

(For practitioners and partner agencies)
Sept - Dec 2020 'At-a-Glance Summary' of
'Referral-only' courses offered by

**Bright Start Children's Centre Services &
Bath West Children's Centre Services**

as well as by some of our partner agencies.

All courses will be delivered virtually, on-line via ZOOM.



Requests for support should be completed and sent to the family's local Children's Centre.
If the family are already receiving Children's Centre support please contact the centre first to discuss. To find out more, including eligibility criteria, or for a Request for Support form contact us via telephone numbers below or see www.bathnes.gov.uk/childrens-centre-services.

Bright Beginnings - Early relationships & attachment

5 week course of Infant Massage, incorporating Five to Thrive. Designed to support nurturing touch, enhance attachment and promote wellbeing for parent and babies under 12 months.

- Thursday 17 Sept - 15 Oct 2020 FULL
- w/c 2 Nov - w/c 30 Nov 2020 Day & time TBC

Infant Massage - Early relationships & attachment

5 week programme for new parents based on Five to Thrive.

Please contact **Bath West Children's Centre Services - Action for Children** for dates: **07715 232684**

Ready, Steady, Talk - Communication & language

5 week course which includes top tips for communication, sharing stories & songs and having lots of fun!

- Wednesday 16 Sept - 14 Oct 2020 10.00-11.00am
- Wednesday 4 Nov - 2 Dec 2020 10.00-11.00am

Talk Time - Communication & language

6 sessions promoting communication & language through songs, stories & fun activities.

Please contact **Bath West Children's Centre Services - Action for Children** for dates: **07715 232684**

My Time, My Space - Perinatal mental health

10-11 week (8 week ante-natal) arts-based project for women experiencing perinatal low mood, anxiety or depression in pregnancy or in first year after birth.

- Tuesday 8 Sept - 27 Oct 2020 16.00-18.30pm (ante-natal)
- Tuesday 22 Sept - 8 Dec 2020 10.00-11.00am (post-natal)

Make a Move - Perinatal mental health

8 week programme using movement, talking, and therapeutic strategies starting from:

- Tuesday 22 Sept 2020 for 8 weeks 11.00am - 12.00 noon & 8.00 - 9.00pm
- Wednesday 23 Sept 2020 for 8 weeks 11.00am - 12.00 noon & 8.00 - 9.00pm

For more information or to register an interest contact; **makeamove@virgincare.co.uk or 07592 103325**

Pebbles - Support for parental mental health

Rolling group for parents whose mental health is impacting on their parenting capacity, with 'Children's Group' running within group.

Creating Calm - Support for parental mental health

12 week programme of Art Therapy Informed work for parents coping with anxiety, with 'Children's Group' running alongside.

Please contact **Bath West Children's Centre Services - Action for Children** for dates: **07715 232684**

Freedom Programme - Domestic abuse

12 week programme that informs & supports women to understand controlling relationships.

Attendees access the course independently in their own time and receive weekly check in call with course lead.

For further details, please contact Katie on 01225 395400.

- w/c 3 Aug- w/c 12 Oct 2020 FULL
- w/c 7 Sept - w/c 9 Nov 2020

Step by Step Programme - Additional needs (SEND)

6-7 week programme to support parents / carers of a child with additional needs.

- Wednesday 7 Oct - 25 Nov 2020 10.00-11.30am

Family Links Nurturing Programme - Parenting

A programme for families facing the challenges of parenting young children, how to get the best out of family life.

We are currently not delivering this course online however our Family Links Parenting Course Facilitators are offering support and guidance over the phone.

Please refer for further details.

The **Family Links Parent Zone** is also useful for free downloads with practical tips and ideas for parents -

www.familylinks.org.uk/parent-zone

Incredible Years - Parenting

12 week programme that strengthens parent-child interactions & attachment, reducing harsh discipline & fostering parents' ability to promote children's social, emotional and language development.

Please contact **Bath West Children's Centre Services - Action for Children** for dates: **07715 232684**

HENRY Programme - Parenting / healthy lifestyles

9 week course for parents/carers of babies & children aged 0-5. The HENRY online programme helps give your child the best possible start in life, join in with other families via weekly group video calls.

- Wed 23 Sept - 25 Nov 2020 10:00 - 11:00 & 13:00 - 14:00 (1 week break for half term)
- Monday 2 Nov - 11 Jan 2021 10:00 - 11:00 (2 weeks off for Christmas)
- Tuesday 3 Nov - 12 Jan 2021 10:00 - 11:00 (2 weeks off for Christmas)

Cook It - Parenting / healthy lifestyles

5 free weekly family 1:1 video call sessions. Chat together to learn more about healthy, tasty family food. Families will receive a cookery book, access to fun cook-along videos and shopping vouchers before and after the course to help cover the cost of ingredients.

Call the Wellness Service on **0300 247 0203** (option 1) to book onto HENRY or Cook It programmes.

Catching Confidence - Confidence / skills & employment

6 week course delivered by Bath College. Designed to help increase confidence and self-belief & support to set new SMART goals for the future.

- 17 Sept - 8 Oct 2020 FULL
- w/c 2 Nov - w/c 30 Nov 2020 Day & time TBC

Volunteering Programme - Skills and employment

Learn new skills and gain valuable work experience while supporting children and families.

Volunteering opportunities are available across all B&NES Children's Centres.

For Bright Start Children's Centres volunteering contact;

Loic Michaud on 01225 396662 or loic_michaud@bathnes.gov.uk

For Bath West Children's Centre volunteering contact;

Jayne Dennett-Lewis on 07773 217563 or jayne.dennett-lewis@actionforchildren.org.uk

To find out more, including eligibility criteria, please contact:

Bright Start Children's Centre Services:

01225 396662

Bath West CC Services - Action for Children:

07715 232684

www.bathnes.gov.uk/childrens-centre-services



BrightStartChildrensCentres

BathWestChildrensCentre