



## What's on January-April 2022

Your guide to family support services  
across all of Central Bristol's Children's Centres.

**Email** [cbcc@bristol-schools.uk](mailto:cbcc@bristol-schools.uk) **Web** [www.centralbristolcc.co.uk](http://www.centralbristolcc.co.uk)

**Facebook** Central Bristol Children's Centre

**Call** 0117 9030337 (main line)



# Welcome

This guide is our timetable for weekly sessions across all six central Bristol Children's Centre's and beyond.

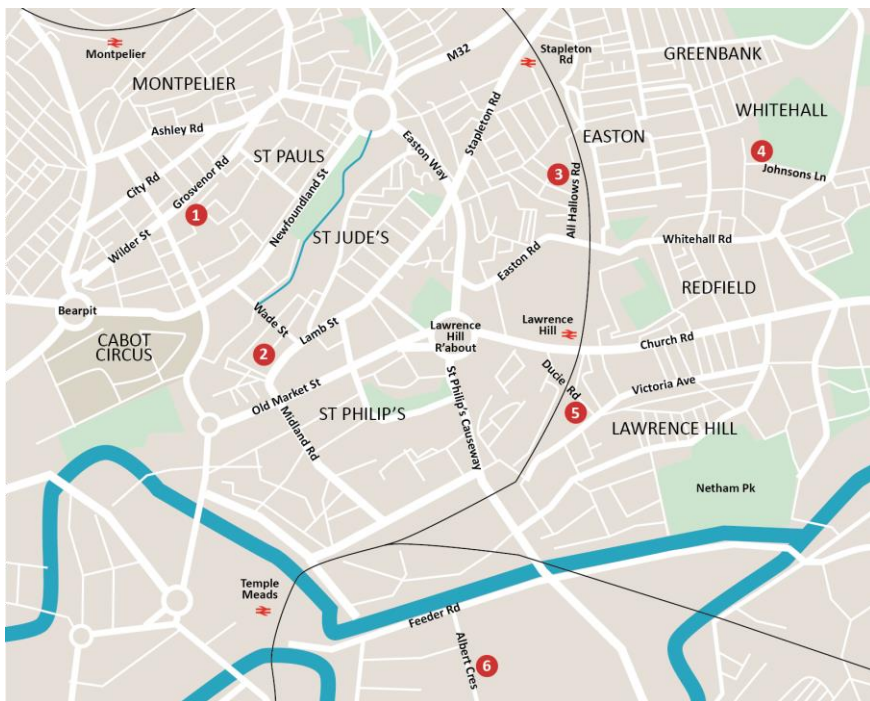
We support families and children from birth to five years, with a range of drop-in and bookable courses to stimulate, engage and inspire.

Most baby and stay & play sessions do not require booking, but some courses are referral only or require pre-booking. Check with us if you are unsure.

We also offer 1:1 support including home visits, and signposting to other organisations. Please speak to one of the staff members for more information.

## Our locations

You are welcome to attend activities at any of our centre's and outreach locations. Here's where we are...



