

## Contact details

### Children's Centre Activities

We want all children, parents, and carers to be happy and 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 years old. 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!

If your child is two years of age, he or she may be eligible for a free childcare place. For further information go to:

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

For further information and details of activities please go to:

[www.nottinghamcity.gov.uk/playandyouth](http://www.nottinghamcity.gov.uk/playandyouth)

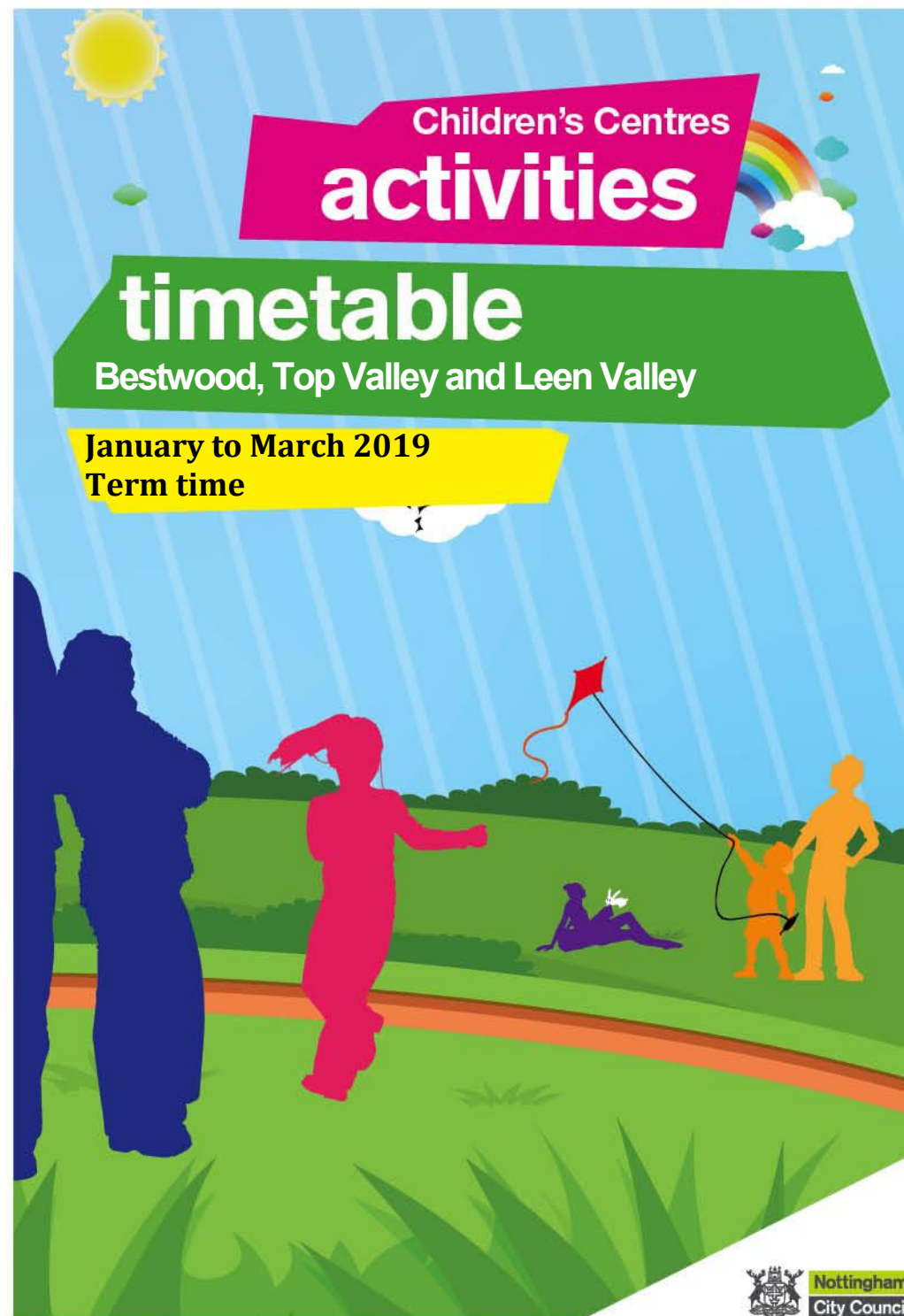
[www.nottinghamcity.gov.uk/childrenscentres](http://www.nottinghamcity.gov.uk/childrenscentres)

Southglade Access Centre

Southglade Road, Bestwood Nottingham NG5 5GU

Tel: 0115 8761890

Email: [southgladeac@nottinghamcity.gov.uk](mailto:southgladeac@nottinghamcity.gov.uk)



Session Descriptions	
Peep Watch Me Grow	Parents Early Education Partnership - PEEP supports parents to improve their children's life chances and create the best start for their children, by making the most of everyday learning opportunities at home – listening, talking, playing, singing and sharing books and stories together.
Peep Inbetweenies	Parents Early Education Partnership - PEEP supports parents to improve their children's life chances and create the best start for their children, by making the most of everyday learning opportunities at home – listening, talking, playing, singing and sharing books and stories together.
Stay Play & Learn	Come and join us, as we play, learn and sing together; encouraging learning and development through play with a wide range of activities and resources available for children 0 – 5 years.
Family Support Clinic	One stop shop for early help support or referral to other agencies for families with children 0-19. This may include DV support, behaviour, benefit support, food vouchers, housing support, school admissions support/ setting applications
Health Clinic and Baby Weighing	For development checks and immunisation advice and allow an opportunity to discuss any problems with healthcare

