

Contact details

For further information and details of activities please go to:

www.nottinghamcity.gov.uk/playandyouth

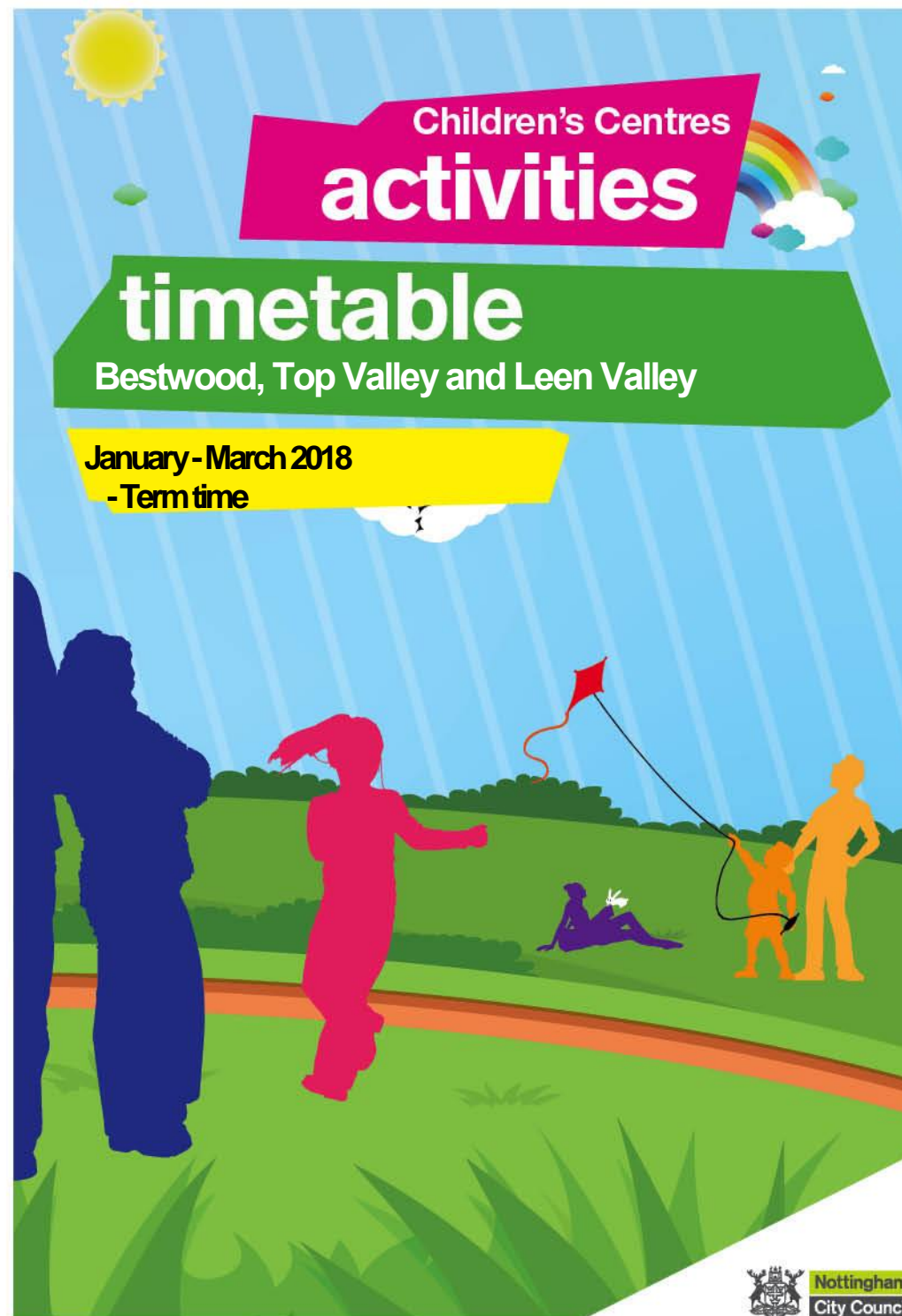
www.nottinghamcity.gov.uk/childrenscentres

