

# Hyson Green and Arboretum Group Timetable - Summer 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

**FRED (via Zoom)**

6pm-6.40pm

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



## WEDNESDAYS

**Cook and Play**

11am-12.30pm

Hyson Green Youth Club

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

**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.

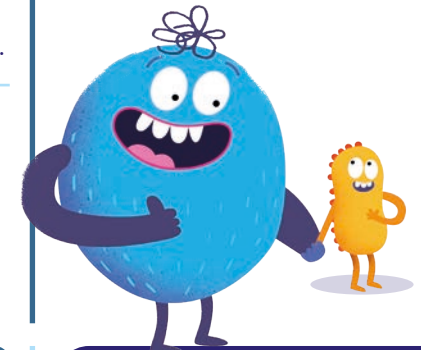
## FRIDAYS

**Jiggle & Wiggle**

1pm-2pm

Hyson Green Youth Club

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

**Story & Rhyme Time**

10am-11am

### 2nd Sat of the month

**Messy Makers**

10am-11am

### 3rd Sat of the month

**Jiggle & Wiggle**

10am-11am

### 4th Sat of the month

**Chatterbox Stay & Play**

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.