

Aspley Group Timetable: October-December 2023

All sessions are FREE for families in Aspley, Bells Lane and Broxtowe

MONDAYS

Cook and Play

11.30am-1pm

Aspley Community & Training Centre

November only

WEDNESDAYS

Story & Rhyme Time

10am-11.15am

Strelley Library

Baby Massage* (4 week course)

1.15pm-2.45pm

The Hope Centre

*For families living in Aspley with a baby under 26 weeks old.

Contact us for course dates.

THURSDAYS

Bump to Baby Play

For pregnant families, and babies aged under 1

9.30am-11am

Bells Lane Community Centre

No sessions during half-term



MESSY PLAY

Halloween Messy Play

Saturday 28th October
10am-11.30am

Winter Messy Play

Saturday 25th November
1pm-2.30pm

Both sessions at Aspley Training and Community Centre



COURSES

E2S equipped 2 succeed

Equipped to Succeed

Starts 10th October

Boosting our confidence and wellbeing to be the best parents we can be.

Contact us to find out more



Triple P

tips to deal with parenting challenges

- Is your child a fussy eater?
- Not following instructions?
- Struggling with bedtime routine?

Call: 07881 374680

or visit www.smallstepsbigchanges.org.uk/triple-p to find out how we can help.

Festive Fun

Wednesday 13th December
10am-3pm

Gingerbread Baking

Wednesday 20th December
9.30am-11.15am

Both sessions at Bells Lane Community Centre



All sessions must be pre-booked, apart from Story & Rhyme Time & Bump to Baby Play.

Call or text the Aspley Family Mentors to book: 07881 374680 or email: aspleyinfo@hsn.org.uk

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Our Venues

Aspley Training & Community Centre

Minver Crescent
Nottingham
NG8 5PN

The Hope Centre

St Martha's Church
Frinton Road
Broxtowe
NG8 6GR

Bells Lane Community Centre

Amesbury Circus
Cinderhill
NG8 6DD

Strelley Library

Strelley Road
NG8 3BJ

Aspley Library

Nuthall Road
NG8 5DD

*We'll be popping up at lots of
community events over the season
- if you see us, come and say hi!*

