

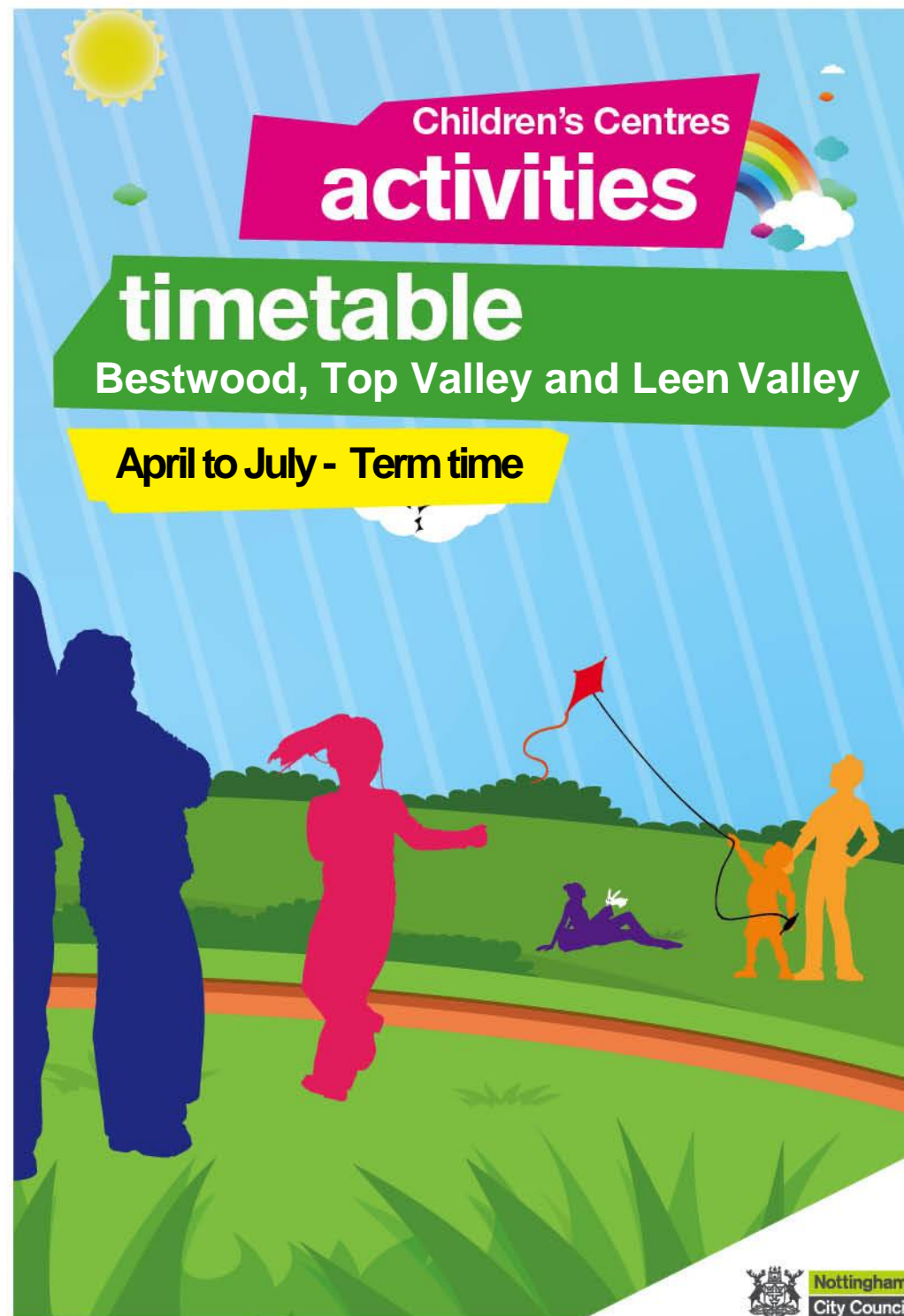
Contact details

Southglade Access Centre

Southglade Road, Bestwood Nottingham NG5 5GU

Tel: 0115 8761890

Email: southgladeac@nottinghamcity.gov.uk



Children's Centre Activities

We want all children and parents and carers to be happy, healthy and to support their child/ren to be ready for school. Children Centres provide a variety of sessions and support for families from pregnancy to 5 to support this. All families are welcome. To keep you up to date with all of the sessions and support we offer, we will request that you complete a Children Centre Registration Form. For more information please ask a staff member who will be happy to help. All sessions unless stated otherwise are FREE!

Sessions' Descriptions	
Bump, Birth and Baby	Meet other parents to be, learn about labour, get to know your baby before they are born
ASD Support Group	Free Children Centre Activity This parent support group runs every second Wednesday of the month and offers support for parents & carers whose children present with Autistic Spectrum Disorder.
ADHD Solutions	Information & Advice with the ADHD Specialist. A chance to share with others the challenges you face. Every 2nd Tuesday of the month
Family Support Clinic	Free, Appointment only (To make an appointment, please contact Southglade Access Centre on 0115 8761890 to see one of our Family Support Workers for advice and support). Do you need advice and support with parenting or family issues, including managing debt, housing issues, relationship breakdown or managing behaviour?
Sleep Tight	Is your child having difficulties with sleep. Support with sleep routines. Free 6 Week Programme Booking by request. Please contact Southglade Access Centre on 0115 8761890"
Baby Steps	Free Postnatal and Pregnant ladies group run by the Health Visitor covering all health issues Postnatal and Pregnant ladies group run by the Health Visitor covering all health issues

Free Childcare for 2 Year Olds

The Early Learning Programme (ELP) for 2 Year Olds is a Government initiative that provides free childcare places for eligible 2 year olds. Eligible children will be entitled up to 15 hours per week of free early education for a total of 38 weeks. Free places are available in participating childcare providers across the city.



