

Aspley Group Timetable: July-September 2022

All sessions are FREE! Please pre-book your place

MONDAYS

Baby Massage
(4 week course*)
1.30pm-2.30pm

5th September - 3rd October

The Hope Centre Broxtowe

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

TUESDAYS

Cook and Play Lunch Club
(4 week course*)
11.30am-1.30pm

5th - 26th July

Bells Lane Community Centre

WEDNESDAYS

Story & Rhyme Time
10am-11.15am

Strelley Library

THURSDAYS

Bump to Baby Play
9.30am-11am

Aspley Children's Centre
Term-time only

For pregnant families, and babies aged under 1.

FRIDAYS

Baby Massage
(4 week course*)
10am-11am

1st - 22nd July

The Hope Centre Broxtowe

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

Cook and Play Brunch Club
(4 week course*)

9.30am-11.30pm

9th - 30th September

Bells Lane Community Centre

SATURDAYS

Active Play
10am-11.30am

Minver Sports Hall

No session 6th or 27th August

Join us for fun in the sun at Pocket Park, Broxtowe

Outdoor Adventures

29th July
& 30th September

1pm-2.30pm

Step into Summer

2nd, 9th, 16th
& 23rd August

1pm-2.30pm



Triple P discussion group

- Hassle-free meal times
- 15th July
9.30-11.30am
Broxtowe Children's Centre



Please prebook your place for the following groups:
Cook & Play, Baby Massage, Triple P, Outdoor Adventures and Step into Summer.

*Cook & Play and Baby Massage are both 4-week courses. You must be able to attend all 4 sessions.

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.