

What to expect from our sessions



Bumps to Babies: For parents to be and babies aged 0 to movers. With breastfeeding support, tummy time, sensory exploration & a chance to make new friends.

Baby Clinic: A chance for you to bring your baby to be weighed and to receive any support and advice you may need.

Information & Family Support Drop In: Information, advice and support from a friendly member of the children's centre and family support team.

Movers and Shakers: A chance for you to have fun, share rhymes and songs, and create props with your child.

Dad's Group: Giving dads and male carers the opportunity to have quality time with their child (0 up to 5 years), access to quality play, and meet new people.



Little Ruggers: Fun activity programme for boys and girls aged 2-5 years. To develop basic sporting skills and take part in health activities.



Messy Play and Busy Feet:

A session for you and your children to enjoy being active together. With different messy play activities, using your hands to explore and feet to dance along to the music.

Breastfeeding Group: Come along and meet other breastfeeding and pregnant women, and receive support from a trained Breastfeeding Peer Supporter.

Rattle, Rhyme and Roll: Provided by your library, it's a chance for you to have fun and share rhymes and songs with your child, helping greatly with language development!

Splash About: Swimming sessions for you and your child (3 months up to 5 years), to gain confidence and have fun in the water. Booking is required — call the children's centre for more information.



Stay & Play and Play Drop-In: Come along to one of our play sessions, with a variety of activities for your children (0 up to 5 years) to enjoy whilst learning and developing important skills.

What's On in the Community? September-December 2016

(Covering Bingham, Cotgrave and the surrounding villages)

Day/Date/ Time	Session	Venue	Information
Monday 10.00am—12.00pm	Toddler Group	Bingham Methodist Church	Term Time Only £2 donation
Monday 10.30 -11.00am	Rattle, Rhyme & Roll	Bingham Library	For more information contact: 01949 837 905
Monday 10.00am - 12.00pm	Lively Spirits	Bingham Methodist Centre	Children aged 0 - 5 years and their grown up £2 per family
2nd & 4th Monday 10.30 - 11.30am	Storyhullabalo o	Radcliffe-on-Trent Library	For more information contact: 0115 933 23 12
Wednesday 9.30-11.15am	Childminder Support Group	Church House, Bingham	Term Time Only
Wednesday 9.30 -11.30am	Little Fishes	Wellspring Church, Upper Saxondale	Children aged 0 - 5 years and their grown up £2 donation
Thursday 10.00 - 11.30am	Little Stars	Shelford Village Hall	For more information contact: shelfordlittlestars@gmail.co m £2 per family
Thursday 10.00am - 12.00pm	Baby & Toddler Group	Church House, Bingham	Children aged 0 - 5 years and their grown up £2 per family
Friday 9.30 - 11.30	Baby & Toddler Group	Cotgrave Serendipity's Day Nurse	Term Time Only
Friday 10.00am - 12.00pm	Baby & Toddler Group	Church House, Bingham	Children aged 0 - 5 years and their grown up £2 per family
Friday 10.30 -11.00am	Rattle, Rhyme & Roll	Bingham Library	For more information contact: 01949 837 905
Friday 9.15 - 11.15am	Parent & Toddler Group	St Mary's Church Hall, Radcliffe - On- Trent	£1 per session (includes refreshments)
Various time & days	Under 5's swim free	Bingham & Cotgrave Leisure Centres	For more information contact the Leisure Centre