

# Hyson Green and Arboretum Group Timetable: Nov-Dec 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](http://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.

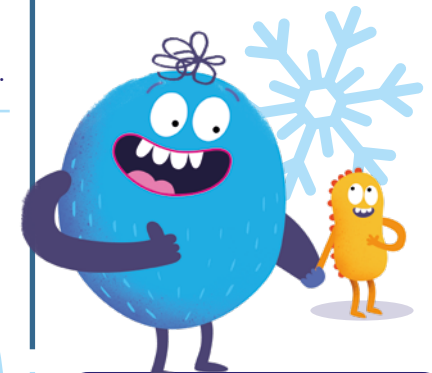
## FRIDAYS

### Jiggle & Wiggle

1pm-2pm

Coming soon

Book: <https://fwharbhw.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](http://www.smallstepsbigchanges.org.uk) for the most up to date information.