

## Our Centres & Other Venues

### The Barn Family Hub,

Kit Hill Cres, Barne Barton, Plymouth, PL5 1EJ  
01752 362320

#### Opening times:

Mon-Thurs 8.30 - 4.30 & Fri 8.30 - 4

[plymouthccwest@barnardos.org.uk](mailto:plymouthccwest@barnardos.org.uk)

### Nomony Family Hub,

27 St John's Rd, Cattedown, Plymouth,  
PL4 0PA

01752 261844

Opening times: Mon—Thurs 8.30-4.30 & Fri 8.30-4

[plymouthcceast@barnardos.org.uk](mailto:plymouthcceast@barnardos.org.uk)

### Rees Well-Being & Family Hub,

Mudge Way, Plympton, Plymouth - PL7 2PS  
01752 340550

Opening times: Mon-Thurs 8.30-4.30

& Fri 8.30-4

[plymouthcceast@barnardos.org.uk](mailto:plymouthcceast@barnardos.org.uk)

### Sweetpeas Children's centre

Compton Church Hall, 2 Revel Road, Compton  
PL3 5LF

07808 200207

[plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

### Tothill Community Centre

119 Knighton Road PL4 9DA

### Onward House

55 Greenbank Road, PL4 8PE

### Mainstone

Mainstone Social Club, Pattinson Drive, Plymouth  
PL6 8RU

### Church of the Holy Spirit

Cliffatford Rd, Southway PL6 6EJ

### Fourwoods Family Hub,

415 Crownhill Rd, West Park, Plymouth,  
PL5 2LN

01752 366795

#### Opening times:

Mon-Thurs 8.30-4.30 & Fri 8.30-4pm

[plymouthccwest@barnardos.org.uk](mailto:plymouthccwest@barnardos.org.uk)

### High View Children's Centre,

High View Primary School, Efford, PL3 6JQ

[plymouthcccentral@barnardos.org.uk](mailto:plymouthcccentral@barnardos.org.uk)

### Whitleigh Family Hub

Four Greens Community Hub, 15 Whitleigh Green,  
Plymouth PL5 4DD

01752 875933

Opening times: Monday -Thurs 8.30-4.30 & Fri  
8.30-4

[plymouthccnorth@barnardos.org.uk](mailto:plymouthccnorth@barnardos.org.uk)

### Plymbridge Children's centre

C/O Plymbridge Nursery, Miller Way, Plymouth  
PL6 8UN

01752 875933

[plymouthccnorth@barnardos.org.uk](mailto:plymouthccnorth@barnardos.org.uk)

### Plymstock, St Marys Church Hall, Church Rd

PL9 9BP

### Honicknowle Youth Centre, Honicknowle

Green, PL5 3PX

### Southway Youth & Community Centre

Hendwell Centre, Hendwell Close, Plymouth  
PL6 6TB



Summer Term 2024 Timetable  
15th April to 27th July 2024

**BARNARDOS**



Barnardo's Children's Centres (Barnardosplymouth)



If you have recently found out you are pregnant and would like to start your midwife registration, please go to [www.plymouthhospitals.nhs.uk/midwife-booking](http://www.plymouthhospitals.nhs.uk/midwife-booking)



## Contacting your Midwife

If you need to leave a message with your midwife, change or make an antenatal/postnatal appointment please ring this number:-



**01752 437555**

Line open: 9 - 3.30pm Mon - Fri



THURSDAY'S  
1 - 2.30pm (term time only),  
St Mary's Church Hall,  
Plymstock  
Come & join us for our  
Baby & Toddler Group  
run by Barnardo's  
All service families welcome

## SERVICE FAMILIES GROUP





# Family Hub Drop In

At Central Methodist Church



April : 9th & 23rd  
May: 7th & 21st  
June: 4th & 18th  
July: 2nd, 16th & 30th

1.45-3pm

- Healthy Eating/ feeding support
- Support through stressful times
- Helping to link you to the right professional support
- Accessing groups and building community links

Soft Play and Café available

## WHAT WE CAN HELP WITH:

- Parenting advice and support
- Antenatal and Postnatal Support
- Money Advice
- Childcare and funding advice
- Home safety



Understanding your child

## Solihull Approach

### Solihull Antenatal – 5 weeks course

Understanding pregnancy, labour, birth and your baby.

