

## Contact details

For further information and details of activities please go to:

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

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

### Meadows Children's Centre

Kirby Gardens  
Meadows  
Nottingham  
NG2 2HZ  
Tel: 0115 8761320

### Clifton Children's Centre

Greencroft  
Clifton  
NG11 8EY  
Tel: 0115 98762625

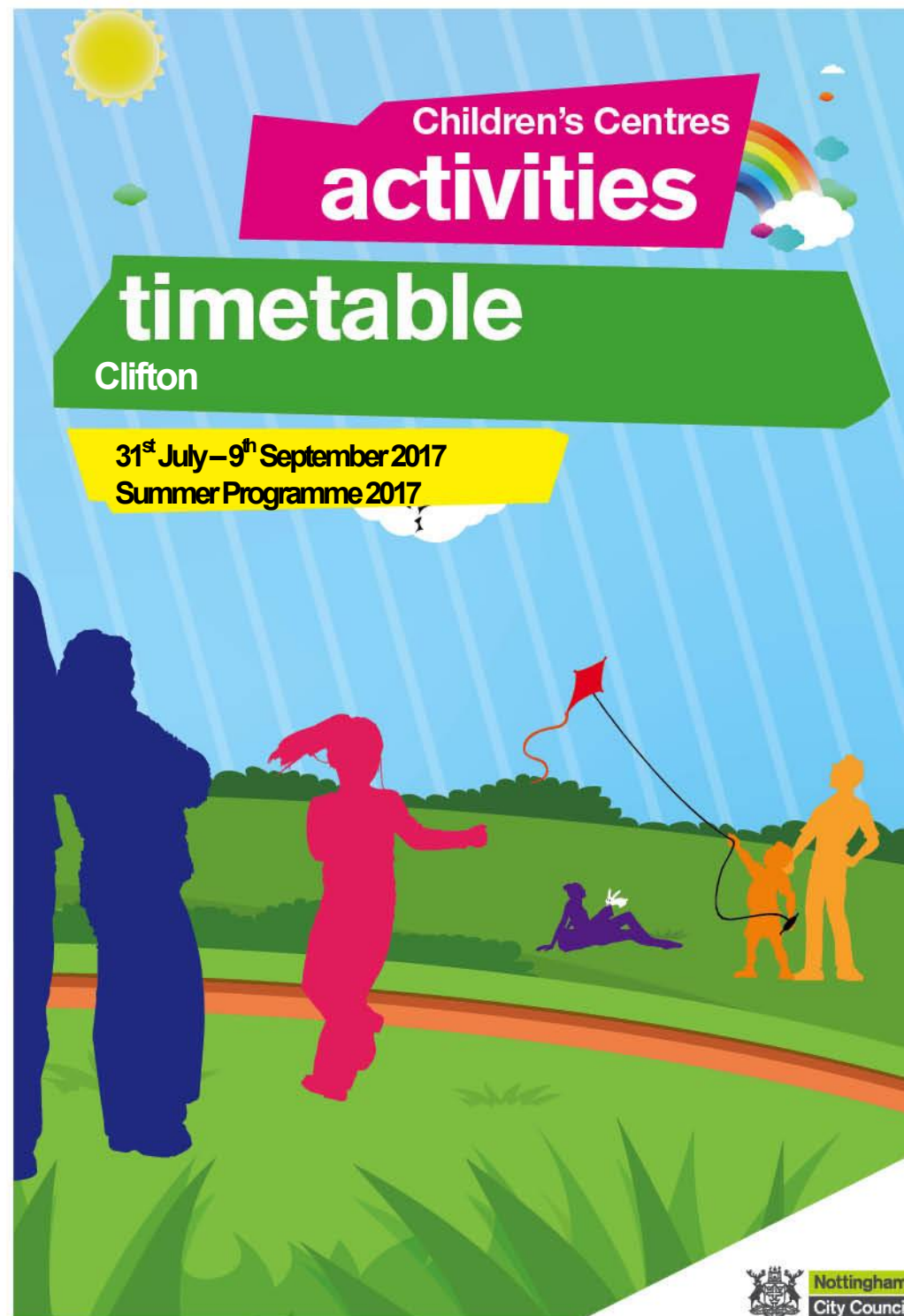
### Clifton Young People's Centre

Green Lane.  
Clifton.  
Nottingham.  
NG11 9AY  
Tel: 0115 876 2777

## Clifton

Summer Programme

31/07/17 – 01/09/17



<b>Monday</b> <b>31/07/17</b>	<b>Tuesday</b> <b>01/08/17</b>	<b>Wednesday</b> <b>02/08/17</b>	<b>Thursday</b> <b>03/08/17</b>	<b>Friday</b> <b>04/08/17</b>
<p data-bbox="248 180 595 276"> <b>Family Support Clinic</b>            9-12 noon  <b>Clifton Children's Centre</b> </p> <p data-bbox="248 316 595 483">           We offer support to families around childrens behaviour, sleep, routines and boundaries and fussy eating         </p> <p data-bbox="248 555 595 818"> <b>Child Health clinic</b>            9.30-11.30am  <b>Clifton Children's Centre</b>            Drop in session – have your child weighed and discuss your child's health and development with a Health visitor         </p> <p data-bbox="248 890 595 1058"> <b>Puppet Making session at Clifton Young Peoples Centre</b>            1.00 – 2.30pm            0-5 years         </p>	<p data-bbox="627 180 936 443"> <b>Family Fun Day: Picnic in the Park</b>            11:00pm–3:00pm  <b>Wollaton Park.</b>            Wollaton. NG8 2AE.            (Meeting at the park in front of the hall)  <b>Free</b>  <b>(charge for car parking)</b> </p> <p data-bbox="627 515 945 651">           This is a family event for children aged 0-19 years and their parent/carer.         </p> <p data-bbox="627 691 945 1026">           Outdoor fun and games, play some sports, play on the park, and bring a picnic and your teddy. Both Children Centre and Play and Youth staff will be there to give support, advice and engage in play activities with all children         </p>	<p data-bbox="976 180 1294 443"> <b>Breastfeeding Support Group</b>            9.30 - 11.30am            Breastfeeding support group for nursing mothers  <b>Clifton Young Peoples Centre</b> </p> <p data-bbox="976 483 1294 715"> <b>Make, Move, Munch</b>            1.30-4pm  <b>Clifton Young Peoples Centre</b>            Green Lane.Clifton. Nottingham. NG11 9AY         </p> <p data-bbox="976 722 1294 1193">           A series of FREE sessions designed to help you and the kids make small steps to better health, have fun and meet other local families.            Try tasty new recipes through food demos and cooking sessions or have a go at simple and fun ways to get active.            Creche available, booking required.         </p> <p data-bbox="976 1233 1294 1329">           Please call 07733369981 to book a place         </p>	<p data-bbox="1328 180 1646 347"> <b>Make, Move and Lunch Club</b>            10.00-12.30pm  <b>Clifton Young Peoples Centre</b> </p> <p data-bbox="1328 355 1646 651">           Delivered by the Nutrition Team            A series of FREE sessions designed to help you and the kids make small steps to better health, have fun and meet other local families.         </p> <p data-bbox="1328 659 1646 890">           Try tasty new recipes through food demos and cooking sessions or have a go at simple and fun ways to get active.            Creche available, booking required.         </p> <p data-bbox="1328 930 1646 1026">           Please call 07733369981 to book a place         </p>	

