

Bestwood, Top Valley and Leen Valley activities timetable

children's centres | play activities | youth activities

January – March 2017
(Term Time)



Nottingham
City Council

Activities for Southglade Access Centre, Top Valley/Bestwood Park, Leen Valley Early Help Services January - March Term Time 2017

Activities at **Southglade Access Centre** Address: Southglade Road, Bestwood Nottingham NG5 5GU

Tel: 0115 8761890 Email: southgladeac@nottinghamcity.gov.uk www.nottingham.gov.uk/childrenscentres

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Ante Natal Daily Southglade Access Centre Appointment only</p> <p>Book Worms Southglade Access Centre 10.00am-11.00am Then on to Southglade Library 11.00am – 11.30am Starts 9th January</p> <p>Chatter Matters Southglade Community Centre 1:00pm – 3:00 pm By Invite Only</p> <p>Bump, Birth and Baby Southglade Access Centre 1.00pm – 3.00pm Starting Monday 16th January</p> <p>Family Support Clinic Southglade Access Centre 1.30pm – 3.30pm Appointment Only</p> <p>Do you need advice and support, managing debt, housing issues, relationship breakdown or managing behaviour or other parenting / family support needs?</p>	<p>Ante Natal Daily Southglade Access Centre Appointment only</p> <p>ADHD Support Group Southglade Access Centre Every 2nd Tuesday of the month 9:30am – 12.00pm Term Time Only Tuesday 10th January Tuesday 14th February Tuesday 14th March</p> <p>Book Worms In Leen Valley Ward Aspley Library 1:30pm – 3:00pm A story and song activity session Starting 10th January</p> <p>Computers For Beginners Southglade Access Centre 1:00pm – 3:00pm</p>	<p>Ante Natal Daily Southglade Access Centre Appointment only</p> <p>Baby Steps Postnatal Group Southglade Access Centre 10.00am-11.30am Pregnant ladies also welcome</p> <p>Job Club Southglade Access Centre 9.30am – 11.30am and 1.00pm – 3.00pm</p> <p>Parents Forum Southglade Access Centre Wednesday 18th January 10:00am – 11:00am Wednesday 1st March 10:00am – 11:00am</p> <p>ASD Support Group Southglade Access Centre 9.30am-11.00am Runs Fortnightly Starts 11th January Please see back page for more dates</p> <p>Inbetweenies PEEP Southglade Access Centre 1-2 years 1.30pm-3.00pm Starts 5th January</p> <p>Family Support Clinic 1:00pm - 4:00pm Top Valley Children's Centre @ Westglade School Appointment only</p>	<p>Ante Natal Daily Southglade Access Centre Appointment only</p> <p>Baby Weighing Clinic Southglade Access Centre 1.00pm-3.00pm</p> <p>Peep Watch Me Grow Southglade Access Centre 0-1years 1.30pm-3.00pm Starts 5th January</p> <p>Bitesize Workshops Southglade Access Centre 1.00pm-3.00pm</p> <p>- Home safety sessions : 26th January 2nd February</p> <p>- Support with sleep routines : 23rd February- Coffee Morning 2nd – 30th March</p> <p>Wellness in Mind Drop- in Southglade Access Centre 2.00pm – 4.00pm No appointment necessary Starting Thursday 12th January</p>	<p>Ante Natal Daily Southglade Access Centre Appointment only</p> <p>Family Support Clinic Southglade Access Centre 9.30am – 12.00pm Appointment only</p> <p>Breastfeeding Support Group Southglade Access Centre 10.00am-11.30am</p> <p>Job Club Southglade Access Centre 1.00pm-3.00pm</p> <p>Stay, Play And Learn Southglade Access Centre 10:00am – 11:30am Starts 6th January</p>
<p>For additional information and detailed description of the activities please see the back page</p>				

Activities out and about in the community. For more information www.nottinghamcity.gov.uk/whatson
January - March Term Time 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Tots and Toddlers group The Peoples Church Every Wednesday during term time 9:30am-11:15am</p>	<p>Messy Church Bestwood Park Church Thursdays- Once a month 4:30pm- 6.00pm</p> <p>Toddler Group Hawthorne Primary School Every Thursday during term time 9:15am- 11:15am</p>	

Play Activities in Top Valley, Bestwood and Leen Valley: Activities Term Time 2017

Activities at **The Ridge Adventure Playground**, Ridgeway NG5 9BX Tel: 0115 8761890