The Solihull Approach antenatal course gives parents practical information about pregnancy and birth whilst at the same time introducing them to their baby.

It explains how and why those around this baby are so important.

It integrates the traditional information given on an antenatal course with a new approach to starting their relationship with this baby before the baby even makes an appearance.

Areas covered include:

Helping you and your baby through pregnancy and birth

Getting to know your baby in the womb

You, your baby and the stages of labour

Helping you and your baby through labour and birth

Feeding your baby

After your baby is born

Please contact your local Family Hub for more details to book onto this course

## **Did you know that we offer TENS Machines and Breast Pumps for hire?**

**TENS may also be useful while you're at home in the early stages of labour or if you plan to give birth at home.**

**TENS is believed to work by stimulating the body to produce more of its own natural painkillers, called endorphins. It also reduces the number of pain signals sent to the brain by the spinal cord.**

**TENS machines can be hired for a 3 week period at a cost of £10 for hire and £10 deposit.**

**Please contact our children centres for availability.**

**CASH ONLY PLEASE**

**Breast pumps can be hired at Rees, Fourwoods and Nomony Family Hubs.**

**Please phone beforehand to check availability.**

**These pumps can be hired for a 4 week period at a cost of £10 for hire and £10 deposit.**

**CASH ONLY PLEASE**



**Introducing Solid Food Sessions**  
Please contact your local Family Hub to find out more.

**BOOKING ESSENTIAL**



### **Understanding Your Baby Parenting Group (Birth to 9 months)**

**This group helps you develop your parent/baby relationships and help you understand your baby's brain, cognitive and social development. We also cover developing healthy sleep patterns, baby feeding and understanding your baby's childcare needs.**

**This is a bookable course so please contact your Family Hub to register.**



# BABY FIRST AID

Delivered by On Course South West this session will provide an overview of First Aid.

It will include topics such as CPR, recovery and choking for all ages.

The session will then be opened up for learners to address their particular concerns which usually include burns, sprains, seizures etc.

**Babies Welcome!**



**BOOKING ESSENTIAL**



Please contact our Family Hubs for dates and times of our baby first aid course.

Starting Monday 15th April, 10 - 11:30am

# Perinatal Mental Health Support Group

## Nomony Family Hub

Run by Barnardo's and the Perinatal  
Mental Health Peer Support Team  
from Livewell Southwest

We offer a safe, nurturing and supportive space for mums with babies from birth up until the age of 18 months, who are in need of emotional and mental wellbeing support in the postnatal period. We also offer antenatal peer support from second pregnancy onwards.

The Peer Support Groups are limited in numbers to ensure the groups are not overwhelming, due to this we are attendance by self-referral.

# Latch On



We offer supportive sessions for women who are pregnant and wanting to breastfeed as well as offering help and advice for women who are currently breastfeeding and want to learn more about its benefits.

A nursing bra fitting service is also available.

## Monday

Rees 1 – 2.30pm

## Tuesday

High View 10.00 - 11.30am  
(Term Time ONLY)



## Wednesday

Nomony - 1-2.30pm

## Thursday

Plymbridge 1 - 2.30pm  
(Term Time ONLY)

## Friday

Fourwoods 10 - 11:30am

No need to book, just come along !



We look at a range of strategies to enhance parent/ child relationships, designed to encourage a reflective style of parenting that leads to more sensitive and effective parenting. Parents are also helped to understand how they can influence their relationship with their child through play.

We focus on the parent/child relationship and aim to support parents in building positive and responsive relationships with their children. Sessions include...

- How do you know what you and your child are feeling?
  - Tuning in to your child's developmental needs
    - Having fun together
    - Self-regulation.
    - Sleep and anger.
  - Different styles of parenting.
- How to recover when things go wrong.