Contact the Families Information Service to check your Eligibility

Tel: **0800 458 4114**

Email: fis@nottinghamcity.gov.uk

Website:

<http://fis.nottinghamcity.gov.uk/freechildcarefor2s>

Eligible children qualify for a place from the school term after the 2nd birthday.

If your child's 2nd birthday falls between	They will be entitled to their free place from
1 April to 31 August	The 1st September
1 September to 31 December	The 1st January
1 January to 31 March	The 1st April

For further information and details of activities please go to:

www.nottinghamcity.gov.uk/playandyouth

www.nottinghamcity.gov.uk/childrenscentres

Sessions' Descriptions	
PEEP Watch Me Grow	12 Week Programme Booking by request. Please contact Southglade Access Centre. Especially for you and your baby. Learn about child development, gain new parenting skills, make new friends and have fun together."
Inbetweenies PEEP	Especially for you and your toddler. Learn about child development, gain new parenting skills, make new friends and have fun together (9 months – 18 months olds). 12 Week Programme, Booking by request. Please contact Southglade Access Centre. Especially for you and your toddler. Learn about child development, gain new parenting skills, make new friends and have fun together.
Bookworms	Free Children Centre Activity to support your child's communication and language A storytelling and song themed session for children under 5 years and their families
Let's Get Moving	Physical activity session for children under 5 years and their families. Starting 8th May 2017
Computers For Beginners	Free if receiving eligible benefits Adult Learning course delivered by New College Nottingham These courses are suitable for absolute beginners or those with little knowledge of computing and feel nervous about getting started , this will help to develop confidence , knowledge and skills when using a computer and assist with job searching and gaining employment
Job Club	Free if receiving eligible benefits Help and support is available at an NCN local Work Club on all aspects of job searching Help and support is available at an NCN local Work Club on all aspects of job searching including: Universal Job Match, Creating and downloading your CV & Application Forms, how to complete on-line forms & covering letters.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Ante Natal Appointment only Southglade Access Centre Free Ante natal session Appointment only</p>	<p>Ante Natal Appointment only Southglade Access Centre Free Ante natal session</p>	<p>Ante Natal Appointment only Southglade Access Centre Free Ante natal session</p>	<p>Ante Natal Appointment only Southglade Access Centre Free Ante natal session</p>	<p>Ante Natal Appointment only Southglade Access Centre Free Ante natal session</p>
<p>Let's Get Moving 13:30pm - 14:30 pm Bestwood Park Church Free Physical activity session for children under 5 years and their families</p>	<p>ADHD Solutions Term Time; 9:30 am - 12:00 am Southglade Access Centre Free Every 2nd Tuesday of the month Information & Advice with the ADHD Specialist</p>	<p>Baby Steps 10:00 am - 11:30 am Southglade Access Centre</p>	<p>Family Support Clinic 13:00 pm - 16:00 pm Westglade School Appointment only</p>	<p>Family Support Clinic 9:00 am - 12:00 pm Southglade Access Centre Free, Appointment only</p>
<p>Bump, Birth and Baby 13:00 pm - 15:00 pm Southglade Access Centre Free</p>	<p>Book Worms Term Time; 13:30 pm - 15:00 pm Aspley Library</p>	<p>Job Club 9:30am - 11:30 am and 13:00 - 15:00 Southglade Access Centre</p>	<p>Health Clinic & Baby Weighing 13:00 pm - 15:00 pm Southglade Access Centre By the Health Visiting Team</p>	<p>Breastfeeding Support Group 10:00 am - 11:00 am Southglade Access Centre Free Babies & Breast Feeding Encouragement & Support – the group offers the information you need to get you started and continue breast feeding, with lots of support available</p>
<p>Family Support Clinic 13:00 pm - 16:00 pm Southglade Access Centre Free Appointment only</p>	<p>Computers For Beginners 13:30 pm - 15:00 pm Southglade Access Centre</p>	<p>Parent Forum 10:00 am - 11:00 am Southglade Access Centre Would You like to have a say in how your local Children`s Centre runs? Come along and help shape our service</p>	<p>Peep Watch Me Grow Term Time; 13:30 pm - 15:00 pm Southglade Access Centre (Birth-9 month olds)</p>	<p>Job Club 13:00 pm - 15:00 pm Southglade Access Centre Free Help and support is available at an NCN local Work Club on all aspects of job searching including:</p>
<p>Inbetweenies PEEP Term Time; 10:00 am - 11:30 am Southglade Access Centre Free 12 Week Programme Booking by request. Please contact Southglade Access Centre.</p>	<p>Sleep Tight 13:00 pm - 15:00 pm Southglade Access Centre Free 6 week programme.</p>	<p>ASD Support Group 9:30 am - 11:00 am second Wednesday of the month Southglade Access Centre</p>	<p>Wellness in Mind 13:45 pm - 16:00 pm Southglade Access Centre Free Provides information , advice and support for anyone in Nottingham (over 18 years) experiencing difficulties with their mental wellbeing Provides information, advice and support for anyone in Nottingham (over 18 years) experiencing difficulties with their mental wellbeing. Please contact Southglade Access Centre for an appointment on 0115 8761890</p>	<p>Stay, Play and Learn 10:00 am - 11:30 am Southglade Access Centre Free Children Centre Activity (Parent, Baby and Toddler) A learning through play and interaction session delivered both indoors / outdoors</p>