

Southern Links



Children's Centre

Southern Links Children's Centre

Timetable – January 2018

Please find enclosed our latest timetable.

At Southern Links Children's Centre we aim to provide a wide range of high quality groups to families living in our community. This timetable lists all the groups available. In order to ensure groups do not become too busy, we ask that you select one 'blue group' a week, and for an activity coloured in red, please call us to book.

Why not look at our website, newsletter and Facebook page for more information on groups and our latest news!

One group per week

Come as often as you like

Booking required

VENUES	ADDRESS
Southern Links, Stockwood	Whittock Road, Stockwood, BS14 8DQ
St. Augustine's Church, Whitchurch	East Dundry Road , Whitchurch, BS14 0LL
St. Bernadette's Primary School	Gladstone Road, Whitchurch, BS14 9LP
Ilminster Avenue Specialist Nursery School, Knowle	Throgmorton Road, Knowle, BS4 1HR
Knowle Park School, Knowle Park	Queenshill Road, Knowle Park, BS4 2XG
Robinson House, Stockwood	304 Sturminster Rd, Bristol BS14 8ET
Hengrove Lodge, Hengrove	29 Petherton Road, Bristol BS14 9BX

For all enquiries please telephone: **0117 3533503**

Check our Facebook page and our website for the latest news, events and courses

www.southernlinks.co.uk



southernlinks@bristol-schools.uk

**MONDAY**

Activity	Venue	Time
Stay and Play	Throgmorton Road site, Knowle	9.30 – 11.00
Nurture Programme	Throgmorton Road site, Knowle	1.00 – 3.00

TUESDAY

Activity	Venue	Time
Gym Tots	St. Bernadettes, Whitchurch	9.15 – 10.15
Childminders Group	Throgmorton Road site, Knowle	9.30 – 11.00
Baby Group	Whitchurch, St. Augustines	9.45 – 10.45
Breastfeeding Group	Whitchurch Health Centre	11.30 – 1.00
English Conversation	Stockwood site, Whittock Road	1.00 – 3.00
Incredible Years	Stockwood site, Whittock Road	6.30 – 8.30

WEDNESDAY

Activity	Venue	Time
Breastfeeding Group	Training Room, Stockwood	10.00 – 11.30
Sling Library	Family Room, Stockwood (2 nd & 4 th Wednesday of the month)	10.00 – 11.30
Baby Group	Throgmorton Road site, Knowle	10.00 – 11.00
Care Home Stay & Play	Hengrove Lodge (Fortnightly starting 3/1/2018)	2.00 – 3.00
Antenatal Nurture	Stockwood (Starts 10/1/2018)	6.30 – 8.30

One group per week

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Booking required



THURSDAY

Activity	Venue	Time
Gym Tots	Knowle Park School	9.30 – 10.30
Care Home Stay & Play	Robinson House, Stockwood (fortnightly starting 11/1/2018)	10.00 – 11.00
Rock-A-Bye	Knowle West Children's Centre	10.30 – 11.30

FRIDAY

Activity	Venue	Time
Stay & Play	Stockwood site, Whittock Road	9.30 – 11.00
Baby Group	Stockwood site, Whittock Road	1.15 – 2.15
Breastfeeding Group	Throgmorton Road site, Knowle	1.00 – 2.45

SATURDAY

Activity	Venue	Time
Baby Massage	Stockwood (call for info)	9.00 – 10.00
Baby Yoga	Stockwood (call for info)	10.30 – 11.30
Fathers Group	Stockwood (Check Facebook)	9.30 – 11.00

Child Health Clinics run by the Health Visitors

Day	Venue	Time
Tuesday	Whitchurch Health Clinic	1.30 – 2.45
Wednesday	Southern Links, Whittock Road	1.30 – 2.45
Thursday	Knowle Health Centre	9.00 – 11.00

One group per week

Come as often as you like

Booking required



Courses running out of our centres

Booking is essential. To book please call Julie on 0117 9039809

Course	Venue	Time
English Conversation	Stockwood (starts 16/1)	1.00 – 3.00 Tuesday
New Year, New You	Throgmorton Road site (starts 5/1/18)	9.30 – 11.30 Fridays

First Aid Sessions

Date	Venue	Time
Tuesday 23 rd January	St Augustines, Whitchurch	10.00 – 11.00
Wednesday 24 th January	Throgmorton Road site, Knowle	10.00 – 11.00
Friday 26 th January	Stockwood site, Whittock Road	1.15 – 2.15

Weaning (*Weaning Sessions follow on from Baby Group sessions*)

Date	Venue	Time
30 th January (Tuesday)	St Augustines, Whitchurch	10.45
27 th February (Tuesday)	St Augustines, Whitchurch	10.45
27 th March (Tuesday)	St Augustines, Whitchurch	10.45

Speech & Language Drop-In

Date	Venue	Time
Tuesday 16 th January	St. Bernadettes	10.00 – 11.30
Thursday 1 st February	Throgmorton Road site, Knowle	1.00 – 3.00
Tuesday 27 th February	Stockwood site, Whittock Road	9.30 – 11.30