<b>Monday</b> <b>07/08/17</b>	<b>Tuesday</b> <b>08/08/17</b>	<b>Wednesday</b> <b>09/08/17</b>	<b>Thursday</b> <b>10/08/17</b>	<b>Friday</b> <b>11/08/17</b>
<p><b>Family Support Clinic</b> 9-12 noon <b>Clifton Children's Centre</b></p> <p>We offer support to families around childrens behaviour, sleep, routines and boundaries and fussy eating</p> <p><b>Child Health clinic</b> 9.30-11.30am <b>Clifton Children's Centre</b></p> <p>Drop in session – have your child weighed and discuss your child's health and development with a Health visitor</p>	<p><b>Family Fun Day: Picnic in the Park</b> 11:00pm–3:00pm <b>Clifton Playing Fields</b> Farnborough Road. Clifton. NG11 8JU (next to the Tennis Court).</p> <p><b>Free</b> This is a family event for children aged 0-19 years and their parent/carer.</p> <p>Outdoor fun and games, food stalls, sports activities, dance shows, crafts stalls, tombola, face painting, baby area. This is a large event delivered by Nottingham City Council with support from Children's Centre and Play and Youth Staff as well as community groups and other agencies.</p>	<p><b>Breastfeeding Support Group</b> 9.30 - 11.30am Breastfeeding support group for nursing mothers <b>Clifton Young Peoples Centre</b></p> <p><b>Make, Move, Munch</b> 1.30-4pm <b>Clifton Young Peoples Centre</b> Green Lane.Clifton. Nottingham. NG11 9AY</p> <p>Delivered by the Nutrition Team A series of FREE sessions designed to help you and the kids make small steps to better health, have fun and meet other local families. Try tasty new recipes through food demos and cooking sessions or have a go at simple and fun ways to get active. Creche available, booking required.</p> <p>Please call 07733369981 to book a place</p>	<p><b>Make, Move and Lunch Club</b> 10.00-12.30pm <b>Clifton Young Peoples Centre</b></p> <p>Delivered by the Nutrition Team A series of FREE sessions designed to help you and the kids make small steps to better health, have fun and meet other local families. Try tasty new recipes through food demos and cooking sessions or have a go at simple and fun ways to get active. Creche available, booking required.</p> <p>Please call 07733369981 to book a place</p>	<p><b>Messy play</b> <b>10.30-12 noon</b> <b>Clifton Young Peoples Centre</b></p> <p>Have fun exploring a variety of messy play activities which will stimulate childrens learning and development</p>

<b>Monday</b> <b>14/08/17</b>	<b>Tuesday</b> <b>15/08/17</b>	<b>Wednesday</b> <b>16/08/17</b>	<b>Thursday</b> <b>17/08/17</b>	<b>Friday</b> <b>18/08/17</b>
<p data-bbox="248 253 595 523"> <b>Family Support Clinic</b>            9-12 noon  <b>Clifton Children's Centre</b>            We offer support to families around childrens behaviour, sleep, routines and boundaries and fussy eating         </p> <p data-bbox="248 595 595 858"> <b>Child Health clinic</b>            9.30-11.30am  <b>Clifton Children's Centre</b>            Drop in session – have your child weighed and discuss your child's health and development with a Health visitor         </p>	<p data-bbox="658 253 909 453"> <b>Family Trip to the Seaside</b>  <b>Ingoldmells near Skegness</b>              8:30am–6:00pm         </p> <p data-bbox="629 525 943 895"> <b>Should you wish to book a place please come to Clifton Young Peoples Centre on Monday 24th July between 1pm-2.30pm</b>            All children must be accompanied by a responsible adult            £5.00 Ad 16 plus £2.50 Child         </p> <p data-bbox="629 932 936 1166">           Priority will be given to families and young people who access our services /charge per person/limited spaces/booking required         </p>	<p data-bbox="981 253 1317 488"> <b>Breastfeeding Support Group</b>            9.30 - 11.30am            Breastfeeding support group for nursing mothers  <b>Clifton Young Peoples Centre</b> </p> <p data-bbox="972 525 1323 756"> <b>Make, Move, Munch</b> 1.30-4pm  <b>Clifton Young Peoples Centre</b>            Green Lane.Clifton.            Nottingham.            NG11 9AY         </p> <p data-bbox="972 762 1323 1281">           Delivered by the Nutrition Team            A series of FREE sessions designed to help you and the kids make small steps to better health, have fun and meet other local families.            Try tasty new recipes through food demos and cooking sessions or have a go at simple and fun ways to get active.            Creche available, booking required.            Please call <b>07733369981</b> to book a place         </p>		<p data-bbox="1682 253 1966 555"> <b>Summer Crafts</b>            10.30 – 12.00pm  <b>Clifton Young Peoples Centre</b>            0-5            Come and get crafty. A variety of crafty materials for you to make and take away.         </p>

