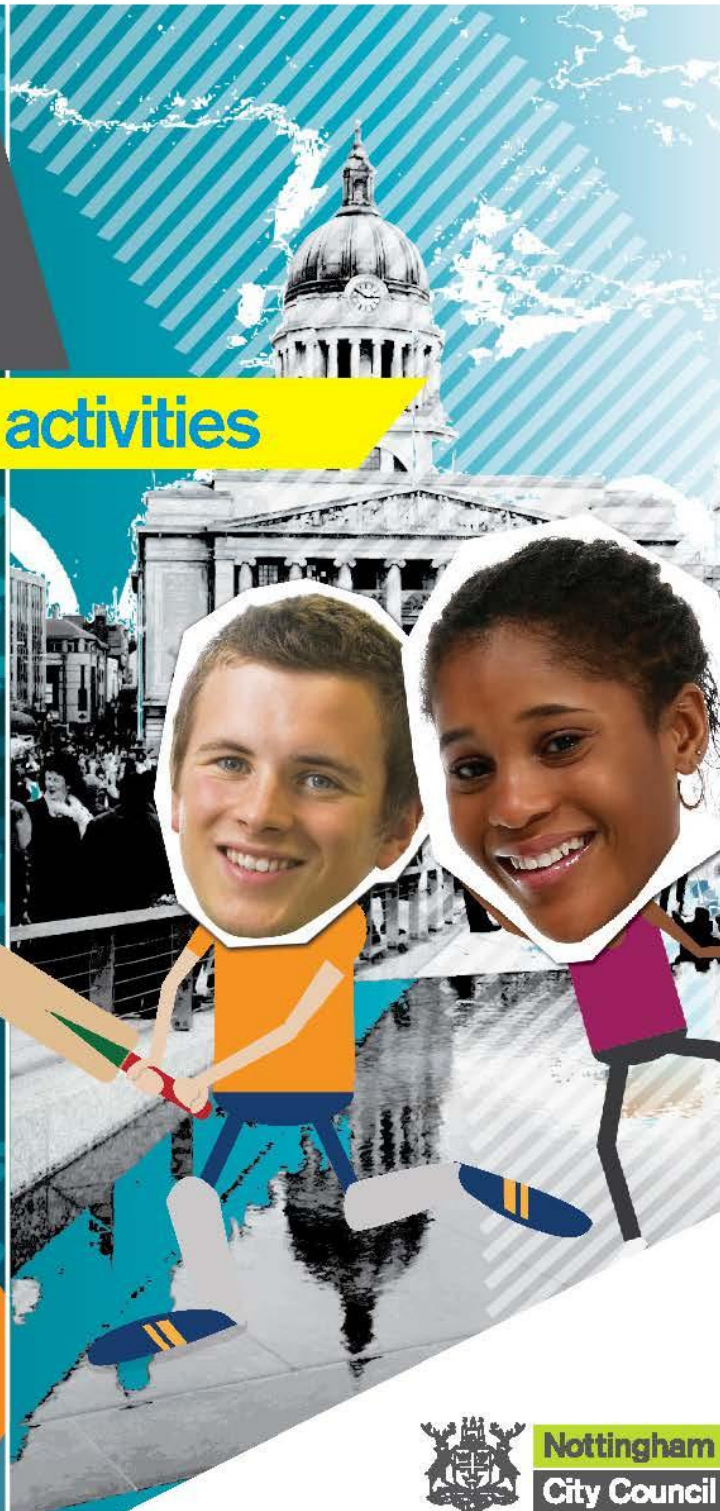


# Meadows Children's Centre activities timetable

children's centres | play activities | youth activities





January to March 2017  
(Term Time)



## Under 5's Activities at Meadows Children's Centre – January to March 2017

Address: Kirkby Gardens, Meadows, Nottingham, NG2 2HZ; Tel: 0115 876 1320

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

Monday	Tuesday	Thursday	Friday	Saturday
<p><b>Child Health Clinic</b> 10.00am-12.00pm Meadows Children's Centre</p> <p>Drop in session - have your baby weighed and discuss your child's health and development with a Health Visitor</p> <hr/> <p> <b>PEEP Watch me grow</b> 1pm - 2.30pm Meadows Children's Centre</p> <p>A fun and interactive session for you and your baby, gain knowledge of your baby's development.</p> <hr/> <p><b>Family Learning English</b> 12.30 - 3pm Meadows Children's Centre</p> <p>Literacy Level 2 course for adults</p>	<p><b>Freedom Project</b> 9.45 - 11.45am Meadows Children's Centre</p> <p>10 week course Supporting women in raising awareness of healthy relationships, building confidence and keeping safe.</p> <hr/> <p> <b>Rainbow Stripes</b> 11- 11.45am Meadows Children's Centre</p> <p>Live music workshop for 0-5 years - Sing, dance jam and giggle with live guitar and percussion</p> <hr/> <p><b>BookStart</b> 1:30 – 2:30pm Meadows Children's Centre</p> <p>Get free books for pre-school children to help families read together every day and inspire children with a rewarding love of books</p> <p><b>BOOKING ESSENTIAL</b></p> <hr/> <p><b>Me and My Child</b> 1:00 – 3:00pm Meadows Children's Centre</p> <p>Parenting course to help develop healthy relationships between parent and child</p> <hr/> <p><b>Child Health Clinic</b> 10am - 12pm Platform One, Forward House, Station Street, Nottingham, Tel: 0115 883 1900</p> <p>Drop in session - have your baby weighed and discuss your child's health and development with a Health Visitor</p>	<p> <b>Stay, Play and Learn</b> 10-11.30am Meadows Children's Centre</p> <p>Have fun and communicate with your child whilst experiencing a range of messy play activities, for children aged 0-5 years.</p> <hr/> <p><b>Child Health Clinic</b> 1.00pm-2.30pm Meadows Children's Centre</p> <p>Drop in session - have your baby weighed and discuss your child's health and development with a Health Visitor</p>	<p><b>Family Support Clinic</b> 10 - 11am Meadows Children's Centre</p> <p>Come and the visit the centre to talk to one of our family support workers if you are struggling with relationships, behaviour, sleep.</p> <p><b>Mums and Tot's</b> 10.00am-11.30am 0-5 years(Grace Church)</p> <p><b>Tots Time at</b> Meadows Library 10.30-11.30am</p> <p> <b>These groups are aimed at the age stated but all under 5's are welcomed. For more information please call 0115 8761320.</b></p>	<p><b>Craft Time</b> 1.00pm-3.00pm Everyone Welcome (Meadows Library)</p>





