

Hyson Green and Arboretum Group Timetable: Sept-Oct 2021

All sessions are FREE! Please pre-book your place

MONDAYS

Story & Rhyme Time

10am-11am

The Vine Hall

Book: <https://fwsrt.eventbrite.co.uk>



TUESDAYS

Cook and Play

11am-12.30pm

Starting 5th October 2021

The Bridge Centre

Book: <https://fwnpharb.eventbrite.co.uk>

FRED (via Zoom)

6pm-6.40pm

Book: <https://fred.eventbrite.co.uk>

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

Baby Massage (via Zoom)

1pm-2pm

Book: <https://fwbm.eventbrite.co.uk>

Five part course. Sessions are reserved for families living in Hyson Green and Arboretum with a baby under 26 weeks old.

FRIDAYS

Jiggle & Wiggle

1pm-2pm

Coming soon

Book: <https://fwharbjw.eventbrite.co.uk>



SATURDAYS - We have a rolling rota of 4 activities each month at all held at Hyson Green Youth Centre

1st Sat of the month

Saturplay

10am-11am

2nd Sat of the month

Saturplay

10am-11am

3rd Sat of the month

Saturplay

10am-11am

4th Sat of the month

Saturplay

10am-11am

To book any Saturday groups: <https://fwpsa.eventbrite.co.uk>

Triple P discussion groups

call **07790 944878**
for more information
and to book your place.

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.