

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

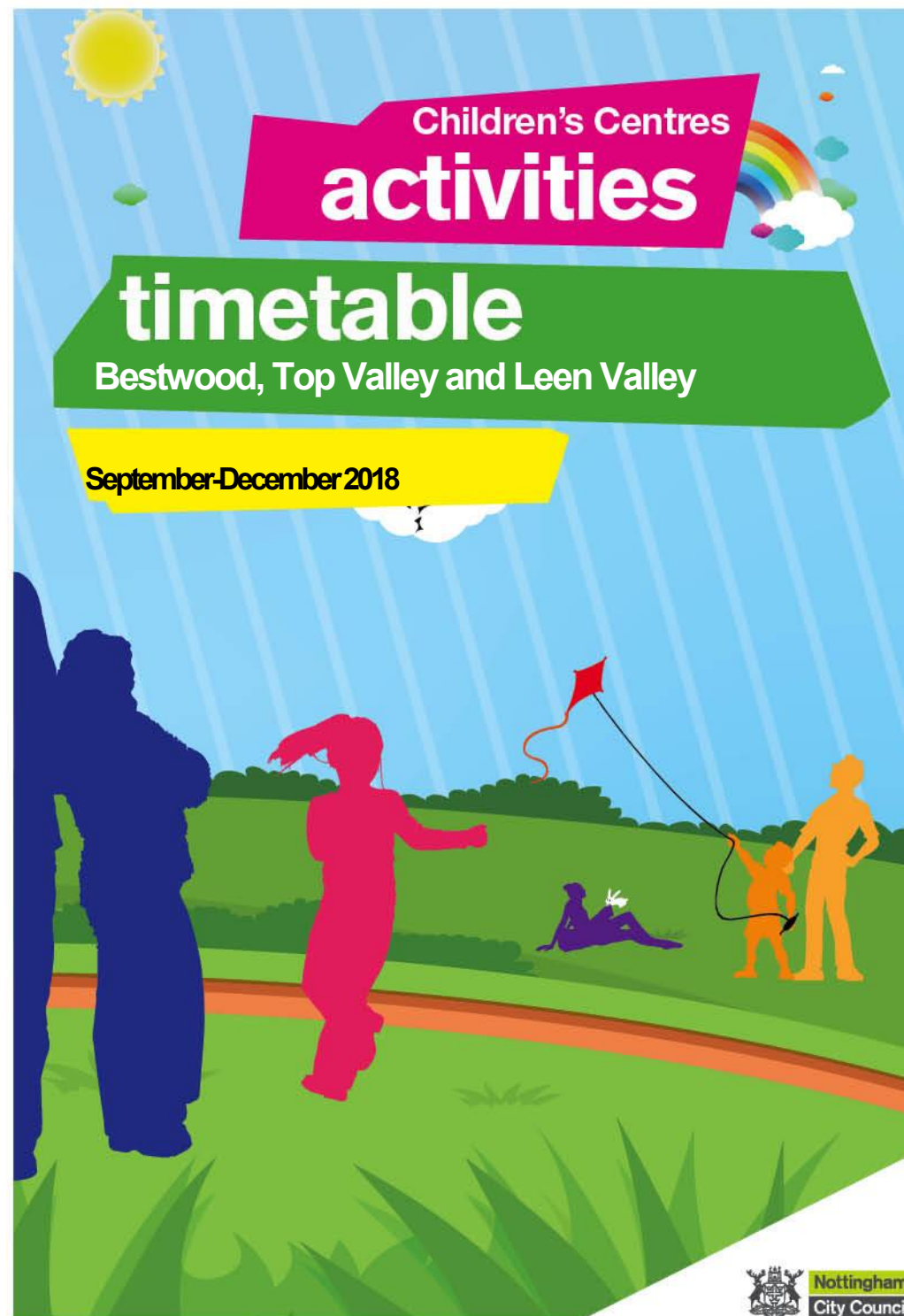
www.nottinghamcity.gov.uk/childrenscentres

Southglade Access Centre

Southglade Road, Bestwood Nottingham NG5 5GU

Tel: 0115 8761890

Email: 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.
Bookworms	A story and song themed play session to encourage language skills for children aged 0-5
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

Session Descriptions	
Health Clinic and Baby Weighing	For development checks and immunisation advice and allow an opportunity to discuss any problems with healthcare
Job Club	Free help and support is available at a Nottingham College local Work Club on all aspects of job searching
Let's Get Moving	A session for children under 5 and their families to have fun exploring a variety of activities and resources to promote children's physical development and movement
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.
AD.H.D Solutions	Free every 2 nd Tuesday of the month Information and advice with the A.D.H.D Specialist.
A.S.D Support Group	Every 2nd Wednesday of the month.
Triple P	Giving your ideas on positive parenting to help you enjoy being a parent and help your child develop well.
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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Computers for Improvers 09:00am – 12:00pm Southglade Access Centre Adult learning session.</p> <hr/> <p>Let's get Moving Southglade access centre 10-11.30am A session for children under 5 and their families to have fun exploring a variety of activities and resources to promote children's physical development and movement.</p> <hr/> <p>Adult Learning Southglade Access Centre Call Jackie Blackburn on 0115 8761890 for more information</p> <hr/> <p>Ante Natal Southglade Access Centre Free Ante Natal sessions Appointment only.</p>	<p>Ante Natal Southglade Access Centre Free Ante Natal sessions Appointment only.</p> <hr/> <p>Computers for Beginners 13:30pm – 15:00pm Southglade Access Centre Adult learning session.</p> <p>A.D.H.D Solutions 9:00 – 12:00pm Southglade Access Centre Free every 2nd Tuesday of the month Information and advice with the A.D.H.D Specialist.</p>	<p>Ante Natal Southglade Access Centre Free Ante Natal sessions Appointment only.</p> <hr/> <p>Job Club 9:00am – 11:30am + Lone Parent Local Work Club 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> <hr/> <p>A.S.D. Support Group 9:30am – 11:00am Southglade Access Centre Free Every 2nd Wednesday of the month.</p>	<p>Triple P Southglade Access Centre 10-12pm</p> <hr/> <p>Volunteering Training Southglade Access Centre Call Lori Brookes on 0115 8761890 for more information</p> <p>Ante Natal Southglade Access Centre Free Ante Natal sessions Appointment only.</p> <hr/> <p>Health Clinic and Baby Weighing 13:00pm – 14:45pm Southglade Access Centre By the Health Visiting Team.</p>	<p>Stay and Play Messy Focus Southglade Access Centre 10-11.30am 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> <hr/> <p>Family Support Clinic Southglade Access Centre 9-12pm Appointment only. Please contact Southglade Access Centre.</p> <hr/> <p>Ante Natal Southglade Access Centre Free Ante Natal sessions Appointment only.</p>

**Bookworm
Southglade access
centre**

1.15-2.45pm

Come and join us as we play, learn, sing and read stories together; encouraging learning and development through play with a wide range of activities and resources available for children 0 – 5 years.

**Peep Get ready for nursery
1-2 years**

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.

**Family Support Clinic
Southglade Access Centre
1-4pm**

Appointment only.
Please contact Southglade Access Centre.

**Peep Watch Me Grow
0-1 years old**

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

**Peep Watch Me Grow
0-1 years old**

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

Job Club

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.