Southglade Access Centre

Southglade Road, Bestwood Nottingham NG5 5GU

Tel: 0115 8761890

Email: southgladeac@nottinghamcity.gov.uk




Children's Centres
activities

timetable
Bestwood, Top Valley and Leen Valley

January - March 2018
- Term time

The poster features a vibrant illustration of children and adults in a park. A large blue silhouette of an adult stands on the left. In the center, a pink silhouette of a child is running. To the right, an orange silhouette of an adult is holding a red kite string. In the background, a purple silhouette of a child is sitting on the grass. The sky is blue with a yellow sun, a rainbow, and white clouds. The overall theme is outdoor activities and family 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 Getting Ready for Nursery	For children to familiarise themselves with nursery routines and support them in readiness for nursery/school.
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.
Let's Get Moving	A session for children and their families to have fun exploring a variety of activities to promote children's physical development and play outdoors.
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	Tuesday	Wednesday	Thursday	Friday
<p><u>Ante Natal</u> Southglade Access Centre Free Ante Natal sessions Appointment only</p> <p><u>Book Worms</u> Session Starts 15th January 2018 Term time only 9:00am – 10:30pm Southwold School Kennington Road Radford Nottingham NG8 1QD Singing and story free play session for children under 5 years and their families.</p> <p><u>Let's Get Moving</u> 13:30pm – 15:00pm Bestwood Park Church Free Physical activity session for children under 5 years and their families.</p> <p><u>Bumps, Birth and Baby</u> 13.00pm – 15:00pm Southglade Access Centre Free. By the Health Visiting Team</p> <p><u>Family Support Clinic</u> 13:00pm – 16:00pm Southglade Access Centre Free Appointment only. Please contact Southglade Access Centre.</p>	<p><u>Ante Natal</u> Southglade Access Centre Free Ante Natal sessions Appointment only</p> <p><u>A.D.H.D Solutions</u> 9:30am – 12:00pm Southglade Access Centre Free every 2nd Tuesday of the month Information and advice with the A.D.H.D Specialist.</p> <p><u>Triple P</u> Starting 23rd January 2018 13:15pm – 14:45pm 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.</p> <p><u>Computers for Beginners</u> 13:30pm – 15:00pm Southglade Access Centre Adult learning session.</p>	<p><u>Ante Natal</u> Southglade Access Centre Free Ante Natal sessions Appointment only</p> <p><u>Job Club</u> 9:00am – 11:30am and <u>Lone Parent Local Work Club</u> 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:</p> <p><u>A.S.D. Support Group</u> 9:30am – 11:00am Southglade Access Centre Free Every 2nd Wednesday of the month.</p> <p><u>PEEP Getting Ready For Nursery</u> 13:15pm – 15:15pm Southglade Access Centre Free 12 week programme 18 Months – 3 years old Booking by request. Please contact Southglade Access Centre.</p>	<p><u>Ante Natal</u> Southglade Access Centre Free Ante Natal sessions Appointment only.</p> <p><u>Volunteer Programme</u> Bulwell Children's Centre Please Contact Lori Brookes on 0115 915 8761890.</p> <p><u>PEEP Watch Me Grow</u> 13.15pm – 15:15pm Southglade Access Centre Free 12 week programme Birth – 1 year old Booking by request. Please contact Southglade Access Centre</p> <p><u>Family Support Clinic</u> 13:00pm – 16:00pm Westglade School Free Appointment only Please contact Southglade Access Centre.</p> <p><u>Health Clinic and Baby Weighing</u> 13:00pm – 15:00pm Southglade Access Centre By the Health Visiting Team</p>	<p><u>Ante Natal</u> Southglade Access Centre Free Ante Natal sessions Appointment only</p> <p><u>Family Support Clinic</u> 9:00am – 12:00pm Southglade Access Centre Free Appointment only Please contact Southglade Access Centre.</p> <p><u>Stay Play and Learn Session</u> 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.</p> <p><u>New Group Baby and Me</u> 10 – 11.30am By the Health Visiting Team Incorporating Post Natal and Breast Feeding Aimed at all children under 1 year old</p> <p><u>Job Club</u> 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.</p>

Activities in the Community

Monday

Tuesday

Wednesday

Thursday

Friday

Paediatric First Aid Full Day Course

27th March 2018
9:00am – 16:30pm
At Bestwood Directions
Contact Jackie Blackburn on
0115 8761290

Intro to Sign Language Course

28th February 2018
23rd March 2018
12:45pm – 14:45pm
At Bestwood Directions
Contact Jackie Blackburn on
0115 8761290

UpCycle / Recycle Course

9th February – 09th March 2018
12:30am – 14:30pm
At Southglade Access Centre
Contact Jackie Blackburn on
0115 8761290