



northbristolcc

nbcc

north bristol children's centres

# Groups + Events + Services

[www.northbristolcc.org.uk](http://www.northbristolcc.org.uk)

Email: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)



Scan to view our online  
timetable and more!



# Welcome to North Bristol Children's Centres

Being a parent is one of the most rewarding but challenging roles in life. In acknowledgement of this, North Bristol Children's Centres offer a wide range of groups and courses where you can meet other parents and learn with your children. We also offer early intervention family support that enables families to find their own solutions to challenges before they start to take over your life.



## Group

## When & Where

Booking  
Required

### Antenatal Groups - "Welcome to The World"

These eight sessions are a relaxed way for parents to think about the transition to parenthood and discuss issues that can be a challenge for every new mother and father. Over the eight weeks you'll meet with other parents and trained group leaders to talk about the important questions.



Please contact us through our [website](#) for more information or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)

Booking  
Required

### Antenatal Rockabye

This small 6 week group gives you the chance to reflect on your hopes and fears about becoming a parent. During the sessions you can take time to enjoy your pregnancy and connect with your baby through relaxation exercises and creative activities.



Please contact us through our [website](#) for more information or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)

Booking  
Required

### Antenatal Sessions

Antenatal sessions delivered by Lilac Midwives and Maternity Support Workers. Everyone is welcome, advised to attend between 28 and 36 weeks pregnancy. Birth partners are also welcome.



Please contact your midwife for further details.



## Group

## When & Where

### Home-Start Group

The Mums in Mind Group is a peer-to-peer support group for mums who are feeling anxious, isolated and are struggling in baby's first year. A chance to take time out to nurture yourself by talking and crafting with other mums in a safe and supportive space.

Contact Home-Start today to find out more.  
Email: [admin@homestartbristol.org.uk](mailto:admin@homestartbristol.org.uk)  
Phone: 0117 9501170

### Under 5 Hubs

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. Scales will also be available for you to weigh your baby.

Tuesdays @ Long Cross Children's Centre  
Wednesdays @ Sea Mills Children's Centre  
Wednesdays @ Brentry Children's Centre  
Thursdays @ Filton Avenue Children's Centre  
Thursdays @ Southmead Children's Centre  
[Click here to view our online timetable for more info.](#)

### Breastfeeding Support

A supportive session to help you and your baby get the most out of breastfeeding. We welcome expectant parents as well as families. We can offer information and support on all topics relating to breastfeeding.

Tuesdays @ Southmead Children's Centre  
Wednesdays @ Brentry Children's Centre  
Thursdays @ Long Cross Children's Centre  
Thursdays @ Filton Avenue Children's Centre  
[Click here to view our online timetable for more info.](#)



## Group

## When & Where

### Baby Groups

Support your baby's language development, bond and have fun helping them understand the world around them. Join this supportive non-mobile baby group and meet other parents and our friendly staff.



Thursdays @ Sea Mills Children's Centre

[Click here to view our online timetable for more info.](#)

### Baby Sensory

Our non-mobile baby sensory group is perfect for parents to bond and explore with their baby. Join us for sensory play, activities, songs, stories and more.



Fridays @ Stoke Park Children's Centre

[Click here to view our online timetable for more info.](#)





## Group

## When & Where

Booking  
Required

### Baby Massage

Baby massage is suitable for babies aged between 6 weeks and 6 months old, providing a special time for parents and their baby to share. It can help relieve symptoms of constipation, reflux, colic and promote relaxation and sleep.



Bookable Group. [Please join our waiting list by clicking here.](#)

Booking  
Required

### Tree Babies

Come and join Tree Babies with North Bristol Children's Centres. A time for you and your baby to reconnect through nature with this free 6 week course.



Bookable Group. [Please join our waiting list by clicking here.](#)



## Group

## When & Where

Booking  
Required

### 5 to Thrive

A 6-week course for parents/carers and under 1's. Focusing on attachment, play and baby brain development. Meet other new parents and develop an understanding of Five to Thrive: baby brain development through talking, singing and playing.



Bookable Group. [Please join our waiting list by clicking here.](#)

Booking  
Required

### Tiny Tots

A group for non-mobile babies. Fun and movement to music, followed by a chance to meet and chat with other families.



Thursdays @ Brentry Children's Centres  
[Click here to view our online timetable for more info.](#)

Booking  
Required

### Early Birds

Join us for this weekly group if your baby was born prematurely or spent time in special care after birth. Includes advice sessions led by a physiotherapist, dietitian, occupational therapist and a speech and language therapist.



Mondays @ Filton Avenue Children's Centres  
[Click here to view our online timetable for more info.](#)

Or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk) for more information



## Group

## When & Where

### Tots Talking

Find out how you can help your two year old with talking and learning through everyday activities that can boost your child's language skills.  
Crèche available on request.



Bookable Group. [Please join our waiting list by clicking here.](#)

### Stay and Play

Stay and Play is a fun filled group for families with children aged 0 - 5. We provide planned and age appropriate sensory activities and physical areas for you to play, learn, bond, explore and develop together.



