

What's on at your local children's centre

9 September
to
20 December
2019



 CentralGroupCC

Pill Library and
children's
centre

Long Ashton
children's
centre

Nailsea & Backwell
children's
centre

Portishead
children's
centre

Welcome to the latest issue of What's On, covering Nailsea and Backwell, Long Ashton, Portishead and Pill Library and Children's Centre. Inside you'll find out about our exciting courses, groups and events.

Are you a member?

There's lots to do, so please remember to register with us so you can access all the children's centre groups and get our What's On. **There is a small cost for each of our groups, this is a suggested contribution.**

Have you changed your email address?

Please let us know so that we can send the latest What's On to you.

Courses

We'll be running a number of special courses throughout 2019. Register your interest now and we'll get in touch when dates are confirmed. Just call your nearest children's centre (see back page for the contact details).

Courses (booking required):

- **Baby Massage** – five week course for parents with babies aged seven weeks to six months. £32 per course. Call [01934 426 710](tel:01934426710) for more information and to book a place.
- **ESOL** – a course for parents with English as an additional language. For more information and to book a place contact [07767 671 633](tel:07767671633) or email cirlei.ioris@n-somerset.gov.uk.

Courses (referral required):

- **Incredible years** – learn different parenting strategies (for parents with pre-school children).
- **Mellow Bumps** – a six week programme for mums to be who are 16-30 weeks gestation. The aim of the group is to help you relax and prepare for your baby's arrival.
- **Breaking the Chains** – a two session course for women experiencing domestic violence.

Need one-to-one family support? We can give you help and advice with parenting (including routines, housing, financing and budgeting).

Each of our centres hold vouchers for food banks, so please get in touch for more help and information.

All our groups and activities are open to parents and children 0-5 unless an age range is specified.

Monday

Portishead Children's Centre

Mum's The Word

Friendly safe space for Mums to meet together to support their wellbeing.

Activities for children provided.

9.30-11am (term time only),

£2 per session

The Me Time Singers

Parents singing together whilst children enjoy activities provided by Children's Centre staff. 11am-12.30pm (term time only), £3.50 per session

Health Education Sessions

Sleep Clinic on 1st Monday of the month (for children 6 months and over). Weaning and Nutrition sessions on 3rd Monday of the month.

Sessions run prior to Hub 1.30-2.15pm. Booking required. Please call the Health Visiting Team [01275 885 566](tel:01275 885 566)

Drop in Hub

For support and advice from the Health Visiting Team in a relaxed and friendly environment. Scales available.

1st and 3rd Monday of the month

2.30-4pm.

* Excluding Bank Holidays

Portishead Youth Centre

Soft Play @ PYC

Harbour Road, Portishead, BS20 7DD
Parent led soft play facility with toys and activities for 0-5 year olds.

9am-2.30pm

£4 per child over 12 months

£1.75 siblings

£1 child under 12 months

Pill Library and Children's Centre

Stay and Play

Indoor and outdoor play, messy activities, singing and story time.

10-11.30am (term time only),

£2 per session



Tuesday



Pill Library and Children's Centre

● Rhyme and Sign

Salvation Army Hall, Pill

01275 884 001

10-11.30am (term time only)

£2 per session

● Chattertime

A fun group to support children's language development.

Suitable for 0-4 years.

1-2.30pm (term time only)

£1.50 per session

Please note, there will be no Rhyme and Sign or Chattertime on 3 December due to staff training.

Portishead Children's Centre

● Café Mamma

Friendly breastfeeding peer support.

07816 366 370 (Mamma helpline)

10-11.30am (all year round)

Portishead Youth Centre

● Soft Play @ PYC

Harbour Road, Portishead, BS20 7DD

Parent led soft play facility with toys and activities for 0-5 year olds.

9am-2.30pm

£4 per child over 12 months

£1.75 siblings

£1 child under 12 months

Wednesday

Long Ashton Children's Centre

Stay and Play @ Church House

Church House, Long Ashton Road,
BS41 9LE.

For parents and children to learn and have fun. Includes messy activities, singing and story time.

10-11.30am (term time only)

£2 per session

Nailsea and Backwell Children's Centre

Messy Stay and Play

Dress appropriately for the weather and prepare to get messy! Includes jelly, mud, clay, story and song time.

10-11.30am (term time only)

£2 per session

Portishead Children's Centre

Childminder's Network Group

Activities for the children

9.30-11.30am

Health Visitors Well Baby Clinic

Just turn up!

