

## = Contact details

For further information and details of activities please go to:

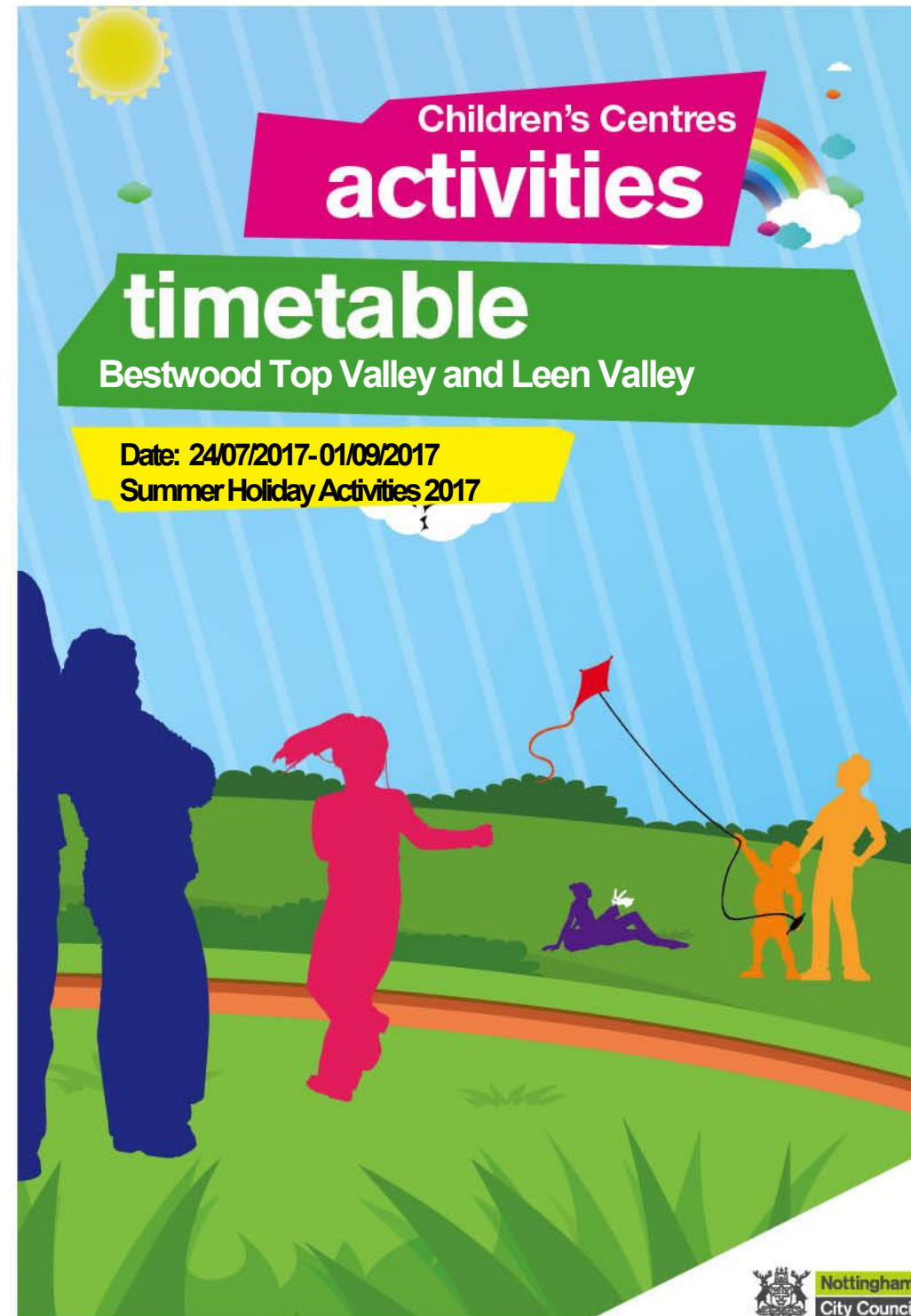
[www.nottinghamcity.gov.uk/playandyouth](http://www.nottinghamcity.gov.uk/playandyouth)  
[www.nottinghamcity.gov.uk/childrenscentres](http://www.nottinghamcity.gov.uk/childrenscentres)

**Southglade Access CentreChildren's Centre:**

Southglade Road, Bestwood, Nottingham NG5 5GU,

Tel: 0115 8761890

Email: [southgladeac@nottinghamcity.gov.uk](mailto:southgladeac@nottinghamcity.gov.uk)



### Children's Centre Activities

We want all children and parents and carers to be happy, healthy and to support their child/ren to be ready for school. Children Centres provide a variety of sessions and support for families from pregnancy to 5 to support this. All families are welcome. To keep you up to date with all of the sessions and support we offer, we will request that you complete a Children Centre Registration Form. For more information please ask staff member who will be happy to help. All sessions unless stated otherwise are FREE!

