

Bulwell Group Timetable: January-February 2022

All sessions are FREE!

MONDAYS

Buggy Push
12.30pm-2.30pm

Various locations

First Monday of each month

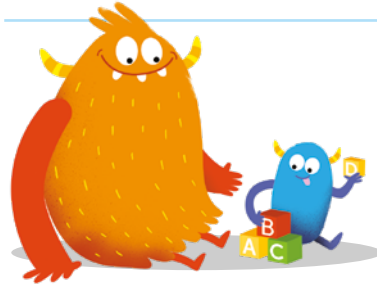
☎ Call 0115 975 3898



TUESDAYS

Baby Play
10am-11am

Bulwell Healthy Living 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

1.30pm-2.30pm

Ravensworth Rd
Methodist Church

THURSDAYS

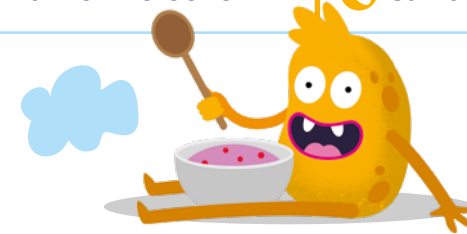
Messy Play

10am-11am

Bulwell Healthy Living Centre

Book your place:

☎ Call 0115 975 3898



FRIDAYS

Cook and Play

10.30am-12.30pm

Bulwell Healthy Living Centre

Book your place:

☎ Call 0115 975 3898

Baby Massage (Various days and locations)

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

☎ Call 07825 233 729 for details



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

Please pre-book your place for Messy Play, Cook & Play, Baby Massage and Triple P. There is currently no need to book for other groups

For more details about groups, please call 0115 9753898 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.