

Making a difference in the lives of children and families in Drumchapel by providing support, strengthening relationships and empowering families to make positive change.



building strong family foundations

August – October 2015 Family Programme

Sessions resume from week beginning Monday 24th August unless otherwise stated
All classes and activities are free of charge and crèches are provided where stated

MONDAY

10.30am – 12.00pm **Baby & Me: Play Time:** An opportunity to come along and meet other families and take part in an interactive play session with your little one.

TUESDAY

10.00am – 11.30am **Parent & Child Playtime** Parent and Toddler playtime session.
1.00pm – 2.30pm **Baby Massage Class** (crèche provided until 2 pm, tea and coffee to follow class). Places are limited, call for details.

WEDNESDAY

10.00am – 11.30am **Triple P Peer Support Group** Open to anyone currently doing or who has completed the Triple P programme. Meets monthly on 9th September and 7th October.

10.00am – 11.45am **Peer Support Group for parents or carers of children with additional support needs - SPACE** (crèche provided). Meets monthly on 26th August, 23rd September and 21st October. Please call to book a crèche place.

1.00pm – 2.30pm **Well Baby Clinic & Breast Feeding Support Group** – Delivered by NHS Staff. Offering advice/support to parents and carers. Opportunity to link into **Baby & Me Tea Time***

THURSDAY

10.30am – 12.00pm **Baby Massage Class** (class finishes 11.30 am, tea and coffee to follow class) Places are limited, call for details.

11.00am – 1.00pm **Chatter Natter** Pop in for a cuppa and a natter, bring the kids along.

1.00pm – 2.00pm **Shake, Rattle & Roll!!** Parent & Toddler Music Session at **Drumchapel Sports Centre, Drumry Rd East**

7.00pm – 9.30pm **Ladies Night** Grab a bit of 'me' time! Meets fortnightly on 13th /27th August, 10th/24th September and 8th/22nd October.

FRIDAY

1.30pm – 2.30pm **Baby Massage for Dads** Come along to get to know your baby better.

SATURDAY

10.30am-12.30pm **Tuff & Rumbo at Drumchapel Community Centre** For Dads and kids aged 3 – 8 years, fun free play.

ALL ACTIVITIES, UNLESS OTHERWISE STATED, ARE HELD AT OUR PREMISES

0141 944 5740

www.3ddrumchapel.org.uk

The Open Gate, 44 Hecla Square, Drumchapel, Glasgow G15 8NH

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Nursery Liaison

Working alongside nurseries throughout Drumchapel to support families who attend. Training sessions are also available for nursery staff teams.

Bumps to Babies

Activities and classes for expectant parents and those with babies up to 9 months old.

Monday afternoons, Mellow Bumps: Six Week programme for Mums to be that aids stress relief and relaxation. Contact us for details and to book a place.

Tuesday 1 pm – 2.30 pm, Baby Bites: Come along and learn to make some healthy first foods for weaning your baby, within a budget. Available for parents with babies of 6 months and over. Creche available, contact us for details and to book a place.

*** Wednesday 1.30pm- 2.30pm, Baby & Me Tea Time:** An opportunity to come along and meet with other families, improve your confidence as a parent, chat about opportunities for you and your baby, and find out about useful information and resources. No need to book a place, just drop in.

Friday 4th – 25th September 10 am – 12 noon, B4 Baby – Chill: Mums-to-be and Dads-to-be can come along to our 4 week short course looking at reducing stress in relation to pregnancy and parenting and thinking about ways to relax. Contact us for details and to book a place.

Friday 2nd October – 6th November 10am – 12.30 pm, Cooking Sessions: Learn to cook some simple healthy meals for your family in a relaxed environment. Give us a ring to book a place.

Friday 12.30pm – 2.30 pm, Family Lunch: Come along with a family member and children too, eat lunch together and get to know some other people also having babies. No need to book a place, just drop in.

Coming soon: Friday 13th November – 4th December, B4 Baby – Grow: Mums-to-be and Dads-to-be can come along to our 4 week short course looking at how to become more confident and capable parents. Contact us for details and to book a place.

Children's Work

P6 – S1 Transition Club

Thursday Transition Club @ Community Centre , 3.15 pm – 5 pm. Places are limited. Please call Victoria for information.

Coming soon: Family Afterschool Clubs. Contact Victoria for more information.

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