Tuesdays @ Brentry Children's Centres  
Wednesdays @ Filton Avenue Children's Centre  
Wednesdays @ Southmead Children's Centre  
Wednesdays @ Avonmouth Children's Centre  
Thursdays @ Long Cross Children's Centre  
Thursdays @ Stoke Park Children's Centre  
[Click here to view our online timetable for more info.](#)

### Young Parents Group

Meet other young parents in your area. A safe space to get support and advice in this Stay and Play for families under 23.



Mondays @ Long Cross Children's Centres  
[Click here to view our online timetable for more info.](#)





## Group

## When & Where

### Dads Stay and Play

Join our Dads, Grandads and male carers group!  
Lots of activities suitable for ages up to 5.

Please contact us through our [website](#) for more information or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)

### Childminders Group

A group for Childminders to share good practice and ideas.

[Click here to view our online timetable or for more info.](#)

Booking Required

### Rainbow Group

A stay and play group for pre-school children with additional needs and their families.

Contact Helen on 07825 315732 or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)

Booking Required

### Early years Speech and Language Therapy

Free advice for parents. Chat to a speech and language therapist about your child's speech, language and communication development.

For general enquiries please contact your local Speech and Language area office:  
Bristol North: 0300 124 5830



## Group

## When & Where

Booking  
Required

### Rockabye

Have you recently had a baby? Are you feeling anxious or depressed? We offer a space to share experiences and connect with your baby. Rockabye is a small group where you can come and meet other parents, share your experiences and spend time nourishing the bond between you and your baby.

Please contact us through our [website](#) for more information or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)

Booking  
Required

### Circle Of Security

The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Using the COSP™ model developed by the Circle of Security originators, our trained facilitators work with parents and care-givers.

Please contact us through our [website](#) for more information or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)



## Group

## When & Where

### One to One Family Support

We aim to build open and trusting relationships with families within professional boundaries, and we value and respect families' diverse backgrounds and individual experiences. The Family Support Team is made up of a group of committed, skilled, approachable, professional and passionate practitioners who can offer targeted, specific 1:1 family support and signposting.

Please contact us through our [website](#) for more information or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)

### Counselling

We can offer in-house counselling sessions to the families we work with.

Please contact us through our [website](#) for more information or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)

### Bridge Foundation

As leaders in child and family mental health, the Bridge team is experienced at helping each member of the family feel secure and supported. We work with primary aged children, and infants with their parents, tailoring our therapeutic approach to the individual to support those struggling with mental health difficulties.

Please contact us through our [website](#) for more information or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)

### Wellbeing Courses

Develop practices and skills to improve your health and emotional wellbeing. Learn relaxation techniques. Discuss long term health. Find out more about how the mind and body are connected.

Bookable Group. [Please join our waiting list by clicking here.](#)



## Group

## When & Where

Booking  
Required

### Community Learning Courses

An opportunity to learn new skills by booking onto one of the many free learning community courses running from our Centres including Maths, English, ESOL (English as a second Language) and more.

[Click here to view our online timetable or for more info.](#)

Booking  
Required

### Nurture Parenting Course

A 10 week course aiming to help adults understand and manage feelings, behaviours and become more positive and nurturing in their relationships with children aged 2 to 10 years old.

Bookable Group. [Please join our waiting list by clicking here.](#)

Booking  
Required

### Incredible Years

The Incredible Years® Parent Programme helps parents meet the social and emotional needs of young children. The program strengthens parenting skills and fosters involvement in children's lives to promote children's academic, social and emotional competencies.

Bookable Group. [Please join our waiting list by clicking here.](#)



## Group

## When & Where

### Benefits and Financial Advice

We provide support for parents/guardians including: Helping you calculate your entitlement to Universal Credit, including a better-off in work calculation. Telling you about other support. Supporting you in returning to, or remaining in, work. Identifying appropriate childcare and more.



Please contact us through our [website](#) for more information or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)

### Support for Domestic Abuse

We run a range of support courses for victims of domestic abuse. Please contact us for more details or come into one of our centres. You can also find out more about the courses we run [here](#).



Please contact us through our [website](#) for more information or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)

### Legal Advice Drop-in

Run by Watkins Solicitors and supported by Next link. Drop-in for a free family law and domestic abuse initial advice.



Please contact Next Link for more information or you can email us at: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)





## Group

### Food Clubs

Food clubs offer a means for families to access a mix of good quality ingredients including fresh fruit and vegetables, dried goods, fresh meat and dairy products. For £1 membership fee and then £3.50 per week, each member receives a weekly bag of food worth £15-£20. To register and for more information please contact the members of staff or ask in your local Children's Centre.

### FareShare

FareShare is the UK's national network of charitable food redistributors, made up of 18 independent organisations. Together, they take good quality surplus food from right across the food industry and get it to nearly 9,500 frontline charities and community groups. Every week they provide enough food to create almost a million meals for vulnerable people. We have regular food deliveries from FareShare where people can come and collect produce.

Please contact us through our [website](#) for more information or you email us: [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk)