## Free Childcare for 2 Year Olds

The Early Learning Programme (ELP) for 2 Year Olds is a Government initiative that provides free childcare places for eligible 2 year olds. Eligible children will be entitled up to 15 hours per week of free early education for a total of 38 weeks. Free places are available in participating childcare providers across the city.

### Contact the Families Information Service to check your Eligibility

Tel: **0800 458 4114**

Email:  
[fis@nottinghamcity.gov.uk](mailto:fis@nottinghamcity.gov.uk)

Website:  
<http://fis.nottinghamcity.gov.uk/freechildcarefor2s>

Eligible children qualify for a place from the school term after the 2<sup>nd</sup> birthday.



If your child's 2nd birthday falls between	They will be entitled to their free place from
1 April to 31 August	The 1st September
1 September to 31 December	The 1st January
1 January to 31 March	The 1st April

## Session Descriptions

PEEP Watch Me Grow	Parents Early Education Partnership - PEEP supports parents to improve their children's life chances and create the best start for their children, by making the most of everyday learning opportunities at home – listening, talking, playing, singing and sharing books and stories together.
Inbetweens PEEP	Parents Early Education Partnership - PEEP supports parents to improve their children's life chances and create the best start for their children, by making the most of everyday learning opportunities at home – listening, talking, playing, singing and sharing books and stories together.
Bookworms	Stories, rhymes and activities for under 5's.
Stay, Play & Learn	Come and join us, as we play, learn and sing together; encouraging learning and development through play with a wide range of activities and resources available for children 0 – 5 years.
Let's Get Moving	A session for children and their families to have fun exploring a variety of activities to promote children's physical development and play outdoors.

<b>Week 1 Monday 24/07/2017</b>	<b>Tuesday 25/07/2017</b>	<b>Wednesday 26/07/2017</b>	<b>Thursday 27/07/2017</b>	<b>Friday 28/07/2017</b>	<b>Weekend</b>
<p><b>Family Support Clinic</b> 1.00pm – 4.00pm <b>Southglade Access Centre</b> Appointment only (To make an appointment, please contact the Centre on 0115 8761890 to see one of our Family Support Workers for advice and support)</p> <p><b>Let's Get Moving</b> 1.30pm – 2.30pm <b>Bestwood Park Church Beckhampton Road</b> Physical activity session for children under 5 years and their families.</p>	<p><b>Bookworms</b> 1.00pm – 3.00pm <b>Aspley Library</b> Stories, rhymes and activities for under 5's.</p> <p><b>Computers for Beginners</b> 1.00pm – 3.00pm <b>Southglade Access Centre</b></p>	<p><b>Job Club</b> 9.30am – 11.30am and 13.00 – 3.00pm <b>Southglade Access Centre</b></p> <p><b>Baby Steps</b> 10:00 am - 11:30 am <b>Southglade Access Centre</b></p>	<p><b>Southglade Park Live</b> 12.00pm – 4.00pm <b>Southglade Access Centre, Southglade Leisure Centre and Bestwood Library</b></p> <p>Fun activities for the whole family</p> <p><b>Health Clinic &amp; Baby Weighing</b> 13:00 pm - 15:00 pm <b>Southglade Access Centre</b> By the Health Visiting Team</p>	<p><b>Family Support Clinic</b> 9.00am – 12.00pm <b>Southglade Access Centre</b> Appointment only (To make an appointment, please contact the centre on 0115 8761890 to see one of our Family Support Workers for advice and support)</p> <p><b>Breastfeeding Support Group</b> 10:00 am - 11:00 am <b>Southglade Access Centre Free</b> Babies &amp; Breast Feeding Encouragement &amp; Support – the group offers the information you need to get you started and continue breast feeding, with lots of support available</p> <p><b>Job Club</b> 13.00 – 3.00pm <b>Southglade Access Centre</b></p>	

