Bulwell / Bulwell Forest / Basford

activities timetable

children's centres | play activities | youth activities

January – March 2017
(Term Time)

Nottingham City Council

Bulwell Children's Centre: January-March 2017

Address: Bulwell Children's Centre, Steadfold Close, Crabtree Farm, Bulwell, NG6 8AX

Tel: 0115 8762220 **Email: www.mynottingham.gov.uk/childrenscentre**

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room Available All Week. Please phone or visit centre to book. (Induction Required) **Free**				
Messy Play **1:00 pm - 2 :15 pm** (0-5 years) For families to have fun exploring a variety of messy play activities which will stimulate their children's learning and development	**Paediatric Taster 1st Aid course** **10:00 am – 11:30 am** **(One off session)** **Starting on 28th February 2017** **Midwife Clinic (PM)** **Appointments only via Midwife**	**Family Support Clinic** **9:00 am – 11:00 am** **Appointment only** Do you need advice and support – managing debt, managing behaviour, with housing issues or relationship breakdown? To make an appointment please contact Bulwell Children's Centre (0115) 8762220 **Community Café** **Opens from 11:30 am, food is served from 12:30 pm - 3:00 pm.** *You can also have your lunch to take away. If you would like to order your lunch in advance please contact Bulwell Children's Centre on (0115) 8762220* *We hope to see you all there!* **Parents are responsible for their children at all times and must be supervised in the café area.** **Midwife Clinic (PM)** **Appointments only via Midwife**	**Midwife Clinic (ALL DAY)** **Appointments only via Midwife** **Advice Drop in** **11:00 am – 1:00 pm** Do you need advice and support around tenancy issues, debt, work or volunteering advice? Delivered by Foothold 5/01/2017,09/02/2017, 09/03/2017 & 06/04/2017 For more information please contact Lisa Higgins on (0115) 8762220, For Nottingham City residents only.	**Cook & Play** **10.00 am -11.30 am** (0-3 years) Have fun cooking a low cost family meal while your children play

For health and safety and safeguarding reasons, there may be restricted access to provision

Bulwell Forest Children's Centre: January-March 2017

Address: Bulwell Forest Children's Centre, Cantrell Road, Bulwell NG6 9HJ

Tel: 0115 8762220 **Email: www.mynottingham.gov.uk/childrenscentres**

Monday	Tuesday	Wednesday	Thursday	Friday
	Health Clinic **9:30 am – 11:00 am** **No appointments required** **Baby weighing, health checks and advice.** This service is for general baby health, if your child is poorly please contact your G.P. **Watch Me Grow PEEP** (Parents Early Education Partnership) (0-1years) **9:30 am – 11:00 am** Fun learning activities which supports parents to make the most of everyday learning activities at home; including singing, playing, talking and sharing books and stories together. **Getting Ready For Nursery** **Cantrell School** **1:15 pm – 3:15 pm** Invitation only via the school	**Stay, Play and Learn** **1:15 pm – 3:15 pm** Come and join us as we play and sing together, encouraging learning and development through play. **Family Support Clinic** **1:15 pm – 3:15 pm** **Appointment only** Do you need advice and support – managing debt, managing behaviour, with housing issues or relationship breakdown? **To make an appointment please contact Bulwell Children's Centre on (0115) 8762220**	.	

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Children's Centre Activities in the Community: January– March 2017

For more information please contact Tel: 0115 8762220 Email: www.mynottingham.gov.uk/childrenscentres