Portishead Medical Centre

Victoria Square

1-3pm

Please arrive no later than 2.45pm to make sure you are seen

Mental Health Support at Health Visitor Clinics

These clinics can offer parents 25 minute brief intervention and signposting sessions regarding mental health concerns in a confidential space.

Available by appointment only.

Please call the Health Visiting Team on [01275 885 566](tel:01275885566) to book.

Portishead Youth Centre

Soft Play @ PYC

Harbour Road, Portishead, BS20 7DD

Parent led soft play facility with toys and activities for 0-5 year olds.

9am-5pm

£4 per child over 12 months

£1.75 siblings

£1 child under 12 months



Thursday

Nailsea and Backwell Children's Centre

Health Visitors Well Baby Clinic

01275 885 566 (call for more info)

9.30-11.30am

Story Time

Nailsea Library

2-2.30pm (term time only)

Pill Library and Children's Centre

Pill Childminders Network

Contact Jo on 07773 436 720

9.30-11.30am

1st and 3rd Thursday of the month

Health Visitors Well Baby Clinic

01275 885 566

1-2.30pm

2nd and 4th Thursday of the month

Please arrive no later than 2.15pm to make sure you are seen

Portishead Children's Centre

Messy Stay and Play

For parents and children to make a mess, learn and have fun.

Get messy with gloop, shaving foam, jelly mud, sand, paint and glue

10-11.30am (term time only)

£2 per session (just turn up)

Story time

At Portishead Library

2.15-2.45pm (term time only)

Portishead Youth Centre

Soft Play @ PYC

Harbour Road, Portishead, BS20 7DD

Parent led soft play facility with toys and activities for 0-5 year olds.

9am-5pm

£4 per child over 12 months

£1.75 siblings

£1 child under 12 months



Friday

Pill Library and Children's Centre

Rhymetime

Pill Library

01934 426 070

9.30-10am (every Friday)

Nailsea and Backwell Children's Centre

Rhymetime

Nailsea Library

9.45-10.15am (term time only) and

11-11.30am (term time only)

Cafe Mamma

Breastfeeding Support Group

West Town Methodist Church, Backwell

10-11.30am (term time only)

07816 366 370 (Mamma helpline)

Portishead Children's Centre

Rhymetime

Portishead Library

10-10.30am and 10.45-11.15am

(term time only)

Baby and Me

For babies and littles 0-24 months.

Older siblings and expectant parents welcome. Come to meet other parents and enjoy social time together.

10-11.30am, (term time only)

£2 per session

Portishead Youth Centre

Soft Play @ PYC

Harbour Road, Portishead, BS20 7DD

Parent led soft play facility with toys and activities for 0-5 year olds.

9am-2.30pm.

£4 per child over 12 months

£1.75 siblings

£1.00 child under 12 months

Saturday

Long Ashton Children's Centre

Saturdads

Hebron Church, Keedwell Hill

07895 049 664 (call for more info)

10am-12noon (second Saturday of each month)

Portishead Children's Centre

LLaDs – Lads, Lasses and Dads Group

Spend fun-time with your children 10.30am-12noon

14 September,

12 October, 9 November

and 14 December

Pill Library and Children's Centre

Lego Club

For children aged 4 and over accompanied by an adult. Lego provided, no booking required.

11am-12 noon

Finding your nearest



couldn't be easier

Portishead Children's Centre

West Hill, Portishead BS20 6LN

Tel: 01275 884 001

Email: portishead.childrenscentre@n-somerset.gov.uk

Mon – Thurs 9am-5pm

Pill Library and Children's Centre

Crockerne House, Underbanks, Pill
BS20 0AT

For information on services please contact
Nailsea & Backwell Children's Centre.

Long Ashton Children's Centre

Hollis Close, Long Ashton BS41 9AZ

For information on services please contact
Nailsea & Backwell Children's Centre.

Nailsea and Backwell Children's Centre

Pound Lane, Nailsea BS48 2NP

Tel: 01934 426 710

Email: nailsea.backwellcc@n-somerset.gov.uk

Tues, Wed and Thurs 8.50am-3.30pm

Other services

Daycare Short Breaks Service for children and young people with additional needs

Email: daycaredevelopment@n-somerset.gov.uk

Health Visiting Team

Coming in January 2020 in North Group.
Post-natal courses for new parents delivered by the Health Visiting Team.
Call [01275 885 566](tel:01275885566) for details or if you would like to speak to a Health Visitor.

North Somerset Online Directory

For children, young people and families (and those that work with them)
www.n-somersetcsd.org.uk