What’s on at your local children's centre

7 January to 3 April 2020

Pill Library and
Long Ashton
Nailsea & Backwell
Portishead
CentralGroupCC
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 2020. 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 for more information and to book a place.
- **Functional Skills for Maths** starts Monday 9 March 2020 9.30am-12.30pm at Portishead Children’s Centre. This is a free course for adults who want to improve their maths and do not already hold a Level 2 or Grade C qualification in this subject. Call or text Sarah on 07738 299 868 to book a place.

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.
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

❤️ Morning Chattertime
A fun group to support children’s language development. Suitable for 0-4 years.
9.45-11am (term time only) £1.50 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

❤️ 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

Mental Health Support at the Health Visitor Hub
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 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-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

Portishead Children’s Centre

Café Mamma
Friendly breastfeeding peer support.
07816 366 370 (Mamma helpline)
10-11.30am (all year round)

Afternoon Chattertime
A fun group to support children’s language development.
Suitable for 0-4 years.
1.15-2.30pm (term time only)
£1.50 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 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.  
Includes Health Visitor self-weigh Hub on the 2nd Wednesday of the month.  
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

Please note, there will be no Stay and Play @ Church House or Messy Stay and Play on Wednesday 26 February due to staff training.

**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

**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

**Pill Library and Children’s Centre**

📍**Pill Childminders Sing and Sign**  
Alternate weeks.  
Contact Jo Jones for further information on 07773 436 720
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
  - 11 January, 8 February and 14 March

**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
Call 01275 885 566 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