



# We are here to provide family support

- One to one family support
- Drug and Alcohol Support
- Domestic Abuse support for women
- Young Parents support
- Returning to work/college
- Debt Advice
- Benefits Advice
- Budgeting Courses
- ESOL Courses & Adult Learning
- Volunteering
- Speech and language drop in
- Antenatal
- Baby Massage
- Support for childminders
- Dads Groups
- Quit Smoking
- Well Being
- Breastfeeding
- English/Maths Courses
- Post Natal depression
- Support for families affected by imprisonment and offending



Follow us on:



Southmead Children's Centre, Doncaster Road,  
Southmead, Bristol, BS10 5PW.

Tel: 0117 3772343

Henbury Children's Centre  
Trevelyan Walk, Henbury  
Bristol, BS10 7NY  
Tel: 0117 353 4479

Brentry Children's Centre  
Brentry Lane, Brentry  
Bristol, BS10 6RG  
Tel: 0117 959 3800/3900

## Brentry and Henbury Children's Centre



### What's on at our centres (Brentry, Henbury and Southmead)

### From September 2019

[www.bhchildrenscentre.org.uk](http://www.bhchildrenscentre.org.uk)

[admin@bhchildrenscentre.org.uk](mailto:admin@bhchildrenscentre.org.uk)

0117 959 3800



	Monday	Tuesday
MORNING	<p>Stay &amp; Play 9.15—11.00am @ Southmead Children's Centre Doncaster Road, Southmead, BS10 5PW Meet other parents and enjoy creative activities with your child under five (older siblings welcome during school holidays).</p> <p>Southmead Children's Centre—0117 3772343</p>	<p>Antenatal Rock 'A' Bye 10.00 - 11.30am (Term-Time only) @ Brentry Children's centre Antenatal group for expectant mums (via referral only, please ask for more information)</p>
AFTERNOON	<p>Rock 'A' Bye 1.30 - 2.30pm @ Southmead Children's Centre For parents and their babies 3 - 9 months old (via referral only, please ask for more information &amp; to book a place)</p>	<p>Breastfeeding Support Group 1.30—3.00pm @ Southmead Children's Centre Doncaster Road, Southmead, BS10 5PW For expectant &amp; breastfeeding mothers, babies &amp; children</p>
<p><b>DAD'S ARMY - RUNS THE SECOND SATURDAY OF THE MONTH</b> 9.00 - 11.00 AM @ BRENTY CHILDREN'S CENTRE</p>		

Wednesday	Thursday	Friday
<p>Family Advice Drop-In 8.30—10.30am @ Southmead Children's Centre Drop-in for any advice you need for yourself, your child or your family. Baby Clinic 9:15 - 11.00am @ Brentry Children's Centre Come to weigh your baby and discuss their progress with local Health Visitors Breastfeeding Drop-In 11.30am - 1.00pm @ Brentry Children's Centre For expectant &amp; breastfeeding mothers, babies &amp; children</p>	<p>Baby Clinic @ Southmead Children's Centre 9.30—11am Come to weigh your baby and discuss their progress with local Health Visitors You &amp; Me Sensory Play 10.00 - 11.15am @ Brentry CC Fun, sensory group for babies under 1. *New Lullaby Room for babies 0-3 months * Pay on the day - <b>£5 a session (£3 0-3 mths)</b> (Starts 19th Sept)</p>	<p>Baby Clinic &amp; Breastfeeding 9:15 - 11.15am @ Henbury Court Children's Centre <u>Every other Friday please contact for further info.</u> Come to weigh your baby and discuss their progress with Health Visitors, breastfeeding support available Stay &amp; Play 9:15 - 11.15am @ Henbury Court Children's Centre Meet other parents and enjoy creative activities with your child under five</p>
<p>Boppin' Babes @ Southmead Children's Centre 1.00—2.30pm Sensory singing /chat group for babies under 18 months Legal Advice Drop-In 1.30 - 3.00pm @ Brentry Children's Centre Free legal family advice.</p>	<p>Antenatal Classes run by NHS Midwives 3.30-5.30pm Alternating between Brentry and Southmead Children's Centre . Please contact your Midwife for more information.</p>	<p>Bluebell Group 12.45 - 2.45pm @ Henbury Court Children's Centre This group is referral only. Please speak to a member of staff</p>
<p>All year round groups: Baby Clinic, Stay &amp; Play , Family Advice Drop-in, Boppin' Babes and Breastfeeding. All others are term time only.</p>		