Lean Valley Play (LVP) Southwold Primary School & Early Years Centre, Kennington Road, NG8 1QD Kennington Park, Kennington Rd, Nottingham, NG8 1QB

Email: yan.gough@nottinghamcity.gov.uk jacqui.Haughton@nottinghamcity.gov.uk sarah.clift@nottinghamcity.gov.uk

Web: www.nottingham.gov.uk/playandyouth

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>Leen Valley Play (LVP) 3:30pm – 5:00 pm 5-13yrs Southwold Primary School & Early Years Centre Arts and crafts, games, sports, themed projects and light refreshments</p>	<p>The Ridge Adventure Playground new members only 3:30pm – 5:30pm 5 to 13 years Arts and crafts, games, sports, themed projects and light refreshments</p>	<p>The Ridge Adventure Playground 3.30pm - 5.30pm 5 to 13 years Arts and crafts, active play, outdoor activities games and sports</p>	<p>The Ridge Adventure Playground 3.30pm - 5.30pm 5 to 13 years Arts and crafts, active play, outdoor activities games and sports</p>	<p>The Ridge Adventure Playground 1:00pm-3:00pm 5 to 13 years Arts and crafts, active play, outdoor activities</p>	
<p>Activities out and about in the community. For more information, please call 0115 8761890</p>						



Youth Activities Top Valley, Bestwood and Leen Valley: Activities Term Time 2017

Activities and Projects at **The Ridge Adventure Playground** and **Youth Club** Ridgeway NG5 9BX Tel: 0115 8761890
Leen Valley Youth Club (LVY), The New Whitemoor Baptist Church Hall, Whitemoor Avenue, off Nuthall Road, Nottingham, NG8 5BQ
 Email: yan.gough@nottinghamcity.gov.uk jacqui.Haughton@nottinghamcity.gov.uk sarah.clift@nottinghamcity.gov.uk
 Web: www.nottingham.gov.uk/playandyouth

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p style="text-align: center;">Leen Valley Youth Club (LVY)</p> <p>The New Whitemoor Baptist Church Hall 7.00pm – 9.00pm 11-19yrs Arts and crafts, games and sport themed project, and light refreshments and cooking</p>	<p style="text-align: center;">The Ridge Youth session</p> <p>7.00pm – 9.00pm Transitional session for children and young people 10-14 years.</p>	<p style="text-align: center;">The Ridge Youth session</p> <p>7.00pm – 9.00pm Youth session for children and young people 11-19 years.</p>	<p style="text-align: center;">The Ridge Youth session</p> <p>7.00pm - 9.00pm Arts and crafts, sports and games for children and young people 11-19 years.</p>		
Activities out and about in the community. For more information, please call 0115 8761890						
<p>Community Based Fitness 5 - 7pm 10-19 years Football at Southglade Park</p>		<p>Community Based Fitness 5 - 7pm 10-19 years Football at Southglade Park</p>		<p>Community Based Fitness 5 - 7pm 10-19 years Football at Southglade Park</p>		

Further information regarding activities on offer at the Children's Centre:

Ante Natal Every Day (appointment only)

Monday

Family Support Clinic -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?

Chatter Matters - 1:00 - 3:00 Communication and Language is a prime area of learning and development. We focus on this in our early year's session to; create a strong foundation for the other skills children will learn as they move through school. At the group, staff will support you as parents, by offering tips and activities to try at home. By Invite Only

Bump Birth and Baby - 1.00- 3.00 Health Visitor led session. Meet other parents to be, learn about labour, get to know your baby before they are born Starts January 16th

Bookworms- A storytelling and song themed session for children under 5 years and their families with a visit to the library at the end of each session.

Tuesday

ADHD Solutions - Every 2nd Tuesday of the month Dates as follows :

Tuesday 10th January / Tuesday 14th February / Tuesday 14th March **Term Time Only**

Information & Advice with the ADHD Specialist. A chance to share with others the challenges you face.

Bookworms- A storytelling and song themed session for children under 5 years and their families

Computers For Beginners - 1:00 - 3:00 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

Wednesday

Family Support Clinic -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?

Baby Steps - New postnatal and Pregnant ladies group run by the Health Visitor covering all health issues

ASD Support Group 9.30am-11.00am This group runs every 2 weeks and offers support for parents & carers and play activities in the school holidays for children with additional needs Dates are as Follows :
11th January / 25th January / 8th February / 22nd February / 8th March / 22nd March

Inbetweenies PEEP 1:30 - 3:00 This is a singing and play session for children aged 1-2 years We know that parents can help their children make a flying start at school and we can deliver everyday activities that will make a real difference to your child's learning right from the very start Come along and take part in our session and take some of these ideas home with you

Parents Forum - Would You like to have a say in how your local Children`s Centre runs? Come along and help shape our service Dates are as Follows : 18th January 10.00am - 11.00am and 1st March 10.00am - 11.00am

Job Club - 9.30am - 11.30am and 1.00pm - 3.00pm - 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.