Monday	Tuesday	Wednesday	Thursday	Friday
Tots time **Bulwell Library** **10:30 am – 11:00 am** (0–5 Years) Children to experience singing and discovering the wonders of books **Family Support Clinic** **10:00 am – 12:00 pm** **Appointment only** **Basford Children's Centre,** **Bracknell Crescent,** **Nottingham, NG8 5FF** Do you need advice and support – managing debt, managing behaviour, with housing issues or relationship breakdown? **To make an appointment please contact Bulwell Children's Centre on (0115) 8762220**		**Health Drop-In** **Bulwell Hall Healthy Living Centre, Lawton Drive 1:30 pm - 2:30 pm** No appointments required Baby weighing, health checks and advice. This service is for general baby health, if your child is poorly please contact your G.P. (First Wednesday of every month)	**Health Drop-In** **Bulwell Riverside** **9:30 am – 11:30 am** No appointments required Baby weighing, health checks and advice. This service is for general baby health, if your child is poorly please contact your G.P. **Baby and Me** **Bulwell Riverside (Play and Youth Centre)** **10:30 am – 12:00 Noon** Fun learning activities which supports parents to make the most of everyday learning activities at home; including breastfeeding advice and support. Parents to be welcome. (This group is for pre-walking children) **Messy Play** **Basford Library** **10:45 am – 12:00 pm** For families to have fun exploring a variety of messy play activities which will stimulate children's learning and development.	**Sing and Wiggle with Rainbow Stripes** **Bulwell Riverside** **11:30 am - 12:15 pm** An interactive session enjoy dancing and singing to music Cost £1 per child **Starting on 13th January 2017** **Let's Get Moving** **Bulwell Riverside** **1:00 pm - 2:30 pm** A session for children and their families to have fun exploring a variety of activities to promote children's physical development and play outdoors.

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children's centres

Nottingham City Council

Children's Centre Activities in the Community: January– March 2017

For more information please contact Tel: 0115 8762220 Email: www.mynottingham.gov.uk/childrenscentres

Monday	Tuesday	Wednesday	Thursday	Friday
	Adult Learning Courses Please note all adult learning courses exclude the school holidays **ESOL** **Bulwell Riverside** **9.30 am – 11.30 am** **Course starts on** **10/01/2017- 21/03/2017** **02/05/2017- 11/07/2017** **No charge if on means tested benefits. For more details ring Bulwell Children's Centre on (0115) 8762220** **Introduction to Beauty** **9:30 am – 11:30 am** **Course starts on** **17/01/2017-28/02/2017 (New Year, New You)** Venue to be confirmed Contact Bulwell Children's Centre for further details on 0115 8762220 No charge if on means tested benefits	**Adult Learning Courses** Please note all adult learning courses exclude the school holidays **Introduction to Maths** **Bulwell Riverside Play and Youth building** **9.30 am – 11.30 am** **Course starts on** **11/01/2017 till 22/03/2017** **03/05/2017 till 12/07/2017** **No charge if on means tested benefits. For more details ring Bulwell Children's Centre on (0115) 8762220** **Baby Play** **Healthy Living Centre** **1.00 pm - 2.30 pm** (0 – 12 months) Confident walkers. For further information families to contact Bulwell Community Toy Library (0115 9753898)	**Get Set for School** **Crabtree School** **1:30 pm – 3:00 pm** (Invitation only via the school) **Bulwell URC Toddler Group** **1:30 pm-3:00 pm** (Term time) Cost £1 United Reformed Church, Broomhill Road, Bulwell **Stay and Play** **Bulwell Riverside, Play and Youth centre** **1:30 pm – 3:00 pm** (0-5 years) Small Steps, Big Changes & Bulwell Community Toy Library Families to have fun exploring a variety of play activities which will stimulate their learning and development. **Bite Sized Support Workshop** **Southglade Access Centre** **1:00 pm-3:00 pm** **Course starts on** **26/01/2017-02/02/2017** Topics include: Behaviour, Sleep, Home Safety See flyer for venues across the North Locality or contact Southglade Access Centre on 0115 8761890	**Adult Learning Courses** Please note all adult learning courses exclude the school holidays **Introduction To English skills** Bulwell Riverside Play and Youth Centre **9:30 am – 11:30 am** **Course starts on** **13/01/2017-24/03/2017** **05/05/2017-14/07/2017** **No charge if on means tested benefits. For more details ring Bulwell Children's Centre on (0115) 8762220** **Baby Play** **Snapewood Community Centre** **9:30 am – 11:00 am** (0 – 12 months) Confident walkers. For further information families to contact Bulwell Community Toy Library 0115 9753898

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Children's Centre Activities in the Community: January– March 2017

For more information please contact Tel: 0115 8762220 Email: www.mynottingham.gov.uk/childrenscentres