## 1. St Pauls Nursery School and Children's Centre

Little Bishop Street, St Pauls, Bristol BS2 9JF

**Tel** 0117 903 0337 **Email** [stpaulsncc@bristol-schools.uk](mailto:stpaulsncc@bristol-schools.uk)

**Web** [www.stpaulschildrenscentre.co.uk](http://www.stpaulschildrenscentre.co.uk)



## 2. Rosemary Nursery School and Children's Centre

Haviland House, Great Ann Street, St Judes, Bristol BS2 0DT

**Tel** 01179031467/ 3773297 **Email** [rosemary.n@bristol-schools.uk](mailto:rosemary.n@bristol-schools.uk)

**Web** [www.rosemary.bristol.sch.uk](http://www.rosemary.bristol.sch.uk)



## 3. Bannerman Road Children's Centre

Bannerman Road, Easton, Bristol, BS5 ORL

**Tel** 0117 3532081 **Web** [www.bannermanroadcc.uk](http://www.bannermanroadcc.uk)



## 4. The Limes Nursery School and Children's Centre

Johnsons Road Bristol Avon BS5 9AT

**Tel** 0117 903 0317 **Email** [thelimesn@bristol-schools.uk](mailto:thelimesn@bristol-schools.uk)

**Web** [www.limes.bristol.sch.uk](http://www.limes.bristol.sch.uk)



## 5. Wellspring Settlement Family Centre

43 Ducie Rd BS5 0AX

**Tel** 0117 955 6971 **Email** [admin@bartonhillsettlement.org.uk](mailto:admin@bartonhillsettlement.org.uk)

**Web** [www.bartonhillsettlement.org.uk](http://www.bartonhillsettlement.org.uk)



## 6. St Philip's Marsh Nursery School

Albert Crescent, St Philip's Marsh, Bristol, BS2 0SU

**Tel** 0117 977 6171 **Email** [admin@bartonhillsettlement.org.uk](mailto:admin@bartonhillsettlement.org.uk)

**Web** [www.bartonhillsettlement.org.uk](http://www.bartonhillsettlement.org.uk)



## We offer some of our activities at other locations...

**Easton Christian Family Centre** Beaufort Street, BS5 0SQ

**Elim Church** Stokes Croft, BS2 8JP

**Quakers Haviland House** Champion Square, St Judes, BS2 9DB

**The New Place** 119-121 Fishponds Road, BS5 6PN

**Trinity Centre**, Trinity Road, BS2 0NW

**St. Annes Church** St. Leonards Road, Eastville, BS5 6JN

**St. Werburghs Park Nursery School** Glenfrome Road, BS2 9UX

**St Pauls Adventure Playground** Fern Street, BS2 9LN



# What's on

Here is an outline of weekly activities across all our centre's, from January to April 2022.

## Monday

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### **Mums Comfort Zone St Paul's Children's Centre, 12.45-2.45pm**

A supportive group from Bluebell, where you can have some time out with relaxing sessions. Meet others and learn new ways of coping with life as a mum. **Referral only.**

### **Stay and Play Wellspring Settlement, 9.30-11.30am**

Free play for children and parents/carers.

### **ESOL Bannerman Road Children's Centre, 9.30-11.30am**

Come and join our friendly class to help improve your English for living in Bristol. Practice your listening, speaking, reading and writing skills. **Booking essential.**

### **Stay and play St Paul's Children's Centre, 10-11am**

For children aged 0-5 and their parents/carers to explore and play together. Everyone welcome, drop in.

### **Stay and Play Bannerman Road Children's Centre, 1.30-2.30pm**

A group for children 0-5 and their parents/carers to explore and play. Everyone welcome, drop in.

*Please refer to page 3 for centre locations and contact details.*



# Tuesday

## **Childminders' group** St Pauls Children's Centre, 9.30-11.30am

For local childminders and their children to play and learn together. We support childminders in all areas of professional practice.

## **ESOL** St Pauls Children's Centre, 9.30-11.00am

Come and join our friendly class to help improve your English for living in Bristol. Practise your listening, speaking, reading and writing skills. **Booking essential.**

## **Stay and Play** The New Place, 10-11am

For children aged 0-5 and their families. Everyone welcome, drop in.

## **Rock-a-bye** Wellspring Settlement, 9.30am-11.30am

For Somali mothers to grow in confidence, understand your baby's nonverbal communication and have fun. Uses music, movement, rhymes and colorful engaging props. **Referral only.**

## **Stay and Play** Wellspring Settlement, 1-2.30pm

A group for children 0-5 and their parents/carers to explore and play. **Bookable places.**

## **Refugee Women of Bristol** Easton Christian Family Centre, 10-11am

Session runs from 10-2.30am, however family support and signposting is available from 10-11am.

## **Incredible Years** Easton Christian Family Centre, 12.45-2.45pm

Starting 25<sup>th</sup> January – **Referral only.**

## **Rock-a-bye** St Werburghs Park Nursery School, 10-11am

For parents to grow in confidence, understand your baby's nonverbal communication and have fun. Uses music, movement, rhymes and colorful engaging props. **Referral only.**

## **Stay & Play** St Phillips Marsh Nursery, 9-11am

For children aged 0-5 and their families. Everyone welcome, drop in.

*Please refer to page 3 for centre locations and contact details.*



# Wednesday

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## **Nurture Programme** Wellspring Settlement, Bookable places, 9.30-12pm

Starting 16<sup>th</sup> January 2022. This is a 10-week programme with onsite creche facilities. This programme will help you to build on your skills and learn ways to improve family relationships and manage children's behavior. **Booking essential.**

## **Food Club** St Paul's Children's Centre, 9.30-11.00am

Every Wednesday. £1 joining fee, £3.50 per week, each box offers a range of veg, meat and food cupboard essentials worth £10-£15. **Call Yvonne on 0746335706 to find out more.**

## **Childminders' group** Bannerman Road Children's Centre, 9.30-11.30am

For local childminders and their children to play and learn together. We support childminders in all areas of professional practice.