<b>Monday</b> <b>21/08/17</b>	<b>Tuesday</b> <b>22/08/17</b>	<b>Wednesday</b> <b>23/08/17</b>	<b>Thursday</b> <b>24/08/17</b>	<b>Friday</b> <b>25/08/17</b>
<p> <b>Family Support Clinic</b>            9-12 noon  <b>Clifton Children's Centre</b>            We offer support to families around childrens behaviour, sleep, routines and boundaries and fussy eating         </p> <p> <b>Child Health clinic</b>            9.30-11.30am  <b>Clifton Children's Centre</b>            Drop in session – have your child weighed and discuss your child's health and development with a Health visitor         </p>	<p> <b>Family Fun Day: Picnic in the Park</b>            11:00pm–3:00pm  <b>The Victoria Embankment.</b> The Meadows. NG2 2JY (Meeting at the Park next to the paddling pool)         </p> <p> <b>Free (charge for car parking)</b>            This is a family event for children aged 0-19 years and their parent/carer.         </p> <p>           Outdoor fun and games, play some sports, play in the Pool or on the park, bring a picnic and your teddy.            Both Children Centre and Play and Youth staff will be there to give support, advice and engage in play activities with all children.         </p>	<p> <b>Breastfeeding Support Group</b>            9.30 - 11.30am            Breastfeeding support group for nursing mothers  <b>Clifton Young Peoples Centre</b> </p> <p> <b>Make, Move, Munch</b>            1.30-4pm  <b>Clifton Young Peoples Centre</b>            Delivered by the Nutrition Team            A series of FREE sessions designed to help you and the kids make small steps to better health, have fun and meet other local families.            Try tasty new recipes through food demos and cooking sessions or have a go at simple and fun ways to get active.            Creche available, booking required.         </p> <p>           Please call 07733369981 to book a place         </p> <p> <b>Let's Get moving</b>            1.30-3pm  <b>Clifton Flower Park</b>            All ages welcome with parent/carer         </p>		

<b>Monday</b> <b>28/08/17</b>	<b>Tuesday</b> <b>29/08/17</b>	<b>Wednesday</b> <b>30/08/17</b>	<b>Thursday</b> <b>31/08/17</b>	<b>Friday</b> <b>01/09/17</b>
<p><b>BANK HOLIDAY</b></p> <p><b>NO SESSIONS</b></p>	<p><b>Family Fun Day: Picnic in the Park</b>  11:00pm–3:00pm  <b>Lenton Abbey Park.</b>  Derby Road. Lenton  Abbey. NG9 2SD.</p> <p><b>Free (charge for car parking)</b>  This is a family event for  children aged 0-19  years and their  parent/carer.</p> <p>Outdoor fun and games,  play some sports, play  on the park, bring a  picnic and your teddy.  Both Children Centre  and Play and Youth  staff will be there to give  support, advice and  engage in play activities  with all children.</p>	<p><b>Breastfeeding Support Group</b>  9.30 - 11.30am  Breastfeeding support  group for nursing  mothers  <b>Clifton Young Peoples Centre</b>  Green Lane.Clifton.  Nottingham.  NG11 9AY</p>	<p><b>Stonebridge City Farm St Anns Nottingham NG3 2FR</b>  11-2pm  Come along and  discover your local inner  city farm, there is a play  area and meet the  animals  NTC Bus <b>24 25, 26</b>  from the City Centre</p>	

<b>Monday</b> <b>04/09/17</b>	<b>Tuesday</b> <b>05/09/17</b>	<b>Wednesday</b> <b>06/09/17</b>	<b>Thursday</b> <b>07/09/17</b>	<b>Friday</b> <b>08/09/17</b>
<p> <b>Family Support Clinic</b>            9-12 noon  <b>Clifton Children's Centre</b> </p> <p>           Come and visit the centre to talk to one of our family support workers if you are struggling with relationships, behaviour, and sleep         </p> <p> <b>Child Health clinic</b>            9.30-11.30am  <b>Clifton Children's Centre</b>            Drop in session – have your child weighed and discuss your child's health and development with a Health visitor         </p>		<p> <b>Breastfeeding Support Group</b>            9.30 - 11.30am            Breastfeeding support group for nursing mothers  <b>Clifton Young Peoples Centre</b>            Green Lane.Clifton.            Nottingham.            NG11 9AY         </p>		