

Bulwell Group Timetable: September-October 2021

All sessions are FREE! Please pre-book your place

MONDAYS

Buggy Push
12.30pm-2.30pm

Various locations

📞 Mandy: 07877 461173

TUESDAYS

Baby Play
10am-11am

Bulwell Healthy Living Centre

📞 Sara: 07825 234209

Twigglets
12.30pm-2.30pm

Barkers Wood

📞 Jane: 07502 258925

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

1.30pm-2.30pm

Ravensworth Rd
Methodist Church

📞 Anna: 07825 234187

Baby Massage

1.30pm-2.30pm

Bulwell Healthy Living Centre

📞 Carla: 07825 233729

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

THURSDAYS

Messy Play

10am-11am

Bulwell Healthy Living Centre

📞 Kirsty: 07825 234253

Cook and Play

1pm-2.30pm

Bulwell Community Gardens in September.

After September contact Laura or check the SSBC website for location.

📞 Laura: 07502 252117

FRIDAYS

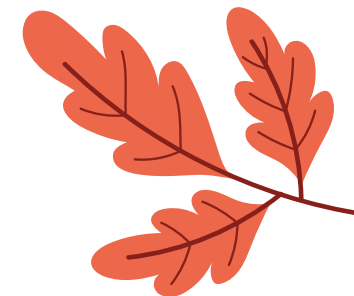
First Foods Part 1+2 (via Microsoft Teams)

10am-11am

2 part course - support for introducing solid foods

You'll get a free First Foods booklet when you complete both parts.

📞 Laura: 07502 252117



SATURDAYS

Bulwell Bloomers

10am-11.30am Bulwell Hall Community Gardens

📞 Luan: 07825 234043

Triple P discussion groups call 0115 975 3898 for more information and to book your place.

All sessions must be pre-booked.

Please call the numbers given or email: admin@toy-library.co.uk

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.