

Nottinghamshire Children's Centre Service

Venue Addresses and Telephone Information:

Bingham Children's Centre
Eaton Place, Bingham, NG13 8BE

Abbey and Lady Bay Children's Centre
Abbey Road Primary School, West Bridgford, NG2 5ND

Phone: 0115 977 3749

Email: CC.Rushcliffe@nottscc.gov.uk

Facebook: Children's Centre Service Rushcliffe

About Our Groups and Sessions:

B.A.B.E.S Breastfeeding Group: Meet other breastfeeding and pregnant women, you can also receive support from a trained Breastfeeding Peer Supporter.

New Parents Group: this is a 6 week course for new parents. The group will offer you ideas around supporting your child's wellbeing and new ideas for play.

PHEW Group: Appointment / referral only sessions (please call the centre). Group for parents who are expecting a child or have a young child where a parent is experiencing low mood, anxiety, finding being a parent difficult, struggling to cope, social isolation and/or loneliness.

Stay and Play Roadshows: Open session for 0 up to 5 year old (older sibling welcome) and their parents/carers to enjoy whilst learning and developing important skills. Special guests include: Bird on the Hand, Circus Sensible, Multi Skills and more. (You can only book on one Roadshow).

Families & Food: This 4 week course offers you ideas on cooking with your child/ren on a budget. Also including physical activities. Aimed at 2 years up to 5 years old (older sibling welcome).

Under 1's Buggy Walks: A social walk and chat in your local park/area.

**...giving children
the best start**

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What's on Guide Children's Centres Services – Rushcliffe District

Summer Holidays
2nd Aug - 3rd Sept 2021

All information is correct at the time of printing,
Information is subject to change after this date

Guide updated: 14/07/2021



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M O R N I N G	<p>Under 1's/Buggy Walk 2nd Aug - Cotgrave Country Park (Car Park) 16th Aug - Bingham (Opposite Aldi - Linear Walk) 10:30am-11:30am Booking is required. Please call 0115 977 3749</p> <p>Adult Learning – Work Readiness Courses to help support your confidence and work readiness skills Contact the Children's Centre for more information about courses starting in September</p>	<p>Families & Food (WEEKLY) Abbey & Lady Bay Children's Centre 9:30am-12:30pm <u>By appointment only</u></p> <p>Parenting Programmes Behaviour Management, Sleep Tight, Incredible Years, Home Safety & Emotional Wellbeing. Please contact your local Children's Centre for more information and about when these course are running</p>	<p>PHEW Group (WEEKLY) 10-11am or 11am-12noon <u>By appointment only</u></p> <p>Self-Weigh (WEEKLY) Bingham Children's Centre 9:30am-12noon <u>Booking is required</u></p> <p>x4 Outdoor Stay and Play Roadshows (with special guests) 4th Aug - East Leake Park Field (LE12 6QD) 11th Aug - Ruddington Jubilee Field (NG11 6NH) 18th Aug - Keyworth Rec Park (NG12 5AN) 25th Aug - Cotgrave Welfare Field (NG12 3PJ) All 10am-12noon <u>Booking is required. Please call 0115 977 3749. (You can only book on one Roadshow)</u></p>	<p>New Parents Group (WEEKLY) Bingham Children's Centre 10:30-11:30am <u>By appointment only</u></p> <p>Under 1's/Buggy Walk (ONLY ON 26th Aug) West Bridgford Park (next to the tennis courts) 10:30-11:30am <u>Booking is required. Please call 0115 977 3749</u></p> <p>Children's Centre Family Appointments 1:1 appointments to discuss and give advice and support on child development and family life. Time varies to suit needs. <u>By appointment only</u></p>	<p>Under 1's/Buggy Walk (ONLY ON 13th Aug) East Leake Park 10:30-11:30am <u>Booking is required. Please call 0115 977 3749</u></p> <p>Save a Baby's Life Course More courses coming soon... Look out for details on our Facebook page</p> <p>Healthy Start Vitamins / Drops Available to purchase from the Children's Centre. You can also get them at Self-Weighs</p> 
	A F T E R N O O N	<p>New Parents Group (WEEKLY) West Bridgford Young People's Centre 1:30-2:30pm <u>By appointment only</u></p> 	<p>B.A.B.E.S Group (WEEKLY) Bingham Children's Centre Time 1:30-2:30pm <u>By appointment only</u></p> <p>Self-Weigh (WEEKLY) Abbey & Lady Bay Children's Centre 1.00-4.00pm <u>Booking is required</u></p>	<p>Volunteer Training Interested in volunteering for the Children's Centre. Please call us.</p> 	<p>Due to the Covid-19 pandemic, there has been changes to services. Please view social media or contact the Children's Centre for updates on what's running.</p> <p>Apologies for any inconvenience caused.</p>