Thursday

Health Clinic & Baby Weighing By the Health Visiting Team

Peep Watch Me Grow 1:30 - 3:00 This is a singing and play session for children aged 0-1 years We know that parents can help their children make a flying start at school and we can deliver everyday activities that will make a real difference to your child's learning right from the very start Come along and take part in our session and take some of these ideas home with you

NEW! Bite Size Workshops- Thursday Afternoon at Southglade Access Centre, 1 - 3pm

- **How Safe Is your Home:**
 - Thursday 26th January 2017 and Thursday 2nd February 2017
- **Is your child having difficulties with sleep :**
 - Thursday 23rd February - Coffee Morning
 - Thursday 2nd March 2017
 - Thursday 9th March 2017
 - Thursday 16th March 2017
 - Thursday 23rd March 2017
 - Thursday 30th March 2017

Wellness in Mind Drop- in - 2.00pm - 4.00pm Provides information , advice and support for anyone in Nottingham experiencing difficulties with their mental wellbeing Every Thursday from 12th January

Friday

Family Support Clinic -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?

Stay and Play sessions - (Parent, Baby and Toddler) A learning through play and interaction session delivered both indoors / outdoors

Breastfeeding Support Group - 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

Job Club - 1.00pm-3.00pm - 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.

LOOK OUT FOR:

Our School Holiday Programmes!

Other useful information:

Iris - an information service for parents of children and young people with disabilities in Nottingham and Nottinghamshire - Tel: 8533291 or Email contactus@askiris.org.uk - register to receive free magazine.

Families Information Service supporting you to support your children call free on 0800 458 4114

Family Lives - Free 24 hour confidential helpline. Tel: 0808 800 2222 or www.familylives.org.uk

Domestic Violence/Abuse Free 24 hour helpline Tel; 0808 800 0340

Ridge Adventure Playground Tel: 9157580

A current play and youth membership is needed to attend a play and youth session. Call 0115 8761890 for more information.

William Olds Youth Centre Tel: 9157580

A current play and youth membership is needed to attend a play and youth session. Call 0115 8761890 for more information.

Parenting & Support Programmes Me And My Child -Looking at how to support your child through play , communication ,positive praise and boundaries
Please Tel: 01158761890 for more details .Booking a place on this programme is essential

Adult Learning - Would You like to get in to Training or Employment? Contact Jackie for the new Adult Learning Programme 2016 - 2017 to see how our training can help you Tel 01158761890 Crèche places available on request

Healthy Cooking On A Budget @Southglade Access Centre starting Monday 9th January 9:30 - 11:30am

First Aid @Southglade Access Centre Monday 27th February 9:30 - 12:00pm

Introduction To Beauty @Southglade Access Centre Monday 27th February 1:00 - 3:00pm

Volunteers Training - Have You got spare time ?Would you like to learn new skills ?Contact Lori for the new Volunteers Training Programme 2016 - 2017
Tel 01158761890

Parents Forum - Would you like to have a say in how your local Children`s Centre is Run?. Come along and help shape our service Contact Lori for information about joining your local Parents Forum Tel 01158761890

Further information regarding Community activities

Messy Church - Fun activities for the family at Bestwood Park Church. Beckhampton Road, Bestwood Park, Nottingham NG5 5NG.

For more information please contact Chris Easton

Email: chris.easton1@googlemail.com

Phone: 07828970959

Tots and Toddlers - fun activities for babies' toddlers. The People Church, Gladehill Road, Bestwood Park, NG5 5SA

Phone: 0115 9204661

Bestwood Village Toddler Group - Hawthorne Primary School, School walk, Bestwood Village, Nottingham NG6 8TL

Phone: 0115 9271544

Winter Wonderland - Get down to Nottingham's Market square for lots of festive fun. There will be Ice-skating, Rides, Christmas lights, festive food and more. Old Market Square, Nottingham, Nottingham, Nottinghamshire, NG1 2BS

12am-9pm 19th November- 8th January

Phone: 0115 9155555

Community Based Fitness - Out and about in the community Monday, Wednesday and Fridays at Southglade Park and Southwark School Park Lane.