### Activities in the Community

<p><b>Nottingham Beach in the Old Market Square</b> 22nd July to 1st September:</p> <p><b>Summer Trail at Sherwood Forest Country Park</b> 23rd July to 4th September:</p> <p><b>Outdoor Cinema</b> Wollaton Park 24<sup>th</sup> July – 28 August</p>		<p><b>British Open Wheelchair Championships at Nottingham Tennis Centre</b> 26th to 31<sup>st</sup> July</p>	<p><b>Southglade Park Live</b> 12.00pm – 4.00pm <b>Southglade Access Centre, Southglade Leisure Centre and Bestwood Library</b></p>		
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<b>Week 2 Monday 31/07/2017</b>	<b>Tuesday 01/08/2017</b>	<b>Wednesday 02/08/2017</b>	<b>Thursday 03/08/2017</b>	<b>Friday 04/08/2017</b>	<b>Weekend</b>
<p><b>Family Support Clinic</b> 1.00pm – 4.00pm <b>Southglade Access Centre</b> Appointment only (To make an appointment, please contact <b>Southglade Access Centre</b> on 0115 8761890 to see one of our Family Support Workers for advice and support)</p>	<p><b>Family Fun Day @ Ridge Adventure Play and Youth Centre NG5 9BX</b> <b>Beech Theme</b> 11.00am – 2.00pm Bring a picnic Fun for all the family (children aged 0-19)</p> <p><b>Computers for Beginners</b> 1.00pm – 3.00pm <b>Southglade Access Centre</b></p>	<p><b>National Play Day The Arboretum Park</b> 11:00am–3:00pm Age 5-19 Years Lots of activities for all the family <b>Free entry</b> <b>See your Children Centre Worker for details</b></p> <p><b>Baby Steps</b> 10:00 am - 11:30 am <b>Southglade Access Centre</b></p> <p><b>Job Club</b> 9.430am – 11.30am and 13.00 – 3.00pm <b>Southglade Access Centre</b></p>	<p><b>Health Clinic &amp; Baby Weighing</b> 13:00 pm - 15:00 pm <b>Southglade Access Centre</b> By the Health Visiting Team</p>	<p><b>Family Support Clinic</b> 9.00am – 12.00pm <b>Southglade Access Centre</b> Appointment only (To make an appointment, please contact the centre on 0115 8761890 to see one of our Family Support Workers for advice and support)</p> <p><b>Cook and Eat</b> 1.30pm – 3.30pm <b>Southglade Access Centre</b> Contact Southglade Access Centre on 0115 8761890 for details</p> <p><b>Breastfeeding Support Group</b> 10:00 am - 11:00 am <b>Southglade Access Centre Free</b> Babies &amp; Breast Feeding Encouragement &amp; Support – the group offers the information you need to get you started and continue breast feeding, with lots of support available</p> <p><b>Job Club</b> 13.00 – 3.00pm <b>Southglade Access Centre</b></p>	

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<p><b>Nottingham Beach in the Old Market Square</b> 22nd July to 1st September:</p> <p><b>Summer Trail at Sherwood Forest Country Park</b> 23rd July to 4th September:</p> <p><b>Outdoor Cinema</b> Wollaton Park 24<sup>th</sup> July – 28 August</p>		<p><b>FREE Summer Holiday workshops at New Art Exchange</b> 2nd to 24<sup>th</sup> August</p>			
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<b>Week 3 Monday 07/08/2017</b>	<b>Tuesday 08/08/2017</b>	<b>Wednesday 09/08/2017</b>	<b>Thursday 10/08/2017</b>	<b>Friday 11/08/2017</b>	<b>Saturday 12/08/2017</b>
<p><b>Family Support Clinic</b> 1.00pm – 4.00pm <b>Southglade Access Centre</b> Appointment only (To make an appointment, please contact <b>Southglade Access Centre</b> on 0115 8761890 to see one of our Family Support Workers for advice and support)</p>	<p><b>Family Fun Day for Children with additional needs and their siblings Sensory Theme</b> 11.00am – 2.00pm</p> <p><b>Ridge Adventure Play and Youth Centre NG5 9BX</b></p> <hr/> <p><b>Computers for Beginners</b> 1.00pm – 3.00pm <b>Southglade Access Centre</b></p>	<p><b>Job Club</b> 9.30am – 11.30am and 1.00pm – 3.00pm <b>Southglade Access Centre</b></p> <p><b>Baby Steps</b> 10:00 am - 11:30 am <b>Southglade Access Centre</b></p>	<p><b>Stay, Play and Learn</b> 1.30pm – 3.30pm <b>Southglade Access Centre</b> Come and join us, as we play, learn and sing together; with a wide range of activities and resources available for children 0 – 5 years.</p> <p><b>Health Clinic &amp; Baby Weighing</b> 13:00 pm - 15:00 pm <b>Southglade Access Centre</b> By the Health Visiting Team</p>	<p><b>Family Support Clinic</b> 9.00am – 12.00pm <b>Southglade Access Centre</b> Appointment only (To make an appointment, please contact the centre on 0115 8761890 to see one of our Family Support Workers for advice and support)</p> <p><b>Breastfeeding Support Group</b> 10:00 am - 11:00 am <b>Southglade Access Centre Free</b> Babies &amp; Breast Feeding Encouragement &amp; Support – the group offers the information you need to get you started and continue breast feeding, with lots of support available</p> <p><b>Job Club</b> 13.00 – 3.00pm <b>Southglade Access Centre</b></p>	