Monday	Tuesday	Wednesday	Thursday	Friday
	Fun with Friends **Group activity session** **Healthy Living Centre** **9.30 am – 11.00 am** (0-4 years) For further information families to contact Bulwell Community Toy Library 0115 9753898 **Baby Play** **Bulwell Riverside** **1.00 pm - 2.30 pm** (0 - 12 months) Confident walkers. For further information families to contact Bulwell Community Toy Library (0115 9753898)	**Fun with Friends** **Group activity session** **Snapewood Community Centre** **9:30 am – 11:00 am** (0-4 years) For further information families to contact Bulwell Community Toy Library 0115 9753898 **Baby Play** **Healthy Living Centre** **1.00 pm - 2.30 pm** (0 - 12 months) Confident walkers. For further information families to contact Bulwell Community Toy Library (0115 9753898) **Baby Massage** **Bulwell Riverside** 5-6 weeks course**.** To book a place call Health Visiting Team on 0115 8833400 **Bump, Birth and Baby** 11th, 18th, 25 January & 1st, 8th, February 2017 5 weeks course to support parents through pregnancy, birth and early days. To book a place call Health Visiting team on 0115 8833400	**Sleeptight Course** **1:00 pm - 3:00 pm** **Course starts on** **23/02/2017- Coffee Morning** **02/3/2017 till 30/03/2017** **Course to help parents with children's sleep difficulties** **To book a place ring Southglade Access Centre on 8761890** **Fun with Friends** **Group activity session** **Bulwell Riverside** **1:00 pm - 2:30 pm** (0-4 years) For further information contact Bulwell Community Toy Library 01159753898 **Weaning- moving on to first foods (Free recipe book)** **Bulwell Riverside** **1.00 pm – 2:30 pm** 19/01/2017 02/03/2017 20/04/2017 08/06/2017 20/07/2017 07/09/2017 19/10/2017 & 30/11/2017 **Advice and support on introducing your baby to first foods**	

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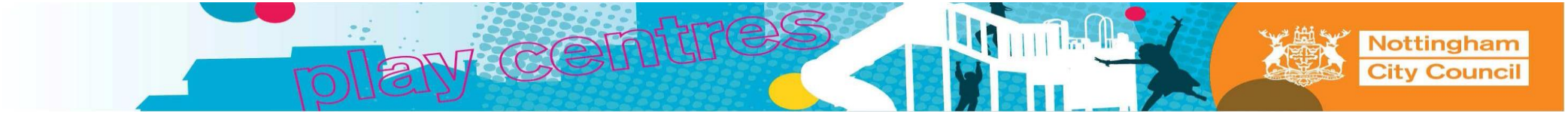

Play Activities in Bulwell, Bulwell Forest and Basford:

January - March 2017

Address: Riverside Play and Youth Centre. Coventry Road. Bulwell Nottingham. NG6 8QJ
Tel: 0115 8833540 **Email: www.mynottingham.gov.uk/play**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Play Session Bulwell Community Toy Library **@ Riverside** **3:30 pm – 5:30 pm** 5-8 years (50p)		**Play Session** Play & Youth Team **@ Riverside** **3:30 pm – 5:30 pm** (Y1) 5-13 years (50p)	**Play Session** Bulwell Community Toy Library **@ Riverside** **3:30 pm – 5:30 pm** 5-13 years (50p) **Homework Help** Staff, Internet and Book Support (Term Time Only) **@ Riverside Library** **3:30 pm - 5:30 pm** 8-18 years (free)	**Play Session** Play & Youth Team **@ Riverside** **3:30 pm – 5:30 pm** (Y1) 5-13 years (50p)	**Play Session** Play & Youth Team **@ Bulwell Riverside play and Youth** **12:00 am – 2:00 pm** (Y1) 5-13 years (50p)
Activities out and about in the community. For more information, please call 0115 8762220					
			Play Session Play & Youth Team **@ United Reformed Church (Brooklyn Road, Bulwell Forest)** **3:30 pm – 5:30 pm** (Y1) 5-13 years (50p)		

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Youth Activities in Bulwell, Bulwell Forest and Basford
January - March 2017

