

Hyson Green and Arboretum Group Timetable 2024

All sessions are FREE! Please pre-book your place

Weekly groups

MONDAYS

Story & Rhyme Time
10am-11am

Mary Potter Centre

TUESDAYS

Cook & Play
11am-12.30pm

Booking Required

The Bridge Centre

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

Small Steps to Your English (ESOL course)

Learn English for free!
12-week course for parents with babies and toddlers under four.

Booking required
Children welcome

THURSDAYS

Baby Massage
1pm-2pm

Booking Required

Small Steps to Your English (ESOL course)

Learn English for free!
12-week course for parents with babies and toddlers under four.

Booking required
Children welcome



Regular family activities for parents & caregivers



For dates, times and booking:

07814 938295 / groups@frameworkha.org

Triple P Discussion Groups

Get practical advice for tackling behaviours. Such as:

- Hassle-free mealtimes
- Bedtime routines
- Managing fighting and more!



Around Again

- Donate baby equipment, toys and clothes
- Collect items you need
- The cycle starts again
- Around Again

Book to visit here:
bit.ly/AroundAgain



Do you want to make a difference to your community?

Volunteering makes a big difference to our services and families who use them.
Contact Sonja for more information:

07890 301713 / sonja.austinmephram@frameworkha.org