## Activities in the Community

<p><b>Nottingham Beach in the Old Market Square</b> 22nd July to 1st September:</p> <p><b>Summer Trail at Sherwood Forest Country Park</b> 23rd July to 4th September:</p> <p><b>Outdoor Cinema</b> Wollaton Park 24<sup>th</sup> July – 28 August</p>		<p><b>FREE Summer Holiday workshops at New Art Exchange</b> 2nd to 24<sup>th</sup> August</p>			<p><b>Melbourne Melt Down</b> 12.00 – 4.00pm Melbourne Park Melbourne Road, Aspley</p> <p>Fun for all the family (children aged 0-19)</p>
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Week 4 Monday 14/08/2017	Tuesday 15/08/2017	Wednesday 16/08/2017	Thursday 17/08/2017	Friday 18/08/2017	Weekend
<p><b>Family Support Clinic</b> 1.00pm – 4.00pm <b>Southglade Access Centre</b> Appointment only (To make an appointment, please contact <b>Southglade Access Centre</b> on 0115 8761890 to see one of our Family Support Workers for advice and support)</p>	<p><b>Family Day</b> 11.00am – 2.00pm <b>Robert Shaw Playing Field Ainsley Estate, Nottingham, NG7 3EF</b> Parachute Games, Team Games and Music All Children accompanied by adults Fun for all the family (children aged 0-19)</p> <p><b>Computers for Beginners</b> 1.00pm – 3.00pm <b>Southglade Access Centre</b></p>	<p><b>Early Help Celebration Event</b> Invitation only Let's Celebrate completing a course or targeted group.</p> <p><b>See your Children Centre Worker for details</b></p> <p><b>Job Club</b> 9.430am – 11.30am and 13.00 – 3.00pm <b>Southglade Access Centre</b></p> <p><b>Baby Steps</b> 10:00 am - 11:30 am <b>Southglade Access Centre</b></p>	<p><b>Health Clinic &amp; Baby Weighing</b> 13:00 pm – 15:00 pm <b>Southglade Access Centre</b> By the Health Visiting Team</p>	<p><b>Family Support Clinic</b> 9.00am – 12.00pm <b>Southglade Access Centre</b> <b>Appointment only</b> (To make an appointment, please contact the centre on 0115 8761890 to see one of our Family Support Workers for advice and support)</p> <p><b>Stay, Play and Learn</b> 10.00am – 11.30am <b>Southglade Access Centre</b> Come and join us, as we play, learn and sing together; with a wide range of activities and resources available for children 0 – 5 years.</p> <p><b>Breastfeeding Support Group</b> 10:00 am - 11:00 am <b>Southglade Access Centre Free</b> Babies &amp; Breast Feeding Encouragement &amp; Support – the group offers the information you need to get you started and continue breast feeding, with lots of support available</p> <p><b>Job Club</b> 13.00 – 3.00pm <b>Southglade Access Centre</b></p>	

