

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.	Booking Required <b>Childminders</b> 9:15am- 11:15am A group for Childminders to share good practice and ideas.	<b>Stay &amp; Play</b> 9:30am- 11am Drop-in for fun family activities and more. Aimed at ages 0-5.	<b>Under 5's Hub</b> 10am- 12pm An opportunity to drop-in and speak to your local health visiting team. Gain information and advice about all aspects of your child's development. Tel: 0300 125 6278	
	<b>Early Birds</b> 1pm- 2:30pm Join us if your baby was born prematurely or spent time in special care after birth. nbcc@bristol-schools.uk	<b>Under 5's Hub</b> 10am- 11:45am An opportunity to drop-in and speak to your local health visiting team. Tel: 0300 125 6278	Location: Horfield Baptist Church Brynland Avenue Bishopston	<b>Breastfeeding Cafe</b> <b>Honey Suckle</b> 9:30am- 11am A supportive session to help you and your baby get the most out of breastfeeding. nbcc@bristol-schools.uk	
Upper Horfield	<b>Sensory Baby</b> 10am- 11am Support your baby's language development, bond and have fun helping them understand the world around them. nbcc@bristol-schools.uk				
Stoke Park /Lockleaze	Please contact us for more information nbcc@bristol-schools.uk	<b>Stay &amp; Play</b> 10am- 11:30am Drop-in for activities and play at The Hub, Gainsborough Square, BS7 9FB. Aimed at ages 0-5.			Please contact us for more information nbcc@bristol-schools.uk
Southmead	<b>Young Parents</b> 10am- 11:30am Meet other young parents in your area. A safe space to get support & advice.	Booking Required <b>ESOL</b> 9:30am- 11:30am Introduction course for people wanting to improve their English. richard.davies@bristol.gov.uk Creche Available.	Booking Required <b>Rockabye</b> 10am- 11:30am Have you recently had a baby? Are you feeling anxious or depressed? We offer a space to share experiences and connect with your baby. nbcc@bristol-schools.uk or please contact your health visitor	Booking Required <b>Under 5's Hub</b> 9am- 11am An opportunity to drop-in and speak to your local health visiting team. Tel: 0300 125 6278	Booking Required <b>5 To Thrive AM</b> 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
		<b>Childminders</b> 9:15am- 11:15am A group for Childminders to share good practice and ideas.	<b>Breastfeeding</b> 11:30am- 1pm A supportive drop-in session to help you and your baby get the most out of breastfeeding.	<b>Food Club</b> 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	
		<b>Stay &amp; Play</b> 1pm- 2:30pm Drop-in for fun family activities and more. Aimed at ages 0-5.			
Long Cross	Booking Required <b>Maths for Adults</b> 9:30am-11:30am <b>Community Learning</b> Improve your maths skills for home, work or volunteering. Contact: suzanne.gaffney@bristol.gov.uk	Booking Required <b>Under 5's Hub</b> 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		<b>Stay &amp; Play</b> 9am- 10:30am Drop-in for activities and play. Aimed at ages 0-5.	
				<b>Breastfeeding</b> 12:30pm- 2pm A supportive session to help you and your baby get the most out of breastfeeding.	
Sea Mills			Booking Required <b>Under 5's Hub</b> 9am- 12pm Appointment only. Please contact your local health visiting team to book a spot. Tel: 0300 125 6278	<b>Baby Group</b> 10am- 11:30am Join us for a friendly group with a focus on early reading.	
Avonmouth	Booking Required <b>Rainbow Group</b> Supporting families with children who have additional needs, in a safe environment. Contact Helen on 07825 315732. Booking required. Limited spaces.		<b>Stay &amp; Play</b> 10am- 11:30am Drop-in for activities and play. Aimed at ages 0-5.	<b>Childminders</b> 9:45am- 11:15am A group for Childminders to share good practice and ideas.	
			Booking Required <b>ESOL</b> 9:45am-11:45am For people wanting to improve their English. Contact: suzanne.gaffney@bristol.gov.uk		