

HOW TO BOOK



Scan QR code to register
for parenting courses

To book please email ECFH@bristol.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

**St Anne's
Park
Children's
Centre /
Family Hub
BS4 4BJ**

**Parents Plus
ADHD Programme**
10am - 12.30pm
Start date TBC

**Breastfeeding Peer
Support**
11am - 12noon

Childminders

9.30am - 11am

Twins and Multiples
10am - 11.30am
3rd Tues of each month

Hello Baby

2pm - 4pm

Please book via
www.eventbrite.co.uk

Welcome to the World
3pm - 5pm
10th March - 7th April

Baby Hub
10am - 11.30am

Nurturing Programme
9.45am - 11.45am
15th January - 26th March

Postnatal Rockabye

1pm - 2.15pm

Starts 22nd Jan

To book please email
Samantha.Cooper36@nhs.net

**St Paul's
Children's
Centre /
Family Hub
BS2 9JF**

Romanian Roma Drop in
9.30am - 3.30pm

Roma Young Parents
10am - 12.30pm

Baby Hub
1pm - 2.30pm

**Bannerman
Road
Children's
Centre /
Family Hub
BS5 0RL**

ESOL

9.30am - 11.30am
Creche is provided

**Newborn Hearing
(invite only)**
10.30 - 11.30am
Twice a month

★
Booking
Required

New Parents
1.30pm - 3pm

**Health & Social Care
Level 1**

9.30am - 2.30pm
24th Feb - 12th May

Childminders
9.30am - 11.30am

**Learn & Play Together -
Toddler (PEEP)**
1pm - 2.15pm

★
Booking
Required

Baby Hub
1pm - 2.30pm

Young Parents
1.30pm - 3.30pm

Welcome to the World
9.15am - 11.15am
10th April - 1st May

**Barton Hill
Family Hub
BS5 0AX**

Local Parents
10am - 11.30am

Postnatal Exercise
1pm - 2pm
Referral (with GP)
Lawrence Hill

Parents to be Rockabye
6pm-8pm
Starts 23rd Feb
To book please email
Samantha.Cooper36@nhs.net

★
Booking
Required

**Learn & Play Together -
Baby (PEEP)**
11.30am - 12.30pm

★
Booking
Required

Hello Baby
1.30pm - 3.30pm
Please book via
www.eventbrite.co.uk

Stay and Play
10am - 11.30am

**Food Club
Wellspring Settlement**
12.30pm - 2.30pm

SEND & You
12.30pm - 2pm
Monthly Drop In

Postnatal Rockabye
12.45pm - 2pm
Starts 21st Jan
To book please email
Samantha.Cooper36@nhs.net

**Strengthening Families
Strengthening
Communities
Bookable Creche**
9.15am - 12.15pm
Starts 15th Jan

**1 - 1 Specialist Infant
Feeding (referral only)**

Baby Hub
(Infant Feeding support
available)
1pm - 2.30pm
Last entry at 2.15pm

**Oldbury
Court
Children's
Centre /
Family Hub
BS16 2QS**

Dad/Male Carer PEEP
(Outdoor weather dependant)
10am - 11.15am

Children's Scrapstore
3.30pm - 5pm

**Murmuration Nurture
Group**
7.30pm - 9pm, Starting 26th Jan
Please book via
www.eventbrite.co.uk

★
Booking
Required

Childminders
9.30am - 11am

Toddler Incredible Years
12.45pm - 2.45pm

Baby Hub
9.30am - 11am

SEND Rainbows
9am - 11am

New Parents
1.30pm - 3pm

★
Booking
Required

Welcome to the World
10am - 12noon
15th Jan - 12th Feb

Twins and Multiples
10am - 11.30am
First Friday of each month

★
Booking
Required

Hello Baby
2pm - 4pm
Please book via
www.eventbrite.co.uk

**St Werburghs
Children's
Centre /
Family Hub
BS2 9UX**

ESOL Conversation
2pm - 3pm

To book please email
Agnieszka.Kaziszyn@bristol.gov.uk

★
Booking
Required

Childminders
9.30am - 11.30am

SEND Rainbows
1pm - 3pm

★
Booking
Required

Postnatal Rockabye
10am - 11.15am
Starts 21st Jan
To book please email
Samantha.Cooper36@nhs.net

Parenting Puzzle
9am - 11am
Starts 25th Feb

**Learn & Play Together -
Baby (PEEP)**
10am - 11.15am

★
Booking
Required

Welcome to the World
26th Feb - 26th Mar
3pm - 5pm

★
Booking
Required

Hello Baby
10am - 12noon
Please book via
www.eventbrite.co.uk

Community

**Stay and Play
Faith Space**
Redcliffe Methodist Church,
BS1 6PB
9.30am - 11am

Stay and Play
St Peter's Church,
BS4 4NZ
9.30am - 11.30am

Virtual Parenting Puzzle
6pm-8pm
20th Jan-10th Feb

Baby Hub
Meadowvale Community Centre,
BS5 7RF
9.30am - 11am

Baby Hub
Redland Quakers Meeting Hall,
BS6 6JE
10am - 11.30am

★
Booking
Required

Incredible Years
Easton Community Centre,
BS5 9JF
10am - 12.15pm
9th Jan - 27th March

Group

Details

Antenatal Hello Baby	4 week course to help you prepare for the arrival of your new baby. The course will help you prepare for the birth experience and the early days
Baby Hub	Meet other local parents and gain information and advice about all aspects of your child's development with the support from a local health visiting team and Family Hub team
Learn & Play Together (PEEP)	A group for parents, babies and children to learn together through playing, listening, talking, singing and sharing books
Childminders	A space where childminders can connect, share experiences, and receive support, and a network for collaboration
Breastfeeding Peer Support	Meet new people and discuss your breastfeeding experiences - positives and struggles with support from trained practitioners
Infant Feeding Group (Referral Only)	1-2-1 support for mums, including expectant mums, offering information about all aspects of breast, formula, or mixed feeding
Stay & Play	A stay and play group for families with children aged 0-5 years
Circle of Security	9-week programme for parents/carers of a child aged between 0-5 years, offering relationship tools and providing a new way of understanding children's needs
Parenting Puzzle	4-week programme for parents/carers of a child between 0-5 years, sharing parenting strategies that support positive behaviour and emotional wellbeing. Delivered in person and virtually (condensed version of The Nurture programme)
Toddler Incredible Years	12-week programme for parents/carers of a child aged between 1-3 years, strengthening child wellbeing and promoting social/emotional learning
The Nurture Programme	10-week programme for parents/carers of a child aged 2-8 years, sharing parenting strategies that support positive behaviour and emotional wellbeing
Welcome to the World	5-week programme for parents-to-be. From 22 weeks of pregnancy onwards. Preparing for parenthood, focusing on building strong emotional health for parent and baby
Community Adult Learning	English - to help improve your reading, writing, speaking and listening skills. Maths - a fun and supportive class, with an emphasis on overcoming Maths anxiety. For adults over 19
ESOL Conversation	Drop in group to build confidence and chat with others
Mums in Mind	A peer support group for mums with children aged 0-2 years who feel like things are getting on top of them
Rainbow Group	A stay and play group for pre-school children who have additional needs, and/or disability
Rockabye	A group to support you and nourish your relationship with your baby through sharing experiences with other parents, singing and sensory play. For mums with babies from 0 -7 months old
Young Parents & Roma Young Parents	A stay and play group for parents aged under 23 with children aged 0-5 years. For families to explore & play in a safe, supportive space and access advice
Twins and Multiples	Monthly group to meet other parents/carers with their twins/multiples and enjoy fun activities for children 0-5 years