

Bulwell Group Timetable: November-December 2021

All sessions are FREE!

MONDAYS

Buggy Push
12.30pm-2.30pm

Various locations
1st Nov & 6th Dec only



TUESDAYS

Baby Play
10am-11am

Bulwell Healthy Living Centre

Twigglets
12.30pm-2.30pm

Barkers Wood
Book: www.bit.ly/twigglets



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

Baby Massage

1.30pm-2.30pm

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

THURSDAYS

Messy Play

10am-11am

Bulwell Healthy Living Centre

Book your place:

📞 Call 07825 234189



FRIDAYS

Cook and Play

1pm-3pm

Ravensworth Road Church

Book your place:

📞 Call 07825 234189

SATURDAYS

Bulwell Bloomers

10am-11.30am Bulwell Hall Community Gardens

📞 Book your place: Call 07825 234043

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

Please pre-book your place for Messy Play, Twigglets, Cook & Play, 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.