## Play Activities in Meadows Youth Centre – January to March 2017

Address: Kirkby Gardens, Meadows, Nottingham, NG2 2HZ; Tel: 0115 876 1320

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>School's Out</b> 8 – 15 yrs Activities include; Basketball, badminton, rounders, table tennis, hockey, cricket, football, dodgeball and Art and crafts £1 per day Book a week in advance or turn up on the day (Portland Leisure Centre)</p>	<p><b>LIL MINIS Street Dance</b> 5pm-5.45pm 5-8 years old (Queens Walk Community Centre)</p> <p>-----</p> <p><b>Junior Street Dance</b> 5.45pm-6.30pm 9-12 years (Queens Walk Community Centre)</p>	<p><b>School's Out</b> 8 – 15 yrs Activities include; Basketball, badminton, rounders, table tennis, hockey, cricket, football, dodgeball and Art and crafts £1 per day Book a week in advance or turn up on the day (Portland Leisure Centre)</p>	<p><b>School's Out</b> 8 – 15 yrs Activities include; Basketball, badminton, rounders, table tennis, hockey, cricket, football, dodgeball and Art and crafts £1 per day Book a week in advance or turn up on the day (Portland Leisure Centre)</p> <p>-----</p> <p><b>AMC Gardens</b> 5-13 years Creative and physical play activities in a fun and friendly atmosphere 3.30pm-5pm (Arkwright Community Gardens)</p>	<p><b>School's Out</b> 8 – 15 yrs Activities include; Basketball, badminton, rounders, table tennis, hockey, cricket, football, dodgeball and Art and crafts £1 per day Book a week in advance or turn up on the day (Portland Leisure Centre)</p>



**Youth Activities at Meadows Youth Club – January to March**

Address: Wilford Crescent East, Meadows, Nottingham, NG2 2EF; Tel: 0115 986 1248

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

Monday	Wednesday	Friday
<p><b>Meadows Partnership Trust</b>            9.30am-1pm and 2pm-4.30pm            Free computer access            (centre)            Age 16 years+            Monday-Friday            (One Stop Shop)            Bridgeway Centre</p>	<p><b>Meadows Youth Session</b>            Meadows Youth Club            7.00pm-9.00pm            11-16 years            30p per session</p>	<p><b>Meadows Youth Session</b>            Meadows Youth Club            7.00pm-9.00pm            11-16 years            30p per session</p>

## Information about activities

**Mums and Tots** – Enjoy crafts, soft play, songs and story time with free drinks and snack, for children aged 0-5 years. Held at Grace Church, The Ministry, 1 Castle Blvd, NG7 1FT. For more information please contact Helen on 0115 950 2332. [www.gracechurchnottingham.org](http://www.gracechurchnottingham.org)

**Craft Time** – A fun free craft session for children of all ages, parents welcome. Held at Meadows Library. For more information please contact 0115 915 9279.

### Age 5 – 11 Activities

**Library Homework Club** – Mondays & Friday for ages 8 years+. Please contact Meadows Library for more information on 0115 9159279.

**Saviours Kids** – For children in School years 1- 5. Held in St Saviour's Church Halls (Entrance off Waldron Close) Term time only every Monday at 5:45 PM until 7.15pm. For more information please contact 0115 9864118.

**Kids Club @ AMC Gardens** – Creative and physical play activities for young people in a fun and friendly atmosphere, supported by Youth, Play and Family Community Teams for children aged 5 - 13 years. Under 5's must be supervised. For more info contact AMC Gardens 0115 9867777.

### Age 11 + Activities

**Meadows Youth Club** - For 11-16 years, activities include creative arts and crafts, media activities, sports, monthly themes, trips and visits. Held at Meadows Youth Centre, Wilford Crescent East, Meadows.

**There is a 30p admission fee to be paid after 1st free visit. If an existing member brings a friend to sign up as a new member they will receive a free admittance. A membership form will need to be completed.**

**Due to capacity places are limited, please contact The Play and Youth Team on 01158 762777 for further information.**

### Adult Activities

**Courses (Adult Learning/Family Learning Courses)** - Courses are open to all adults over 19 years of age. Courses include Family Numeracy and Family Literacy To find out more information or book on, please contact Meadows Children's Centre reception on 0115 8761320.

**Me and My Child parenting course for under 5's** – Parenting Course delivered by Children's Centre Staff. For more information please contact Shanie on 0115 8761320.

**ESOL Classes** - English Classes at Queens Walk Community Centre delivered by Central College, for more information contact the centre on 0115 9159253.

**Meadows Partnership Trust-** The Meadows Partnership Trust will be providing Employment Support to anyone aged 16 and over. Monday- Friday, free computer access and one to one support at One Stop Shop, Bridgeway Centre, Meadows, NG2 2HZ. Please contact 0115 9150077 for more information.