

### Stay & Play

Come along and meet other parents/carers and their children. Enjoy lots of fun activities which change every week. Learn more about other services available to you from staff.  
Suitable for children aged 0-5 years.

### Boogie Gym

Come and join us for our fun movement session at Hengrove Leisure Centre. Together join in with fun physical activities including dance, parachute games and a children's gym circuit. Physical activity is one of the best ways to improve health and wellbeing. Come along and find out more. Age 0-5years.

### Nature Play

Join us to explore Hartcliffe City Farm. Enjoy nature-based activities. Pull on your wellies and old clothes as we will be outside having fun most weeks, weather permitting.

### Little Explorers

This fun group is for expectant parents and parents under 25.  
A chance to meet with other parents and their children in a fun environment with lots of opportunity to play.

### Dad's Rock

Join our FREE 8-week course for under 2's and dads/male caregivers. Explore music, stories & games together.  
Learn how child-led musical play helps with developing baby and toddler's emotional regulation, communication, language, numeracy and creativity.  
Have fun, bond with your little ones and meet other dads too.  
**Call Emma on 07943 973 473 for more**

### Baby Hub

A chance to see the Health Visitor for advice and scales will be available for you to use.  
Also breastfeeding support and the Children's Centre team are on hand to share information.  
Suitable for parents/carers of children under 0-5 years.

### Baby Peep

Play and learn together.  
A group for parents/carers, babies to learn together through playing, listening, talking, singing and sharing books. Supporting and building on what families already do at home. Making the most out of everyday learning opportunities to help your child reach their full potential.  
(from June this will be a 6-week bookable programme).

### Infant Feeding

A chance to get advice and support around feeding and what works best for parent and baby.

### Mums in Mind

A free peer support group for mums with children aged 2 and under who feel like things are getting on top of them. Join the group for snacks, crafting and activities.  
**At Knowle Children's Centre.**

### Hello Baby

A free four-week course to help you prepare for the birth of a baby.  
The course will help you prepare for the birth experience, and the early days after having your baby. Get to know your baby and how to give them the care and comfort they need.  
Understand more about feeding your baby and the support available to you. Meet other new parents in your local area. Explore where you can get support for your family's wellbeing, relationships, and fun activities to support your child's development.

# South Bristol Children's Centre 22nd April 2025- 23rd May 2025

**Our centres are safe, welcoming spaces with easy access to a range of activities and services including groups, events & 1:1 support.**

**To access our free services just pop in and see us, give us a call, send an email or check out our Facebook pages or website. No booking required unless stated.**

**Facebook: southbristolchildrenscentrehub**  
**Email: [sbcc@bristol.gov.uk](mailto:sbcc@bristol.gov.uk)**  
**Website: [www.southbristolcc.org.uk](http://www.southbristolcc.org.uk)**

**To register interest in any of our parenting groups please visit this link <https://forms.gle/tTWypDqXzL9PoQ3i6>**



Facebook..




Website..



South Bristol  
Children's Centres



| Location                                                                                     | Monday                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                  | Thursday                                                                                                                                                                                    | Friday                                                                                                                                                                           | Saturday                                                                                                  |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <b>Hartcliffe</b><br>Hareclive Rd.<br>Hartcliffe<br>BS13 OJW<br>01179- 038633                | <b>Nature Play @Hartcliffe City Farm BS13 0QH</b><br>9:30-11:00<br><br><b>Little Explorers Stay &amp; Play</b><br>For expectant parents and parents under 25 years of age.<br>1:00 -2:30 | <b>Register Interest in any of our parenting programmes by scanning the QR code below.</b><br>Nurture, Parenting Puzzle, Incredible Years, Circle of Security and Welcome To the World.<br> | <b>Baby Hub</b><br>9:30–10:30<br><br><b>Milky Way, Infant Feeding Group</b><br>10:30–12:00<br><br><b>Mothers to Mothers</b><br>10:00-12:00 | <b>Rainbows Stay &amp; Play for SEN Children</b><br>9:30 -11:30<br><br><b>Baby Peeps</b><br>1:30–2:30                                                                                       | <b>Stay &amp; Play</b><br>9:30-11:00<br><br><b>Hello Baby. Booking required,</b> please go to link for dates and booking your space<br><a href="#">Hello baby (bristol.gov.)</a> | <b>Dad's Rock with Evolve Music 10:00-11:30</b><br>For more info email<br><b>Emma@evolvemus ic.org.uk</b> |
| <b>Stockwood</b><br>Whittock Rd,<br>Stockwood<br>BS14 8DQ<br>01173-533503                    | <b>Hello Baby - Booking Required</b><br>please go to link for dates and booking your space<br><a href="#">Hello baby (bristol.gov.)</a>                                                  | <b>Baby Hub @ Whitchurch Health Centre</b><br>1st and 3rd Tuesday of the month.<br>1:30 -2:30                                                                                                                                                                                | <b>Boogie Gym @ Hengrove Leisure Centre</b><br>10:00-11:30                                                                                 | <b>Stay &amp; Play including Infant Feeding Support</b><br>9:30-11:00<br><b>Baby Hub</b><br>9:30-11:00 Every 2nd and 4th Thursday of the month, Scales will only be available until 10:30 . |                                                                                                                                                                                  |                                                                                                           |
| <b>Knowle</b><br>Inns Court,<br>Knowle<br>BS4 1TR<br>01173-532036                            | <b>Stay &amp; Play</b><br>1:00-2:30                                                                                                                                                      | <b>Baby Hub</b><br>9:30–11:00 Scales at this site are only available until 10:30.<br><br><b>Milk Tots, Infant Feeding Group</b><br>11:15-12:45                                                                                                                               |                                                                                                                                            | <b>Baby Peep (incl Sing and Sign) 10:00–11:00</b><br><b>Mums in Mind</b><br>12:30-2:30. Please contact: 0117 9501170 to book.<br><br><b>Food Club</b><br>12:30 – 2:30                       | <b>Food Club</b><br>1:00-3:00                                                                                                                                                    |                                                                                                           |
| <b>Bishopsworth</b><br>2 Lakemead Grove,<br>Bishopsworth<br>BS13 8EA<br>01179-781028         | <b>Childminding Group</b><br>9:30–11:00                                                                                                                                                  | <b>Baby Hub</b><br>9:30–10:30<br><br><b>Milky Way, Infant Feeding Group</b><br>10:30-12:00                                                                                                                                                                                   | <b>Baby Peep</b><br>9:30-10:30                                                                                                             | <b>Stay &amp; Play</b><br>1:00-2:30                                                                                                                                                         |                                                                                                                                                                                  |                                                                                                           |
| <b>Bedminster</b><br>British Rd entrance,<br>Bedminster, Bristol<br>BS3 3BZ<br>01173- 746362 | <b>Childminders</b><br>9:30-11:00                                                                                                                                                        | <b>Baby Peep</b><br>1:30-2:30                                                                                                                                                                                                                                                | <b>Stay &amp; Play</b><br>9:30 -11:00<br><br><b>Redcliffe Food Club</b><br>1:00–2:30<br>Faithspace BS1 6PB                                 | <b>Baby Hub</b><br>10:00–11:30                                                                                                                                                              |                                                                                                                                                                                  |                                                                                                           |

**Please see back of Timetable for all group descriptions & information. Thanks, SBCC**