

Contact details

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

The poster is set against a blue background with vertical rain streaks. At the top left is a yellow sun, and at the top right is a rainbow. The text 'Children's Centres activities' is in white on a pink banner. Below that, 'timetable' is in white on a green banner. Underneath, 'Bestwood, Top Valley and Leen Valley' is in white on a green banner. A yellow banner contains 'April to July 2018' and 'Term time'. The bottom half of the poster shows silhouettes of people in a park: a large blue silhouette of an adult, a pink silhouette of a child, a purple silhouette of a child sitting on the grass, and an orange silhouette of an adult holding a child's hand. A red kite is flying in the sky. In the bottom right corner is the Nottingham City Council logo.

Children's Centres
activities

timetable
Bestwood, Top Valley and Leen Valley

April to July 2018
Term time

Nottingham
City Council

Children's Centre Activities

We want all children and parents and carers to be happy, 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 to support this. 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 staff member who will be happy to help. All sessions unless stated otherwise are FREE!

Sessions' 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

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

Ante Natal

Southglade Access Centre
Free
Ante Natal sessions
Appointment only.

Bookworms

13:30pm – 15:00pm
Bestwood Park Church
Free
Singing and story free play
session for children under 5
years and their families.
Booking by request.

Bumps, Birth and Baby

13:00pm – 15:00pm
Southglade Access Centre
Free.
By the Health Visiting Team.

Family Support Clinic

13:00pm – 16:00pm
Southglade Access Centre
Free
Appointment only.
Please contact Southglade
Access Centre.

TUESDAY

Ante Natal

Southglade Access Centre
Free
Ante Natal sessions
Appointment only.

A.D.H.D Solutions

Tuesday 13/03/2018
14:00 – 15:00pm
Tuesday 08/05/2018
9:00 – 12:00pm
All About ADHD
Tuesday 08/05/2018
12.30 – 14.30pm
Tuesday 12/06/2018
12:00am - 15:00pm
Tuesday 10/07/2018
9:00 – 12:00pm
Southglade Access Centre
Free every 2nd Tuesday of the
month Information and advice with
the A.D.H.D Specialist.
First Session Free

Triple P

Starting 5th June 2018
13:00pm – 15:00pm
Giving your ideas on positive
parenting to help you enjoy being a
parent and help your child develop
well.
Booking required please call
Southglade Access Centre.

Computers for Beginners

13:30pm – 15:00pm
Southglade Access Centre
Adult learning session.

Sleep Tight

Starting 12th June 2018
9:30 – 11:30am
Southglade Access Centre
Free
Is your child having difficulties with
sleep? Support with sleep routines.
Booking by request.

WEDNESDAY

Ante Natal

Southglade Access Centre
Free
Ante Natal sessions
Appointment only.

Job Club

9:00am – 11:30am and

Lone Parent Local Work Club

13:00pm – 15:00pm
Southglade Access Centre.
Adult learning session
Free help and support is available
at an Nottingham College local
Work Club on all aspects of job
searching Including:

A.S.D. Support Group

9:30am – 11:00am
Southglade Access Centre
Free
Every 2nd Wednesday of the
month.

Peep Inbetweenies

13:15pm – 14:45pm
Southglade Access Centre
Free 12 week programme
Starting 25th April 2018
Children 1-2 years +
Booking by request.
Please contact Southglade
Access Centre.

THURSDAY

Ante Natal

Southglade Access Centre
Free
Ante Natal sessions
Appointment only.

Peep Watch Me Grow

13.15pm – 14:45pm
Southglade Access Centre
Free 12 week programme
Birth – 1 year old
Starting 26th April 2018
Booking by request.
Please contact Southglade
Access Centre.

Health Clinic and Baby Weighing

13:00pm – 14:45pm
Southglade Access Centre
By the Health Visiting Team.

FRIDAY

Ante Natal

Southglade Access Centre
Free
Ante Natal sessions
Appointment only.

Family Support Clinic

9:00am – 12:00pm
Southglade Access Centre Free
Appointment only
Please contact Southglade
Access Centre.

Stay Play and Learn Session

10:00am – 11:30am
Southglade Access Centre
Free
A Learning through play and
interaction session delivered both
indoors / outside for children
under 5 years and their families.

Group Baby and Me

10 – 11.30am
By the Health Visiting Team
Incorporating Post Natal and
Breast Feeding
Aimed at all children
under 1 year old.

Family Support Clinic

13:00pm – 16:00pm
Southglade Access Centre
Free
Appointment only
Please contact Southglade
Access Centre.

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.

Adult Learning Courses

For any information regarding future courses available please call Jackie Blackburne 0115 8761890

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