

# 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)

**Website:** <https://www.nottinghamshire.gov.uk/childrenscentreservice>

**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 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.

**Under 1's Group:** Universal group for parents-to-be and babies aged 0 to movers. With infant feeding support (bottle, breast & combination), tummy time, sensory exploration & a chance to make new friends within your area.

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





4th Jan - 1st April 2022  
(termtime only)

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

Guide updated: 15/12/2021



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<p><b>New Parents Group (WEEKLY. Referral only) Starting 10th Jan</b> West Bridgford Young People's Centre 9:45-11:15am</p> <div style="border: 2px solid orange; padding: 10px; margin: 10px 0;"> <p>Due to the Covid-19 pandemic, there could be 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>	<p><b>New Parents Group (ALTERNATE, Referral only) Starting 4th Jan</b> Bingham Children's Centre 10-11:30am</p> <p><b>Little Talkers (Referral only) Starting 11th Jan</b> Bingham Rugby Club 10:30-11:15am</p> 	<p><b>Self-Weigh (ALTERNATE. Booking required) Starting 5th Jan</b> Bingham Children's Centre 9:30-11:30am</p> <p><b>0-3 Stay &amp; Play (ALTERNATE. Booking required) Starting 5th Jan</b> Bingham Children's Centre 10-11:30am</p> <p><b>B.A.B.E.S Group (ALTERNATE. Booking required) Starting 12th Jan</b> Bingham Children's Centre 10-11am</p> <p><b>PHEW Group (Alternate, referral only) Starting 5th Jan</b> West Bridgford Young Peoples</p>	<p><b>Adult Learning Courses. Contact the CC for further information</b></p> <p><b>Weaning Course (Referral only)</b> Various venues across the district <b>Contact the CC for further information</b></p> 	<p><b>Parenting Programme. Contact the CC for further information</b> Venue to be confirmed 9:30-11:30am</p> <p><b>Baby Massage (Referral only)</b> Various venues across the district <b>Contact the CC for further information</b></p> 
AFTERNOON	<p><b>Self-Weigh (ALTERNATE. Booking required) Starting 10th Jan</b> Keyworth Health Centre 1-2:30pm</p> <p><b>PHEW Group (Alternate, referral only) Starting 10th Jan</b> Bingham Children's Centre 1-2:30pm</p>	<p><b>Parenting Programme. Contact the CC for further information</b> Bingham Children's Centre 1-3pm</p> 	<p><b>Now I am 2 (Referral only) Starting 12th Jan</b> West Bridgford Young Peoples Centre 1:30-3pm</p> <p><b>Self-Weigh (ALTERNATE. Booking required) Starting 5th Jan</b> Cotgrave Health Centre 1-2:30pm</p>	<p><b>Self-Weigh (WEEKLY. Booking Required) Starting 6th Jan</b> West Bridgford Young Peoples Centre 1-3pm</p> <p><b>B.A.B.E.S Group (ALTERNATE. Booking Required) Starting 6th Jan</b> West Bridgford Young Peoples Centre 1:30-2:30pm</p> <p><b>Under 1's Group (ALTERNATE. Booking required) Starting 13th Jan</b> West Bridgford Young Peoples Centre 1:30-3pm</p>	<p><b>Healthy Start Vitamins / Drops</b> Available to purchase from the Children's Centre</p> 