

Monday Tuesday Wednesday Thursday Friday

Filton Avenue	ESOL 9:30am– 11:30am Introduction course for people wanting to improve their English. please contact Richard: richard.davies@bristol.gov.uk Creche Available.	Childminders 9:15am– 11:15am A group for Childminders to share good practice and ideas.	Stay & Play 9:30am– 11am Drop-in for fun family activities and more. Aimed at ages 0-5.	Under 5's Hub Booking Required 9:30am– 12pm Appointment only. Please contact your local health visiting team to book. Gain information and advice about all aspects of your child's development. Tel: 0300 125 6278
	Early Birds 1pm– 2:30pm Join us if your baby was born prematurely or spent time in special care after birth. nbcc@bristol-schools.uk	Under 5's Hub Booking Required 10am– 12pm Appointment only. Please contact your local health visiting team to book. Tel: 0300 125 6278	Location: Horfield Baptist Church Brynland Avenue Bishopston	
Upper Horfield	Sensory Baby 10am– 11am Support your baby's language development, bond and have fun helping them understand the world around them. nbcc@bristol-schools.uk	Venue may change. Please contact us to be added to the waiting list. nbcc@bristol-schools.uk		
Stoke Park /Lockleaze	Nurture Programme Booking Required 9:30am– 11:30am Parenting course for parents with children ages 2 to 10 years.		Baby Group 1:30pm– 2:30pm Drop-in and join us for a friendly group with a focus on early reading at The Hub Gainsborough Square, BS7 9FB. nbcc@bristol-schools.uk	Breastfeeding Cafe Honey Suckle 9:30am– 11am A supportive drop-in session to help you and your baby get the most out of breastfeeding. nbcc@bristol-schools.uk
	Please contact us for more information nbcc@bristol-schools.uk		Stay & Play 10am– 11:30am Drop-in for activities and play at The Hub, Gainsborough Square, BS7 9FB. Aimed at ages 0-5.	Location: The Hub Gainsborough Square, Bristol BS7 9FB
Southmead	Young Parents 10am– 11:30am Meet other young parents in your area. A safe space to get support & advice.	ESOL Booking Required 9:30am– 11:30am Introduction course for people wanting to improve their English. richard.davies@bristol.gov.uk Creche Available.	Stay & Play 1pm– 2:30pm Drop-in for fun family activities and more. Aimed at ages 0-5.	Under 5's Hub Booking Required 9am– 11am Appointment only. Please contact your local health visiting team to book a spot. Tel: 0300 125 6278
	Rockabye Booking Required 1pm– 2:30pm Nourish your relationship with your baby, meet other parents, sensory play and more. Non-mobile babies. To book or for more info: nbcc@bristol-schools.uk or please contact your health visitor	Childminders 9:15am– 11:15am A group for Childminders to share good practice and ideas.	Food Club 10am– 11:00am Weekly low cost food club. Food clubs provide good-quality food at a low cost, while also reducing food waste. To find out more email bristolfoodclubs@family-action.org.uk	
	Breastfeeding 11:30am– 1pm A supportive drop-in session to help you and your baby get the most out of breastfeeding.			
Long Cross	Maths for Adults Booking Required 9:30am– 11:30am Community Learning Improve your maths skills for home, work or volunteering. Contact: suzanne.gaffney@bristol.gov.uk	Under 5's Hub Booking Required 9:30am– 12:30pm Appointment only. Please contact your local health visiting team to book. Gain information and advice about all aspects of your child's development. Tel: 0300 125 6278	Stay & Play 9am– 10:30am Drop-in for activities and play. Aimed at ages 0-5.	Location: Hope Church & Café, LongCross BS11 0LT
	Please contact us for more information nbcc@bristol-schools.uk		Breastfeeding 1:15pm– 2:15pm A supportive session to help you and your baby get the most out of breastfeeding.	
Sea Mills	Tea & Talk 9:15am– 10:45am Drop-in and join us for Tea & Talk. Get away from the chaos and be with other adults for a relaxed and informal cuppa!	Please contact us for more information nbcc@bristol-schools.uk		Baby Group 10am– 11:30am Join us for a friendly group with a focus on early reading.
			Under 5's Hub Booking Required 9am– 12pm Appointment only. Please contact your local health visiting team to book a spot. Tel: 0300 125 6278	Tots Talking Booking Required 1pm– 2:30pm A course to discover activities to boost your toddler's talking skills.
Avonmouth	Rainbow Group Booking Required Supporting families with children who have additional needs, in a safe environment. Contact Helen on 07825 315732. Booking required. Limited spaces.	5 To Thrive AM Booking Required A 7-week course for parents/carers and under 1's. Focusing on attachment, play and baby brain development. Please contact us to be added to the waiting list. nbcc@bristol-schools.uk	Stay & Play 10am– 11:30am Drop-in for activities and play. Aimed at ages 0-5.	Childminders 9:45am– 11:15am A group for Childminders to share good practice and ideas.
			ESOL Booking Required 9:45am– 11:45am For people wanting to improve their English. Contact: suzanne.gaffney@bristol.gov.uk	Welcome to The World Booking Required 1pm– 3pm 8 week antenatal course for expectant parents from third trimester onward.
			Please contact us for more information nbcc@bristol-schools.uk	