Champion Square, BS2 9DB

Trinity Centre, Trinity Road, BS2 0NW

St. Annes Church St. Leonards Road, Eastville, BS5 6JN

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 all our centre's, from April to July 2023.

Monday

ESOL Bannerman Road Children's Centre, 9.15-11.15am

Starts 24th April-26th June. A practical and friendly course to help you improve your reading, writing, speaking and listening. This course is for adults whose first language is not English.

Booking Essential contact Gaynor on 07917 615354.

Stay and Play Wellspring Settlement, 9.15-10.45am

Free play for children under 5's and parents/carers. 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.

Mums Comfort Zone St Paul's Children's Centre, 12.45-2.45pm

A supportive group from Bluebell, where you can have some time out with relaxing sessions. Meet others and learn new ways of coping with life as a mum. Referral only.

Circle of Security Bannerman Road Children's Centre, 12.45-2.45pm

15th May to 10th July, 8 week parenting programme.

Booking essential, Contact Charlotte on 07917 517651.

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

Tuesday

Stay and Play St Phillips Marsh Nursery, 9-11am

Free play sessions for children 0 to 5 and parents/carers. Drop in – everyone welcome.

Antenatal Rockabye Wellspring Settlement, 9.30-11.30am

Small, closed group, for pregnant women. **Call 0117 954 8882 to book a place.**

Brush up English St Pauls Children's Centre, 9.15-11.15am

Improve your reading, writing, spelling and grammar. Learn in a friendly group and increase your skills and self-confidence. This course will lead to an English Functional Skills qualification. **Booking essential. Contact Gaynor on 07917 615354.**

Childminders' group St Pauls 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.

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 10-2.30am, however family support and signposting is available from 10-12am.

Incredible Years Easton Christian Family Centre, 12.30-3.15pm

12 week evidence based parenting programme., **Booking Essential.**

Baby Group Wellspring Settlement, 1.30-2.30pm

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

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.

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

Wednesday

Food Club St Paul's Children's Centre, 9-11am

Every Wednesday. £1 joining fee, £3.50 per week, each box offers a range of veg, meat and food cupboard essentials worth £10-£15. **Contact Yvonne on 07463 35706** to find out more.

Strengthening Families Strengthening Communities Wellspring Settlement, 9.15-12pm

Parenting programme. **Call 0117 9556971 to find out more.**

Nurturing Programme Wellspring Settlement, 9.30-12pm

Parenting programme. **Call 0117 9556971 to find out more.**

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.

Stay and Play Easton Christian Family Centre, 10-11:30am

Run by ECFC and supported by the Children's Centre. Everyone welcome, drop in.

Rockabye Bannerman Road Children's Centre, 12.45-2.45pm

19th April to 12th July. **Referral only Contact Kate on 07917 615369.**

Wellbeing Art St Paul's Children's Centre, 12.45-2.45pm

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 if you think this might be for you.

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, behaviour, 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

Nurture Programme St Pauls Children's Centre, 9.30-11.30pm

10 week parenting programme starting 20th April to 6th July.

Referral only, contact Karolina on 07780 465778.

Baby Rhyme and Play St Pauls Children's Centre, 10-11.30am

For children 0-18 months, come and meet other parents and enjoy sensory activities and songs to use at home. Breastfeeding advice available. Drop in, no need to book.

Stay and Play Elim Church, 10-11.30am Run jointly with St Matthews and Elim for parents/carers and children of all ages. Drop in, all welcome.

Baby Hub Hope Chapel 1-3pm

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.

Baby Hub St Pauls 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, behaviour, 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.

ESOL Conversation Club St Pauls Children's Centre, 1.30-2.30pm

These clubs are the ideal way to help build your confidence and skills in speaking English. Groups are free to attend. Come join us and have a chat in a relaxed and friendly atmosphere.

Booking essential. Contact Gaynor on 07917 615354.

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

Friday

Paediatric first aid Quakers Centre, 9.30-2.30pm

Starts 5th to 19th May. For learners aged over 19 who do not have a full level 2 qualification and unemployed adults on means tested benefits who experience significant barriers to entering formal learning or work. **Booking essential Contact Edwina 07825 315820**

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, behaviour, infant feeding safety and nutrition. All in a safe nurturing environment. All welcome.

Stay & Play St Anne's Church, 10-11am For children 0-5 and their families to explore, play and learn in a safe, friendly environment. Everybody welcome, drop in.

Antenatal Classes Alternating between St Pauls Children's Centre & Bannerman Road Children's Centre. To book a place contact your midwife from the Juniper team.

Baby Massage Bannerman Road Children's Centre, 1.30-2.30pm

5 week programme Starting 19th May. **Referrals only**, Contact Yvonne on 07463 35706.

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 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 9030337.

If you are in immediate danger call 999 or Next Link on 0117 9250680