

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Filton Avenue	<b>ESOL</b> 9:30am– 11:30am Introduction course for people wanting to improve their English. please contact Richard: richard.davies@bristol.gov.uk Creche Available.	<b>Childminders</b> 9:15am– 11:15am An opportunity to engage in play and share good practice and ideas.	<b>Stay &amp; Play</b> 9:30am– 11am Activities and play ideas. Aimed at ages 0-5	<b>Under 5's Hub</b> 9am– 12pm Appointment only. Please contact your local health visiting team to book a spot	
	<b>Early Birds</b> 1:30pm– 2:30pm If your baby was born prematurely or spent time in special care after birth.			<b>Well-being</b> 10am– 11am Women's well-being group. Starts October. Contact: nbcc@bristol-schools.uk	
Upper Horfield	<b>Sensory Baby</b> 10am– 11am Support your babies language development, bond and have fun to help them understand the world around them.	<b>Nurture Programme</b> 9:30am– 11:30am Parenting course for parents with children ages 2 to 10 years. Contact nbcc@bristol-schools.uk	Please contact us to be added to the waiting list. nbcc@bristol-schools.uk		<b>5 To Thrive</b> 10:30am– 11:30am A 6-week course for parents/carers and under 1s. Focusing on attachment, play and baby brain development. Please contact us to be added to the waiting list. nbcc@bristol-schools.uk
Stoke Park /Lockleaze		<b>Stay &amp; Play Lockleaze</b> 10am– 11:30am Lots of activities and play at The Community Hall, The Hub Gainsborough Square. Aimed at ages 0-5.	<b>Baby Group</b> 1:30pm– 2:30pm Join us for a friendly group with a focus on early reading.		
Southmead	<b>Young Parents</b> 10am– 11:30am Meet other young parents in your area. Contact nbcc@bristol-schools.uk	<b>ESOL</b> 9:30am– 11:30am Introduction course for people wanting to improve their English. richard.davies@bristol.gov.uk	<b>Stay &amp; Play</b> 1pm– 2:30pm Lots of activities and play. Aimed at ages 0-5.	<b>Under 5's Hub</b> 9am– 12pm Appointment only. Please contact your local health visiting team to book a spot. Contact: 07816365429	
		<b>Childminders</b> 9:15am– 11:15am An opportunity to engage in play and share good practice and ideas.		<b>Food Club</b> 10am–11:00am Weekly low cost food club To find out more email bristolfoodclubs@family-action.org.uk	
		<b>Breastfeeding</b> 11:30am– 1pm A supportive session to help you and your baby get the most out of breastfeeding.			
LongCross	<b>Tea &amp; Talk</b> 9:15am– 10:45am A great place for parents and carers to meet. Drop in and say hello.	<b>Under 5's Hub</b> 9:30am– 12:30pm Appointment only. Please contact your local health visiting team to book a spot.	<b>Incredible Years Parenting Program</b> Starting in November. Creche available. To find out more please contact nbcc@bristol-schools.uk	<b>Stay &amp; Play</b> 9am– 10:30am Activities and play ideas. Aimed at ages 0-5.	<b>Nurture Programme</b> 9:30am– 11:30am Parenting course for parents with children ages 2 to 10 years. Please contact us to be added to the waiting list. nbcc@bristol-schools.uk
	<b>Community Learning</b> -Maths From 20th September 9:30am–11:30pm. -English From 11th of October 1pm–3pm Contact: suzanne.gaffney@bristol.gov.uk			<b>Breastfeeding</b> 1:15pm– 2:15pm A supportive session to help you and your baby get the most out of breastfeeding. Location: Hope Church & Café, LongCross BS11 0LT	
Sea Mills			<b>Under 5's Hub</b> 9am– 12pm Appointment only. Please contact your local health visiting team to book a spot		
Avonmouth	<b>Rainbow</b> Supports families with children who have additional needs, in a safe environment. Contact Helen on 07825 315732		<b>Stay &amp; Play</b> 10am– 11:30am Activities and play ideas. Aimed at ages 0-5.	<b>Childminders</b> 9:45am– 11:15am Starts 16th September. An opportunity to engage in play and share good practice and ideas.	
			<b>ESOL</b> 9:45am–11:45am For people wanting to improve their English. Contact: suzanne.gaffney@bristol.gov.uk		<b>Stay &amp; Play</b> 9:30am– 11am Join us at Shirehampton Public Hall. Lots of activities and fun!
Shirehampton					