

# 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](mailto:CC.Rushcliffe@nottscc.gov.uk)

**Facebook:** Link: [Rushcliffe](#) or search: Children's Centre Service Rushcliffe

## About Our Groups and Sessions:

**Adult Learning – Work Readiness:** Courses to help support your confidence and work readiness. Contact the Children's Centre for more information about the courses on offer.

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

**Forest School:** A specialised outdoor programme that may include: den building, creating fairy gardens, treasure hunts, exploring the outdoor environment, using tools to make jewellery, bug houses etc and more.

**Little Talkers:** These 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.

**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.

**Now I am 2:** This targeted intervention is for parents/carers and the children aged 18 months up to the age of 3. The focus of the programme is to promote stimulation and play.

**Parenting Programmes:** Behaviour Management, Sleep Tight, Incredible Years, Home Safety & Emotional Wellbeing. Contact the Children's Centre for more information and about when these course are running.

**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.

**Pop Up Stay and Play Roadshows:** Open sessions suitable for 0 up to 5 year olds and their parents/carers to enjoy whilst learning and developing important skills.

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





6th Sept - 17th Dec 2021  
(termtime only)

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

Guide updated: 28/09/2021



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M O R N I N G	<p><b>Now I am 2 (Referral only)</b> <b>(4 week course)</b> Keyworth Young Peoples Centre <b>(10-11:15am &amp; 1-2pm)</b></p> <p><b>New Parents Group (WEEKLY. Referral only)</b> West Bridgford Young People's Centre <b>9:45-10:45am</b></p> 	<p><b>Parenting Programme. Contact the CC for further information</b> Bingham Children's Centre <b>9:30-11:30am</b></p> <p><b>Little Talkers (Referral only) (14th Sept-5th Oct)</b> Bingham Rugby Club <b>10:30-11:15am</b></p>	<p><b>Self-Weigh (WEEKLY. Booking required)</b> Bingham Children's Centre <b>9:30am-11:30am</b></p> <p><b>B.A.B.E.S Group (WEEKLY. Booking required)</b> Bingham Children's Centre <b>10am-11am</b></p> <p><b>Forest School (Referral only) (4 week course)</b> Abbey Park <b>10:30am-11:30</b></p> <p><b>PHEW Groups (Alternate, referral only)</b> West Bridgford Young Peoples Centre <b>10-11:30am</b></p>	<p><b>New Parents Group (WEEKLY. Referral only)</b> Bingham Children's Centre <b>10-11am</b></p> <p><b>Dealing with a Feeling (6 week course. Referral only)</b> West Bridgford Young Peoples Centre <b>9:30-11:30am</b></p> 	<p><b>Baby Massage (Referral only)</b> Various venues across the district <b>Contact the CC for further information</b></p> <div style="border: 2px solid orange; padding: 10px; text-align: center;"> <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> </div>
	A F T E R N O O N	<p><b>Adult Learning Course. Contact the CC for further information</b> Bingham Children's Centre <b>1-3pm</b></p> <p><b>Self-Weigh (WEEKLY. Booking required)</b> Keyworth Health Centre <b>1-2:45pm</b></p> 	<p><b>Coming Soon Pop up Stay and Play Roadshows (suitable for children aged 0 up to 5 year)</b> Various venues across the district <b>1:30-2:30pm</b> <b>Contact the CC for further information</b></p> 	<p><b>Parenting Programme. Contact the CC for further information</b> West Bridgford Young Peoples Centre <b>1-3pm</b></p> <p><b>Self-Weigh (Alternate. Booking required)</b> Cotgrave Health Centre <b>1-2:45pm</b></p> <p><b>PHEW Groups (Alternate, referral only)</b> Bingham Children's Centre <b>1:15-2:45pm</b></p>	<p><b>Adult Learning Course. Contact the CC for further information</b> Virtual <b>1-3pm</b></p> <p><b>Self-Weigh (WEEKLY. Booking Required)</b> West Bridgford Young Peoples Centre <b>1-3pm</b></p> <p><b>B.A.B.E.S Group (WEEKLY. Booking Required)</b> West Bridgford Young Peoples Centre <b>1:30pm-2:30pm</b></p>