



## Monday Tuesday Wednesday Thursday Friday

<b>Filton Avenue</b>	<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 5s Hub</b> 9:30am– 11:30am 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	Scan to view our online timetable and more! 
	<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 5s Hub</b> 10am– 11:45am An opportunity to drop-in and speak to your local health visiting team and socialise with other parents. Tel: 0300 125 6278	★ Location: Horfield Baptist Church Brynland Avenue Bishopston	<b>Honey Suckle Breastfeeding Group</b> 10.15am -11:45am A supportive session to help you and your baby get the most out of breastfeeding.	
<b>Stoke Park</b> ★ New Location: Stoke Park Children's Centre Romney Ave, Lockleaze, B57 9SX	Booking Required <b>Nurture Programme</b> 12:45pm– 2:45pm Parenting course for parents with children ages 2 to 10 years. Please contact us for more information or to book your spot nbcc@bristol-schools.uk		<b>Stay &amp; Play</b> 1:30pm– 3pm Drop-in for activities and play aimed at ages 0-5.	<b>Sensory Baby</b> 10am– 11am Support your baby's language development, bond and have fun helping them understand the world around them.	
<b>Southmead</b>  Contact: susanne.gaffney@bristol.gov.uk Phone: 07887451776	Booking Required <b>ESOL</b> 9:30am– 11:30am Introduction course for people wanting to improve their English. Please contact: richard.davies@bristol.gov.uk	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>Under 5s Hub</b> 9am– 10:45am An opportunity to drop-in and speak to your local health visiting team and socialise with other parents. Tel: 0300 125 6278	Booking Required <b>Welcome to The World</b> 9:30am-11:30am 8 week antenatal course for expectant parents from third trimester onward.	
	<b>Childminders</b> 9:15am– 11:15am A group for Childminders to share good practice and ideas.	<b>Stay &amp; Play</b> 1pm– 2:30pm Drop-in for fun family activities and more. Aimed at ages 0-5.	Booking Required <b>Under 5s Hub</b> 9am– 10:30am Drop-in for activities and play. Aimed at ages 0-5.	Booking Required <b>Breastfeeding Group</b> 12:30pm– 2pm A supportive session to help you and your baby get the most out of breastfeeding.	
	<b>Breastfeeding Group</b> 12:30am– 2pm A supportive drop-in session to help you and your baby get the most out of breastfeeding.	Please contact us for more information nbcc@bristol-schools.uk			
Booking Required <b>Community Learning</b> -Maths for Adults Improve your maths skills for home, work or volunteering. -English for Adults Improve your English for work or home.  <b>Young Parents</b> 11am– 12:30pm Meet other young parents in your area. A safe space to get support & advice.	<b>Under 5s Hub</b> 9:00am– 11:00am 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 and socialise with other parents. Tel: 0300 125 6278	Booking Required <b>Nurture Programme</b> 9:30am– 11:30am Parenting course for parents with children ages 2 to 10 years. Please contact us for more information or to book your spot nbcc@bristol-schools.uk	<b>Stay &amp; Play</b> 9am– 10:30am Drop-in for activities and play. Aimed at ages 0-5.	Booking Required <b>Breastfeeding Group</b> 12:30pm– 2pm A supportive session to help you and your baby get the most out of breastfeeding.	
<b>Sea Mills</b>  Please contact us for more information nbcc@bristol-schools.uk			<b>Under 5s Hub</b> 9am– 11am An opportunity to drop-in and speak to your local health visiting team and socialise with other parents. Tel: 0300 125 6278	<b>Baby Group</b> 9:45am– 11am Support your baby's language development, bond and have fun helping them understand the world around them.	
<b>Avonmouth</b>	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> 9:30am– 11:00am 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.	
<b>Brentry &amp; Henbury</b>	<b>Stay &amp; Play</b> 10:00am– 11:30am Drop-in for weekly themed activities and moment aimed at ages 0-5. ★ Location: Henbury Village Hall, B510 7QG	<b>Under 5s Hub</b> 9am– 11am An opportunity to drop-in and speak to your local health visiting team.	<b>Family Support</b> 9am– 11am Call us on 0117 9593800 to book a 30-minute face to face or telephone appinment.	★ Location: Henbury Court Primary Academy, B510 7NY	
		<b>Breastfeeding Group</b> 11:30am– 1pm A supportive session to help you and your baby get the most out of breastfeeding.	<b>Tiny Tots</b> 10am– 11am A group for non-mobile babies. Fun & movement to music.	★ Location: Henbury Village Hall, B510 7QG	
<b>Shirehampton</b>	<b>Stay &amp; Play 9:30am– 11am</b> Drop in to Shirehampton Public Hall for lots of activities and fun! Station Rd, BS11 9TX.				