

# Aspley Group Timetable: April-June 2022

All sessions are FREE! Please pre-book your place

## TUESDAYS

### Baby Massage

1.30pm-2.30pm

19th April - 17th May only

Hope Centre Broxtowe

Sessions are reserved for families living in Aspley with a baby under 26 weeks old.

## WEDNESDAYS

### Story & Rhyme Time

10am-11.15am

Strelley Library

Join us for an extra special Brush, Book & Bed session on 18th May.

No session on 11th May

## THURSDAYS

### Bump to Baby Play

9.30am-11am

Aspley Children's Centre  
For pregnant families, and babies aged under 1.

No session 2nd June

## FRIDAYS

### Baby Massage

10am-11am

24th June - 22nd July only

Hope Centre Broxtowe

Sessions are reserved for families living in Aspley with a baby under 26 weeks old.

### Triple P Tips (via Zoom)

Book a 45-min online session with a Triple P coach.

Book: [www.bit.ly/triple-p-online](http://www.bit.ly/triple-p-online)

## SATURDAYS

### Active Play

10am-11.30am

Minver Sports Hall

No need to book – just turn up!

No sessions on 16th April or 4th June

## Cook & Play at Bells Lane Community Centre



### Brunch Club

9.30am-11.30am

3rd, 10th, 17th & 24th May



### Tea Club

2.30pm-4.30pm

7th, 14th, 21st, & 28th June

## Triple P Discussion Groups

FRIDAYS 9.30-11.30am

at Broxtowe Children's Centre \*

- Friday 22nd April  
Dealing with Disobedience
- Friday 20th May  
Bedtime Routines
- Friday 17th June  
Fighting & Aggression

Call 07881 374680 for more information and to book your place

\*Children under 1 year can attend with parents. There is no creche facility for older children.

## Outdoor Adventures

Fridays 1pm-2.30pm

29th April, 27th May, 24th June

at Pocket Park, Broxtowe



## Step into Spring

Tuesday 12th April 1pm-2.30pm

at Pocket Park, Broxtowe

Gardening for little green fingers, bug hunts, and Easter & Ramadan activities.

## Jolly Jubilee!

Tuesday 31st May 11.30am-1pm

at King George Playing Fields

Bring a packed lunch and join us for a our royal tea party!



Please call or text the Aspley Family Mentor team to book your sessions: **07881 374680**