

# 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 (search):** Children's Centre Service Rushcliffe

## About Our Groups and Sessions:

**Virtual B.A.B.E.S Breastfeeding Group:** Appointment / referral only sessions (please call the centre). 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.

**Virtual PHEW:** Appointment / referral only sessions (please call the centre). Group for parents who are expecting a child or have a child aged 0-1 where a parent is experiencing low mood, anxiety, finding being a parent difficult, struggling to cope, social isolation and/or loneliness.

**Little Talkers:** These 45 minute sessions are for 4 weeks and designed for children aged between 2 – 3 to share ideas and strategies to support development in speech, language and communication

**Children's Centre Appt. Sessions:** Appointment / referral only sessions. Advice and guidance from a member of the children's centre team around aspects of family life.



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the best start

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


April - July 2021

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

Guide updated: 28/04/2021



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M O R N I N G	<p><b>School Readiness Groups</b> To aid things such as your child's speech &amp; language and confidence Please contact your local Children's Centre for more information</p> <p><b>Adult Learning – Work Readiness</b> Courses to help support your confidence and work readiness skills Contact the Children's Centre for more information</p> 	<p><b>Outdoor Stay &amp; Play</b> From June 2021 <u>By appointment only</u> <b>10.30-11.30 am</b></p> <p><b>B.A.B.E.S Group</b> From June 1st 2021 For pregnant &amp; breastfeeding mums with non-mobile babies <u>By appointment only</u></p> <p><b>Parenting Programmes</b> Behaviour Management, Sleep Tight, Incredible Years, Home Safety &amp; Emotional Wellbeing Please contact your local Children's Centre for more information</p>	<p><b>Virtual PHEW Group</b> Cotgrave &amp; West Bridgford - alternate weeks <u>By appointment only</u></p> <p><b>Self-Weigh</b> Bingham Children's Centre <u>By appointment only</u> <b>9.30-12.00pm</b></p> 	<p><b>New Parents Group</b> Bingham Children's Centre <u>By appointment only</u> <b>10-11am</b></p> <p><b>Parenting Programmes</b> Please contact your local Children's Centre for more information</p> <p><b>Save a Baby's Life Course</b> Coming soon... Look out for details on our Facebook page</p>	<p><b>Now I am Two</b> Coming soon... A group to support parents to guide, teach and encourage your 2 year old to gain confidence and independence Contact the Children's Centre for more information <u>By appointment only</u></p> <div style="border: 2px solid red; padding: 10px; text-align: center;"> <p><b>Due to the Covid-19 pandemic, there has been changes to services.</b> <b>Please view social media or contact the Children's Centre for updates on what's running.</b></p> </div>
	A F T E R N O O N	<p><b>New Parents Group</b> West Bridgford Young People's Centre <u>By appointment only</u> <b>1-2pm</b></p> 	<p><b>Virtual B.A.B.E.S Group</b> Bingham Children's Centre - weekly For pregnant &amp; breastfeeding mums Please contact the Children's Centre for more information <b>1-2.15pm</b></p> <p><b>Self-Weigh</b> West Bridgford Young People's Centre <u>By appointment only</u> <b>1-3.30pm</b></p>	<p><b>Healthy Start Vitamins / Drops</b> Are available to purchase from the Children's Centre. You can also get them at Self-Weigh <u>By appointment only</u></p> 	<p><b>Self-Weigh</b> Keyworth Young People's Centre <u>By appointment only</u> <b>1-3.30pm</b></p> <p><b>Children's Centre Appt. Sessions</b> For information, advice and guidance on all things parenting Bingham Children's Centres <u>By appointment only</u> <b>1-4pm</b></p>