

Aspley Group Timetable: November-December 2021

All sessions are FREE! Please pre-book your place

MONDAYS

Cook and Play Tea Club 3pm-4.30pm

1st -22nd November only

Aspley Community Training Centre

You must be available to attend all 4 sessions

Cook and Play Christmas Dinner

11.30am-1pm

6th December
Hope Centre Broxtowe

13th December
Aspley Children's Centre

20th December
Aspley Community Training Centre

Limited to one booking per family.

WEDNESDAYS

Triple P Tips (via Zoom)

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

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

THURSDAYS

Story & Rhyme Time 10.30am-11.45am

Aspley Children's Centre

Last session before Christmas:
16th December.

FRIDAYS

Baby Massage 9.30am-10.30am

12th November
- 10th December only

Hope Centre Broxtowe

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

Triple P

9.15am-11.15am

19th November
and 17th December only

Broxtowe Children's Centre

Last session before Christmas:
16th December.

SATURDAYS

Active Play 10am-11.30am

Minver Sports Hall

Last session before Christmas:
18th December.



Triple P discussion groups call 07881 374680 for more information and to book your place.

All sessions must be pre-booked.

Please call or text the Aspley Family Mentor team to book your place: 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.