



Free community groups for children up to their fourth birthday

Aspley Group Timetable: April-June 2024

All sessions are FREE for families in Aspley, Bells Lane and Broxtowe

MONDAYS

Triple P

tips to deal with parenting challenges

9.30-11.30am

Broxtowe Family Hub or online

Developing good bedtime routines

- 29th April
- 3rd June

Other Triple P sessions are held across the city and online on Mondays (9.30-11.30am) please see overleaf.



TUESDAYS

Baby Massage (4 week course)

10.30-11.30am

Course 1

16th, 23rd, 30th April & 7th May

The Hope Centre

Course 2

4th, 11th, 18th, 25th June

Bells Lane Community Centre

WEDNESDAYS

Story & Rhyme Time

10-11.15pm

Strelley Library

(No session 12th & 19th June)

THURSDAYS

Cook and Play Lunch

11.30am-1pm

18th, 25th April & 9th, 16th May

Bells Lane Community Centre

(No session 2nd May)

Cook with Kirsty!

11.30am-1pm

6th, 13th, 20th, 27th June

Bells Lane Community Centre



SATURDAY SPECIAL EVENTS

@ Aspley Community Training Centre

- **Springtime Messy Play & Animals**
20th April 1-3pm
CJ's Pets bringing several animals to the session for children to meet and stroke
- **Den Building & Traditional Play**
18th May 10-11.30am
- **Beach Messy Play**
22nd June 1-2.30pm



All sessions must be pre-booked, apart from Story & Rhyme Time: Call the Aspley Family Mentors to book:

07881 374680

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Triple P ●●●

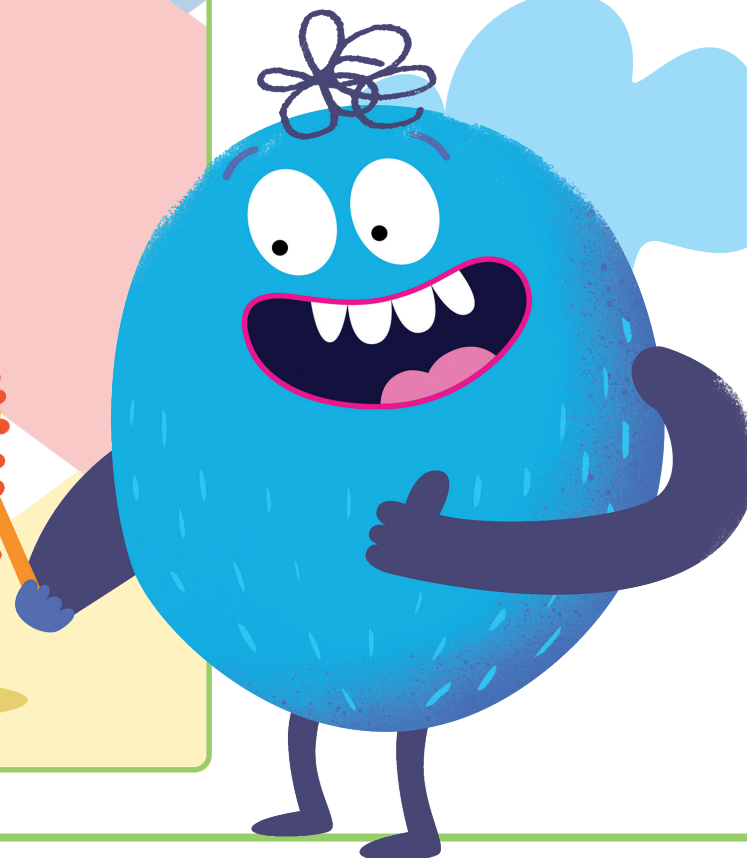
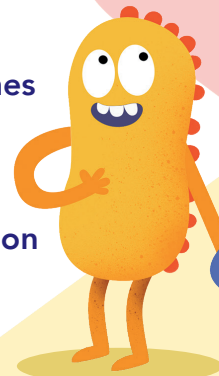
tips to deal with parenting challenges

MONDAYS
9.30-11.30am

- **15th April - Managing Fighting and Aggression**
Meadows Family Hub or online
- **22nd April - Hassle-Free shopping with children**
Bestwood Family Hub or online
- **29th April - Developing good bedtime routines**
Broxtowe Family Hub or online

- **13th May 24 - Dealing with disobedience**
Hyson Green Family Hub or online
- **20th May - Managing Fighting and aggression**
Meadows Family Hub or online

- **3rd June - Developing good bedtime routines**
Broxtowe Family Hub or online
- **10th June - Dealing with disobedience**
Hyson Green Family Hub or online
- **17th June - Managing fighting and aggression**
Meadows Family Hub or online
- **24th June - Hassle-free mealtimes**
Bestwood Family Hub or online



Aspley Group Venues

Aspley Community Training Centre
Minver Crescent
Nottingham
NG8 5PN

The Hope Centre
St Martha's Church
Frinton Road
Broxtowe
NG8 6GR

Bells Lane Community Centre
Amesbury Circus
Cinderhill
NG8 6DD

Strelley Library
Strelley Road
NG8 3BJ

Broxtowe Family Hub
Bradfield Road
NG8 3AY