## **Wellbeing Art** St Paul's Children's Centre, 12.45-2.45pm

A relaxed and friendly group art session for people who are socially isolated, anxious, stressed or suffering from chronic illness. **Referral only.**

*Please refer to page 3 for centre locations and contact details.*



# Thursday

## **Stay and Play** Easton Christian Family Centre, 9.30-11am

Run by ECFC and supported by the Children's Centre. Everyone welcome, drop in.

## **The Nurture Programme** Bannerman Road, 1-3pm

Starting 10<sup>th</sup> February, until 5<sup>th</sup> May. 10-week programme - build on your skills and learn ways to improve family relationships and manage children's behavior. **Booking essential.**

## **Health Visitors Hub** Bannerman Road, 9.30-11.30am

Bookable places via Charlotte Keel Health Visiting team.

## **Baby Group** St Pauls Children's Centre, 10-11am

Come and meet other parents and enjoy sensory activities and songs to use at home. Breastfeeding advice available. Drop in, no need to book.

## **Baby Group** Wellspring Settlement, 10-11am

Bookable group for babies aged 0-9 months. **Bookable places.**

**Stay and Play** Elim Church, 10-11.30am Run jointly with St Matthews and Elim for parents/carers and children of all ages. Drop in, all welcome.

## **Baby Group (Non mobile babies)**

### **Bannerman Road Children's Centre, 10.00-11.00am**

A friendly group providing opportunity to meet new parents in a safe, fun and sensory learning environment for you and your young non mobile baby. Drop in, no need to book.

## **Grup pentru părinți vorbitori de limba Română**

### **Joi între orele 12.00 și 13.00 Centrul pentru copii St.Pauls BS2 9JF**

Vino, să te joci și să întâlnești cu alte familii.  
Group for romanian speaking parents.

## **Health Visitors Hub** St Pauls Children's Centre, 1-3pm

Bookable places via Montpellier Health Visiting team.

## **Under 5's Hub and Infant Feeding support group**

### **Wellspring Settlement, 1-2pm**

Bookable places via Wellspring Health Visiting team and Family Centre Team.

**Tots talk time** TBC Information and activities to support communication for 2 year olds.  
**Invitation only.**

## **Family support sessions @ St Paul's Adventure Playground 3:30-5:30pm**

### **Buggy Walk and Soup @ Wellspring Settlement, 9.30-12pm**

13<sup>th</sup> January to 17<sup>th</sup> February 2022.

*Please refer to page 3 for centre locations and contact details.*



# Friday

## **Stay and Play Trinity Centre, 10-11.00am**

For children 0-5 and their families to explore, play and learn in a safe, friendly environment. Drop in, everyone welcome.

## **Family Music to support children's language development**

**St Pauls Children's Centre, 10-11am** Start date to be confirmed. **Referral only.**

For children aged 0-5 and their families with a focus on language development.

**Stay & Play St Annes Church, 10-11am** For children 0-5 and their families to explore, play and learn in a safe, friendly environment. Everybody welcome, drop in.

**Antenatal Classes Alternating between St Pauls Children's Centre & Bannerman Road Children's Centre.** To book a place contact your midwife.

**Aandheelno/Let's Play @ Wellspring Settlement, 9.30-12pm** This group is for Somali mothers and their children who will engage in singing, storytelling and play.

*Please refer to page 3 for centre locations and contact details.*

## **How we can support you**

### **Information, advice and guidance**

We can support you to return or remain in work; find childcare; help calculate your entitlement to benefits or tax credits including a better off in work calculation; identify training opportunities. Call 0117 3574192 / email [askcypts@bristol.gov.uk](mailto:askcypts@bristol.gov.uk) for more info.

### **Family support**

Our family support team can help if you have children 0-5 years old, and offer 1:1 support, home visits, referral to groups and courses. Speak to a member of the team for more information.

### **Internet access**

A computer is available to use at each of our centres. Let us know if you need help.

### **Safeguarding**

Are you worried about a child or young person? Do you or your child need help? Call First Response on 0117 903 6444 (or out of working hours call duty team on 01454 615 165).

### **Domestic abuse**

We help support victims of domestic violence and abuse. If you are feeling unsafe and would like help, contact us on 0117 9030337.

**If you are in immediate danger call 999 or Next Link on 0117 9250680**