

Aspley Group Timetable: January-March 2022

All sessions are FREE! Please pre-book your place

MONDAYS

Cook and Play Lunch Club

11am-1pm

7th, 14th, 21st & 28th February only

The Hope Centre

TUESDAYS

Baby Massage

1.30pm-2.30pm

18th January - 15th February only

Hope Centre Broxtowe

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

Cook and Play Tea Club

2.30pm-4.30pm

8th, 15th, 22nd & 29th March only

Bells Lane Community Centre

WEDNESDAYS

Triple P Tips (via Zoom)

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

Book: www.bit.ly/triple-p-online

Story & Rhyme Time

10am-11.15am

Strelley Library

No sessions on 19th January or 2nd February

THURSDAYS

* NEW GROUP*

Starting 3rd February

Bump to Baby Play

9.30am-11am

Aspley Children's Centre

For pregnant families, and babies aged under 1.

FRIDAYS

Baby Massage

9.30am-10.30am

25th February - 25th March only

Bells Lane Community Centre

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

Cook and Play Brunch Club

9.30am-11.30pm

7th, 14th, 21st & 28th January only

Bells Lane Community Centre

Triple P Discussion Groups

9.30am-11.30am

Broxtowe Children's Centre

- Dealing with Disobedience
14th January
- Bedtime Routine
18th February
- Fighting and Aggression
18th March

Call **07881 374680** for more information and to book your place

SATURDAYS

Active Play

10am-11.30am

Minver Sports Hall

All sessions must be booked



* NEW GROUP*

Outdoor Adventures

1pm-2.30pm
28th January, 25th February, 25th March
Pocket Park, Broxtowe



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

We will review this timetable in line with any changes to Government guidance about social distancing. Please visit www.smallstepsbigchanges.org.uk for the most up to date information.