

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 has a vibrant, colorful background with a blue sky, a yellow sun, a rainbow, and stylized green grass. The text is arranged in several colored banners: a pink banner at the top right with 'Children's Centres activities', a large green banner in the middle with 'timetable', a yellow banner below it with 'September to December 2017 - Term time', and a green banner at the bottom with 'Bestwood, Top Valley and Leen Valley'. The bottom half of the poster features silhouettes of people in various colors (blue, pink, orange, purple) engaged in outdoor activities like flying a kite and sitting on the grass. In the bottom right corner, there is a small logo for Nottingham City Council.

Children's Centres
activities

timetable

Bestwood, Top Valley and Leen Valley

September to December 2017
- 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 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>PEEP Inbetweens</u> Session Starts 11th September 10.00am – 11:30am Southglade Access Centre Free 12 week programme 9 Months – 18 Months old Booking by request. Please contact Southglade Access Centre.</p> <p><u>Let's Get Moving</u> Session Starts 11th September 13:30pm – 14:30pm 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>Book Worms</u> Session Starts 12th September 13:30pm – 15:00pm Aspley Library Free Singing and story themed play session for children under 5 years and their families.</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>Baby Steps</u> 10:00am – 11:30am Southglade Access Centre By the Health Visiting Team</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> Session Starts 13th September 13.30pm – 15:00pm Southglade Access Centre Free 12 week programme 18 Months – 30 Months 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>Volunteers Training</u> Please contact Southglade Access Centre for details.</p> <p><u>PEEP Watch Me Grow</u> Session Starts 14th September 13.30pm – 15:00pm Southglade Access Centre Free 12 week programme Birth – 9 Months 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> Starts 15th September 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>Breast feeding Support Group</u> 10:00am – 11:00am Southglade Access Centre Free Health professionals and parents offer encouragement, support and information to help you start and continue breast-feeding.</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> <p><u>Beauty Course</u> Adult Learning with Nottingham College Please contact Southglade Access Centre for details.</p>