Session Descriptions	
Triple P	Giving your ideas on positive parenting to help you enjoy being a parent and help your child develop well.
Job Club	Free help and support is available at a Nottingham College local Work Club on all aspects of job searching
Adult Learning	Free help and support is available at a Nottingham College local Work Club on all aspects of job searching .
Ante Natal	Ante Natal sessions Appointment only
Computers for Beginners	Adult learning session.
Computers for Improvers	Adult learning session.
A.S.D Support Group	Every 2nd Wednesday of the month.
Volunteering Training	For volunteers to gain new skills, knowledge and experience which could lead to employment or further training. 8 week course (2 hours a week)

## 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](mailto:fis@nottinghamcity.gov.uk)

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

Eligible children qualify for a place from the school term after the 2<sup>nd</sup> 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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Ante Natal</b> Southglade Access Centre Free Ante Natal sessions <b>Appointment only.</b></p>	<p><b>Ante Natal</b> Southglade Access Centre Free Ante Natal sessions <b>Appointment only.</b></p>	<p><b>Ante Natal</b> Southglade Access Centre Free Ante Natal sessions <b>Appointment only.</b></p>	<p><b>Ante Natal</b> Southglade Access Centre Free Ante Natal sessions <b>Appointment only.</b></p>	<p><b>Ante Natal</b> Southglade Access Centre Free Ante Natal sessions <b>Appointment only.</b></p>
<p><b>Computers for Improvers</b> 09:00am – 12:00pm Southglade Access Centre Adult learning session.</p>	<p><b>Computers for Beginners</b> 13:30pm – 15:00pm Southglade Access Centre Adult learning session</p>	<p><b>Job Club</b> 9:00am – 11:30am +</p>	<p><b>Triple P</b> Southglade Access Centre 10-12pm</p>	<p><b>Stay, Play and Learn</b> <b>0 – 5 years old</b> Southglade Access Centre 10-11.30am</p>
<p><b>Adult Learning</b> Southglade Access Centre Call Jackie Blackburn on 0115 8761890 for more information</p>		<p><b>Lone Parent Local Work Club</b> 13:00pm – 15:00pm Southglade Access Centre. Adult learning session Free help and support is available at Nottingham College local Work Club on all aspects of job searching.</p>	<p><b>Volunteering Training</b> Southglade Access Centre Call Lori Brookes on 0115 8761890 for more information</p>	<p>Come and join us, as we play, learn and sing together; encouraging learning and development through play with a wide range of activities and resources available for children 0 – 5 years.</p>
<p><b>Peep Watch Me Grow</b> <b>0 – 1 years old</b> Southglade Access Centre 10.00am-11.30am Especially for you and your baby. Learn about child development, gain new parenting skills and make the most of everyday learning experiences, make new friends and have fun together. To find out more about Peep and to book a place please speak to a Family Support Worker</p>		<p><b>A.S.D. Support Group</b> 9:30am – 11:00am Southglade Access Centre Free Every 2<sup>nd</sup> Wednesday of the month</p>		<p><b>Family Support Clinic</b> Southglade Access Centre 9-12pm <b>Appointment only.</b> Please contact Southglade Access Centre.</p>

<p><b>Getting Ready for Universal Credit</b> 13.00 - 15.00pm Southglade Access Centre <b>Adult learning session.</b></p>	<p><b>Inbetweenies Peep 1 – 2 years</b> Southglade Access Centre 1.15-2.45pm Especially for you and your child. Learn about child development, gain new parenting skills and make the most of everyday learning experiences, make new friends and have fun together. To find out more about Peep and to book a place please speak to a Family Support Worker.</p>	<p><b>Family Support Clinic</b> Southglade Access Centre 13.00 -16.00pm <b>Appointment only.</b> Please contact Southglade Access Centre .</p>	<p><b>Health Clinic and Baby Weighing</b> 13:00pm – 14:45pm Southglade Access Centre By the Health Visiting Team.</p>	<p><b>Job Club</b> 13:00pm – 15:00pm Southglade Access Centre. Adult learning session Free help and support is available at a Nottingham College local Work Club on all aspects of job searching.</p>
<p><b>Family Support Clinic</b> Southglade Access Centre 13.00 -16.00pm <b>Appointment only.</b> Please contact Southglade Access Centre</p>			<p><b>Peek Into Peep 0 – 1 years</b> Southglade Access Centre 1.15pm-2.45pm Especially for you and your baby. Learn about child development, gain new parenting skills and make the most of everyday learning experiences, make new friends and have fun together. To find out more about Peep and to book a place please speak to a Family Support Worker</p>	

**ADULT LEARNING**

**Wed 9th Jan 09:30 - Adult Learning Induction Morning Bulwell Riverside**  
**Fri 11th Jan 09:30 - Adult Learning Induction Morning Bulwell Riverside**  
**Wed 9th Jan 1:00 - 3:00 - Adult Learning Induction Afternoon Southglade Access Centre**  
**Fri 11th Jan 1:00 - 3:00 - Adult Learning Induction Afternoon Southglade Access Centre**

**"Come along to these friendly coffee mornings where you can find out about the exciting opportunities available for Adult Learning this term "**  
**Bulwell is focusing on English / Maths / Childcare and Safeguarding**  
**Southglade is focusing on Sign Language / Cooking On A budget**