

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

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 & work readiness. Contact the Children's Centre for more information about 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 child under 5 where a parent is experiencing low mood, anxiety, finding being a parent difficult, struggling to cope, social isolation and / or loneliness.

Stay & Play: Open session for under 5's and their parents/carers to enjoy whilst learning and developing important skills.

PEEP Programmes: Adult learning course for adults and children to attend together to build parent confidence in supporting their child's learning and development

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

5th Sept– 14th Oct 2022
(termtime only)

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

Guide updated: 14/09/2022



...giving children
the best start

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M O R N I N G	<p>Forest Schools (Referral only) Starts 5th Sept (6 weeks) Cotgrave County Park 10:30-11:30am</p> <p>Baby Massage (Referral only) Various venues, days & times</p>	<p>SEN Peep Little Sparkles (Referral only) Starts 6th Sept (6 weeks) Bingham Children's Centre 9:30-11am</p> <p>Toddler PEEP (Referral only) Starts 1st Nov (6 weeks) Bingham Children's Centre 9:30-11am</p> <p>Family Support Drop in (13th Sep, 11th Oct, 15th Nov & 13th Dec) Candelby Lane School 8:45-10am</p>	<p>Self-Weigh (WEEKLY) Bingham Children's Centre 9:30-11:30am</p> <p>B.A.B.E.S Group (FORTNIGHTLY) Starts 7th Sept Bingham Children's Centre 10-11am</p> <p>Under 5's Stay & Play (FORTNIGHTLY) Starts 14th Sept Bingham Children's Centre 10-11:30am</p> <p>Weaning Course (Referral only) Various venues and times</p>	<p>PHEW Group 1 (Referral only) Starts 8th Sept (6 weeks) WBYP 9:30-11am</p> <p>PHEW Group 2 (Referral only) Contact the CC for more info Bingham CC 9:30-11:00</p> <p>Little Talkers (Referral only) Starts 10th Nov (4 weeks) Venue TBC Times 10:30-11:30am</p>	<p>Family Support Drop in (30th Sep, 4th Nov & 2nd Dec) Candelby Lane School 8:45-10am</p> <p>Self-Weigh (FORTNIGHTLY) Starts 9th Sept East Leake Health Centre 10-11:30am</p> <p>B.A.B.E.S Group (FORTNIGHTLY) Starts 16th Sept East Leake Health Centre 10-11am</p>
A F T E R N O O N	<p>Self-Weigh (FORTNIGHTLY) Starts 12th Sept Keyworth Health Centre 1-2:30pm</p> <p>Breast Feeding Peer Support Volunteer Training (Referral only) Starts 19th Sept Bingham 1-3pm</p> 	<p>Sleep Clinics available (Referral only) Various venues and times</p> <p>Healthy Start Vitamins / Drops Available to purchase from the Children's Centre</p>  <p>Opening Doors to Employment course (Referral only) Virtual</p>	<p>Self-Weigh (FORTNIGHTLY) Starts 14th Sept Cotgrave Health Centre 1:30-3pm</p> <p>New Parents Group (Referral only) Starts 21st Sept (5 weeks) Cotgrave Bowls Club 1:30-3pm</p> <p>Baby PEEP (Referral only) Starts 9th Nov (6 weeks) Cotgrave Bowls Club 1:30-3pm</p>	<p>Self-Weigh (WEEKLY) West Bridgford Young Peoples Centre 1-3pm</p> <p>Under 5's Stay & Play (FORTNIGHTLY) Starts 8th Sept West Bridgford Young Peoples Centre 1:30-3pm</p> <p>B.A.B.E.S Group (FORTNIGHTLY) Starts 15th Sept West Bridgford Young Peoples Centre 1:30-2:30pm</p>	<p>Rushcliffe Food Club (WEEKLY. Booking required) Bingham Children's Centre 12:30pm-2:30pm</p>  <p>A range of Parenting courses available (Referral only) Various venues and times</p>

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