Address: Riverside Play and Youth Centre. Coventry Road. Bulwell Nottingham. NG6 8QJ
Tel: 0115 8833540 **Email: www.nottinghamyouth.co.uk**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Youth Session Play & Youth Team **@ Riverside** **7:00 pm – 9:00 pm** 11-19 years (50p)	**Homework Help** Staff, Internet and Book Support (Term Time Only) **@ Riverside Library** **3:30 pm – 5:30 pm** 8-18 years (free) **Drop in Health Session** Play & Youth Team partnership with Sexual Health Nurses **@ Riverside** **3:00 pm – 6:00 pm** 13-25 years (free & confidential) **Youth Session** URC (In partnership with United Reformed Church) **@ United Reformed Church Broomhill Road** **7:00 pm – 9:00 pm** 11-17 years (50p)	**Youth Session** Play & Youth Team **@ Riverside** **7:00 pm – 9:00 pm** 11-19 years (50p)	
Activities out and about in the community. For more information, please call 0115 8762220					
	Girls Group **@ Bulwell Academy** **3:30 pm – 5:30 pm** 6 & 7 years		**87th Nottingham Guides** **@ St Mary's Church (upper hall)** **7:00 pm- 9:00 pm** 10-14 years **Community Based Fitness** 2pm – 4pm Over 10's Football / Sports – Southwark School	**Community Based Fitness** 2pm – 4pm Over 10's Football / Sports – Southwark School	

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The Area 1 (Bulwell and Bulwell Forest) Play and Youth Team are based at the Riverside Joint Service Centre. Main Street. Bulwell. NG6 8QJ. Please Contact: 01158 833540

NCC Play and Youth Sessions

Play Sessions are for Children and Young People aged 5 (school year 1) to 13 years of age.
Youth Sessions are for Young People aged 11 to 19.
Membership Forms must be complete by a Parent / Carer prior to attendance for any Play or Youth Sessions.
Come along to make new friends, learn a new skill and get involved in a variety of activities.
Chill Out Areas with Pool, Football Table and Table Tennis, etc) / Computer Games (XBox / Wii) / Varied Arts and Crafts / Cooking / Issue-based Activities / Sports (football, basketball, badminton, dodge ball, team games, etc) / Outdoor MUGA Area / Games / Dance Studio / Recording Studio and much more.

NCC URC Play and Youth Sessions

Play and Youth Sessions held in Bulwell Forest at the United Reformed Church. Brooklyn Road entrance. NG6 9EE.
Varied Games and Activities for Children and Young People including Team Games / Pool / Football Table / Arts & Crafts / Chill Out / Cooking / Issue-based Activities / Computer Games (Xbox / Wii) and much more.

NCC Play and Youth Sessions

Play and Youth Sessions held in Heathfield Community Centre, **Ventnor Rise, Sherwood, Nottingham, NG5 1HR tel. 0115 9693431**.
Varied Games and Activities for Children and Young People including Team Games / Pool / Football Table / Arts & Crafts / Chill Out / Cooking / Issue-based Activities / Computer Games (Xbox / Wii) and much more.

(There is a small charge of 50p for all Nottingham City Council Play and Youth Sessions in – Bulwell and Bulwell Forest).

Drop in Health Session

This is a **FREE Confidential Help and Advice Drop in Session**. Please come along as we offer Support and Advice for Sexual, Emotional & Physical Health.
There are Sexual Health Nurses are available for Contraception including C-Card, Screening and Advice for Young People aged 13 to 25.
(This Session is run in partnership with Nottingham City Council and the Nottingham University Hospital, Sexual Health Team.

Bulwell Community Toy Library

Bulwell Community Toy Library runs Sessions across the Bulwell area. Local Park Projects are free. The Play and Transitional Sessions at Riverside Play Centre are 50p. Membership forms must be completed by Parents / Carers for Children not already members of Sessions. Children under 5 years must be accompanied by adult aged 18 or over. For more information, please contact Bulwell Community Toy Library on: 01159 753 898.

