

Aspley Group Timetable: January-March 2024

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

TUESDAYS

Cook and Play Lunch

11.30am-1pm

16th, 23rd, 30th January
& 6th February

Aspley Community Training
Centre

WEDNESDAYS

Story and Rhyme Time

10-11.15am

Starting 17th Jan
Strelley Library



THURSDAYS

Baby Massage (4 week course)

1-2pm

4th, 11th, 18th, 25th January

The Hope Centre

Baby Massage (4 week course)

10-11am

22nd, 29th February
& 7th, 14th March

Bells Lane Community Centre



Triple P

tips to deal with parenting challenges

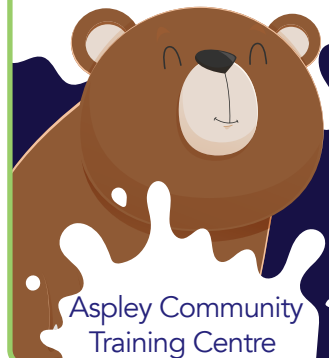
FRIDAYS / 9.30-11.30am

Broxtowe Children's Centre

- **Fighting and Aggression**
19th January
- **Bedtime Battles**
23rd February
- **Dealing with Disobedience**
15th March



Messy Play



SATURDAYS

- **New Year Theme**
20th January 10-11.30am
- **Transport and Space**
17th February 1-2.30pm
- **Going on a Bear Hunt**
16th March 10-11.30am

Aspley Community
Training Centre

FIRST AID SESSION

Thursday 1st February
10-11am

Bells Lane Community Centre

Essential first aid training
delivered by Nottinghamshire
Fire and Resue Service



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

07881 374680



Free community groups for children up to their fourth birthday

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Our Venues

Aspley Community Training Centre
Minver Crescent
Nottingham
NG8 5PN

Bells Lane Community Centre
Amesbury Circus
Cinderhill
NG8 6DD

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

Strelley Library
Strelley Road
NG8 3BJ

Small Steps Big Changes - giving every child the best start in life

We'll be popping up at lots of community events over the months - if you see us, come and say hi!