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<p><b>Nottingham Beach in the Old Market Square</b> 22nd July to 1st September:</p> <p><b>Summer Trail at Sherwood Forest Country Park</b> 23rd July to 4th September:</p> <p><b>Outdoor Cinema</b> Wollaton Park 24<sup>th</sup> July – 28 August</p>		<p><b>FREE Summer Holiday workshops at New Art Exchange</b> 2nd to 24<sup>th</sup> August</p>			<p><b>Sunday 20<sup>th</sup> August Caribbean Carnival</b> Victoria Embankment from 12 noon to 8pm</p>
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<b>Week 5 Monday 21/08/2017</b>	<b>Tuesday 22/08/2017</b>	<b>Wednesday 23/08/2017</b>	<b>Thursday 24/08/2017</b>	<b>Friday 25/08/2017</b>	<b>Weekend</b>
<p><b>Family Support Clinic</b> 1.00pm – 4.00pm <b>Southglade Access Centre</b> Appointment only (To make an appointment, please contact <b>Southglade Access Centre</b> on 0115 8761890 to see one of our Family Support Workers for advice and support)</p>	<p><b>Family Trip Marketon Park Derby</b> 10.00am – leave at 4.00pm Fun for all the family (children aged 0-19) See your Children Centre Worker for details limited spaces booking required</p> <p><b>Computers for Beginners</b> 1.00pm – 3.00pm <b>Southglade Access Centre</b></p>	<p><b>Job Club</b> 9.30am – 11.30am and 13.00 – 3.00pm <b>Southglade Access Centre</b></p> <p><b>Baby Steps</b> 10:00 am - 11:30 am <b>Southglade Access Centre</b></p>	<p><b>Children’s Centre Trip</b> 11.00 am – 3.00pm <b>Highfields Park</b> University Boulevard For Parents/carers with a Child aged 0 – 5 years <b>See your Children Centre Worker for details</b></p> <p><b>Health Clinic &amp; Baby Weighing</b> 13:00 pm - 15:00 pm <b>Southglade Access Centre</b> By the Health Visiting Team</p>	<p><b>Family Support Clinic</b> 9.00am – 12.00pm <b>Southglade Access Centre</b> <b>Appointment only</b> (To make an appointment, please contact the centre on 0115 8761890 to see one of our Family Support Workers for advice and support)</p> <p><b>Breastfeeding Support Group</b> 10:00 am - 11:00 am <b>Southglade Access Centre Free</b> Babies &amp; Breast Feeding Encouragement &amp; Support – the group offers the information you need to get you started and continue breast feeding, with lots of support available</p> <p><b>Job Club</b> 13.00 – 3.00pm <b>Southglade Access Centre</b></p>	

## Activities in the Community

<p><b>Nottingham Beach in the Old Market Square</b> 22nd July to 1st September:</p> <p><b>Summer Trail at Sherwood Forest Country Park</b> 23rd July to 4th September:</p> <p><b>Outdoor Cinema</b> Wollaton Park 24<sup>th</sup> July – 28 August</p>		<p><b>FREE Summer Holiday workshops at New Art Exchange</b> 2nd to 24<sup>th</sup> August</p>			
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<b>Week 6 Monday 28/08/2017</b>	<b>Tuesday 29/08/2017</b>	<b>Wednesday 30/08/2017</b>	<b>Thursday 31/08/2017</b>	<b>Friday 01/09/2017</b>	<b>Weekend</b>
<b>Bank Holiday</b>	<p> <b>Fun In The Park Chediston Park</b>            Chediston Vale, Nottingham            NG5 5QA            11.30 – 1.30pm Bring your            own picnic            All Children accompanied by            Adults            Parachute Games, Team            Games and Music         </p> <hr/> <p> <b>Computers for Beginners</b>            1.00pm – 3.00pm  <b>Southglade Access Centre</b> </p>	<p> <b>Job Club</b>            9.30am – 11.30am and  <b>13.00 – 3.00pm</b>  <b>Southglade Access Centre</b> </p> <p> <b>Baby Steps</b>            10:00 am - 11:30 am  <b>Southglade Access Centre</b> </p>	<p> <b>Health Clinic &amp; Baby Weighing</b>            13:00 pm - 15:00 pm  <b>Southglade Access Centre</b>            By the Health Visiting            Team         </p>	<p> <b>Family Support Clinic</b>            9.00am – 12.00pm  <b>Southglade Access Centre</b>  <b>Appointment only</b>            (To make an appointment, please contact the            centre on 0115 8761890 to see one of our Family            Support Workers for advice and support)         </p> <p> <b>Stay, Play and Learn</b>            10.00am – 11.30am  <b>Southglade Access Centre</b>            Come and join us, as we play, learn and sing            together; with a wide range of activities and            resources available            for children 0 – 5 years.         </p> <p> <b>Job Club</b>            13.00 – 3.00pm  <b>Southglade Access Centre</b> </p> <p> <b>Breastfeeding Support Group</b>            10:00 am - 11:00 am  <b>Southglade Access Centre Free</b>            Babies &amp; Breast Feeding Encouragement &amp;            Support – the group offers the information you            need to get you started and continue breast            feeding, with lots of support available         </p>	
<b>Activities in the Community</b>					
<p> <b>Nottingham Beach in the Old Market Square</b>            22nd July to 1st            September:</p> <p> <b>Summer Trail at Sherwood Forest Country Park</b>            23rd July to 4th            September:</p>		<p> <b>FREE Summer Holiday workshops at New Art Exchange</b>            2nd to 24<sup>th</sup> August         </p>	<p> <b>Riding School Ratburger – OutdoorTheatre at Wollaton Hall</b>  <b>Chris Miller Falconry Walks at Sherwood Forest. Pre-book</b> </p> <p> <b>Meet an Olympian in Nottingham's Market Square</b> </p>		