

# 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 years 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, as well as an opportunity to meet other new mums.

**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 learning through play and also independence.

**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.

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

### Summer Holidays (25th July- 2nd Sept 2022)

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

Guide updated: 18/07/2022



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M O R N I N G	<p><b>Healthy Start Vitamins / Drops</b> Available to purchase from the Children's Centre</p> 	<p><b>New Parents (Referral only)</b> <b>Starts 26th July</b> Bingham Children's Centre <b>10-11:30am</b></p> <p><b>Pop Up Stay &amp; Play (with White Post Farm)</b> <b>9th Aug only</b> East Leake Rec <b>10:30am-12noon</b> <b>AND</b> <b>23rd Aug only</b> Keyworth Rec <b>10:30am-12noon</b> <b>(No booking required)</b></p>	<p><b>Lark In the Park</b> <b>Wed 3rd Aug only</b> West Bridgford Park <b>10am-4pm</b></p> <p><b>Self-Weigh</b> Bingham Children's Centre <b>9:30-11:30am</b></p> <p><b>B.A.B.E.S Group (Fortnightly)</b> <b>27th Jul, 10th &amp; 24th Aug</b> Bingham Children's Centre <b>10-11am</b></p>	  	<p><b>Self-Weigh (Fortnightly)</b> <b>29th Jul, 12th &amp; 26th Aug</b> East Leake Health Centre <b>10-11:30am</b></p> <p><b>BABES (Fortnightly)</b> <b>5th, 19th Aug &amp; 2nd Sept</b> East Leake Health Centre <b>10-11am</b></p>
A F T E R N O O N	<p><b>Self-Weigh (Fortnightly)</b> <b>1st &amp; 15th Aug (no session 29th Aug as BH)</b> Keyworth Health Centre <b>1-2:30pm</b></p> 	<p><b>Pop up Stay &amp; Play (with White Post Farm)</b> <b>16th August only</b> Ruddington Jubilee Field <b>1:30-3pm</b> <b>(No booking required)</b></p>	<p><b>Self-Weigh (Fortnightly)</b> <b>3rd, 17th &amp; 31st Aug</b> Cotgrave Health Centre <b>1:30-3pm</b></p> 	<p><b>Self-Weigh</b> West Bridgford Young Peoples Centre <b>1-3pm</b></p> <p><b>B.A.B.E.S Group (Fortnightly)</b> <b>4th, 18th Aug &amp; 1st Sep</b> West Bridgford Young Peoples Centre <b>1:30-2:30pm</b></p>	<p><b>Rushcliffe Food Club (Booking required)</b> Bingham Children's Centre <b>12:30-2:30pm</b></p> 

For referral only services, please ring the Children's Centre (0115 977 3749) to discuss if this is appropriate to support your needs