Helpful Numbers

Bulwell Children's Centre: Steadfold Close, Bulwell – Contact Reception for any information on 0115 876 2220

Bulwell Forest Children's Centre : Cantrell School Site, Cantrell Road, Bulwell – Contact Reception for any more information on 0115 876 2220

Bulwell Play & Youth: Play and Youth Team based at Riverside Joint Service Centre – Please Contact: 0115 883 3540

Southglade Access centre: Southglade road, NG5 5GU- Contact Reception for any information on 01158761890

Children and Families Direct: 0115 8764800 (To phone if you have safeguarding concerns)

Families Information Service : 0800 458 4114

Women's Aid Integrated Services (WAIS) and Nottingham Domestic Abuse Forum (NDVF): 0808 800 0340

Nottingham Domestic Abuse Forum (NDVF) Men's Unit: 0808 801 0327

Local Leisure Centre (Ken Martins) : 0115 876 1600

Bulwell Library: 0115 8833500

2 Year Old Early Learning Programme: 0800 458 4114

Dental Advice: 0800 1830456 / 0115 9123320

Free School Meals: schoolmeals@nottinghamcity.gov.uk

Welfare Rights: 0115 9151355

Helpful Numbers

Archers: 0115 950 8774

New Leaf: 0800 389 7712 or Local 01623 848868 or text LEAF to 80800

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.

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

Ridge Adventure Playground :Tel; 9157580

Work Club – Free	**Introduction to Adult Numeracy**	**Introduction to English**
Looking for work? 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. Why not join a small friendly group of people who all want to gain employment and make the most of their job applications? 10 week opportunity is ideal for all, including those with limited or no IT skills or who need help with their spelling and writing.	Our short course is an excellent way to improve your confidence with numbers and increase your maths and arithmetic skills. If you feel that your numeracy skills are letting you down, our course gives you the perfect opportunity to increase your knowledge of numbers and how to work with them Starting Wednesday 11th January 2017, continues till 12th July 2017 Remitted course fees may apply. Crèche places are available by agreement	Do you find reading and writing sometimes difficult? Learn essential skills at your own pace, in a relaxed and friendly environment. Everyday tasks like filling in forms or writing notes can be tough if your writing skills aren't up to scratch. Maybe you'd like to improve your ability to understand the layout and meaning of a document or practise reading skills like scanning and summarising. Starting Friday 13th January ,continues till 14th July 2017 Remitted course fees may apply. Crèche places are available by agreement
Bulwell Riverside, Main Street, Bulwell, Nottingham NG6 8QJ. Tel 0115 9755758 **Weds 1.00-3.00pm** **Snapewood Community Centre**, Snape Wood Road, Nottingham, NG6 7GH **Mon 1.00-3.00pm**	**Riverside Play and Youth Centre**, Main Street, Bulwell, Nottingham, NG6 8QJ **Weds 9.30-11.30am see dates below**	**Riverside Youth and Play**, Main Street, Bulwell, Nottingham, NG6 8QJ **Friday 9.30-11.30am see dates below**

For further details contact Bulwell Children's Centre 0115 8762220 you do not need to book a place unless stated

Introduction To Maths **9.30am – 11.30am** **Bulwell Riverside Play and Youth building** **Wednesday** **11/01/2017 - 22/03/2017** **03/05/2017 - 12/07/2017** Excluding school holidays No charge if on Means Tested Benefits	**Introduction To English skills** **9.30am – 11.30am** **Bulwell Riverside Play and Youth building** **Friday** **13/01/2017 - 24/03/2017** **05/05/2017 - 14/07/2017** Excluding school holidays No charge if on Means Tested Benefits	**Introduction to Beauty** **9:30-11:30 am** **Venue to be confirmed** **Tuesday** **17/01/2017 - 28/02/2017** **(New Year, New You)** Contact Bulwell Children's Centre for further details on 0115 8762220 No charge if on Means Tested Benefits
ESOL **9.30am – 11.30am** **Bulwell Riverside Play and Youth building** **Tuesday** **10/01/2017 - 21/03/2017** **02/05/2017 - 11/07/2017** Excluding school holidays No charge if on Means Tested Benefits	**Beauty Aims Award** **9:30am - 11:30am** **Venue to be confirmed** **Tuesday** **07/03/2017 - 23/05/2017** **10 week Course** Excluding school holidays Contact Bulwell Children's Centre for further details on 0115 8762220	