This programme is supported by over 30 years of research to help support parents to improve their child's behaviour. Our Incredible Years parenting programmes focuses on strengthening parent and child interactions, nurturing relationships, promoting positive discipline and helping families promote social, emotional and language development in children.

Please contact our Family Hub to register

# Parenting Programs

Do you know that we provide a number of courses that can support you to understand your child's behaviour and how you can respond more effectively?

These include:

Solihull

Incredible Years

Circle of Security Parenting

If you want to know more – please contact your local Family Hub



The Circle of Security parenting sessions are reflective with discussions around appreciating & improving attachment, strengthening relationships and improving the lives of children through connection. It's a therapeutic and relaxed program, beneficial to all caregivers and parents.

Circle of Security®  
PARENTING™



peep

supporting parents and  
children to learn together

**Peep is for parents and carers with children from birth to five. We share ideas and activities that support your child's learning and development in everyday life - talking, singing, sharing books and playing together.**

**You and your child can make friends and have fun, while finding out how the things they do and learn now will help them make the most of school.**

**If you are interested in attending one of our PEEP workshops, please contact our Family Hubs**



# CHATTERBOX

Stay and play for 0 -5 year olds with themed sessions with our team. Health visitors are also available for advice and/or to have your baby weighed. No need to book!

## Monday

Southway Church of the Holy Spirit - 10 -11.30am  
Rees 1- 2.30pm



## Tuesday

Plymstock - 10 - 11.30am

## Wednesday

Honicknowle 1-2.30pm  
Compton - 1-2.30pm



## Thursday

High View 9.30-11am  
**The Barn 10 - 11.30am**

## Friday

Tothill Community Centre 10-11.30am  
**Fourgreens, Whiteleigh 10-11.30am**



## LOOKING FOR EXTRA HELP?

**Our team works across the city to support families with children under 5 years old with their individual needs. We can offer support in many areas including:**

**Families who have experienced domestic abuse  
Debt/ Benefit Advice**

**Parenting tips/advice/strategies, support on managing children's behaviour, routines and boundaries**

**Families experiencing social isolation  
Healthy lifestyles advice**

**SEN (Special Educational Needs) support  
Please phone our children centres or speak to our staff in our groups if you would like to discuss a potential referral**



# Step by step for 0-5 years



Do you have any worries about your child's development?

We have specialised groups to help with children who may have signs of developmental delay and/or SEN.

Come along to one of our Step By Step groups to gain advice and support for you and your child.

**Monday**

**The Barn - 10-11.15am**

**Tuesday**

**Nomony - 10-11.15am**

**Wednesday**

**High View - 1.45-2.45pm**

**Thursday**

**Whitleigh 10-11.15am**

**No need to book,  
just come along!**

**BARNARD'S**

# Baby & Me nurture group

## 12 week rolling programme

**Babies to pre-walkers**

**Themed sessions for you and your baby including:**

- **Treasure baskets**
- **Sensory Play**
- **Water play and bubbles**
- **Early communication through Books**
- **Five to Thrive**
- **Musical Instruments**

**And more**

**Tuesday**

**Fourwoods - 10-11am**

**Thursday**

**Plymbridge - 1.30-2.30pm**

**Please note there are no Baby & Me groups running in the half term**



Zapraszamy do naszej  
wielokulturowej grupy dla niemowląt i  
małych dzieci

Vă rugăm să nu ezitați să  
veniți la grupul nostru  
multicultural de copii și  
copii mici

请随时加入我们的多元文化婴幼儿行列

**MULTICULTURAL GROUP  
FOR 0-5 YEARS OLD  
ONWARD HOUSE**

**9.30-11AM, THURSDAY**

कृपया बेझिझक हमारे बहुसांस्कृतिक शिशु एवं शिशु समूह में आएँ

من فضلك لا تتردد في القدوم إلى مجموعتنا الخاصة بالرضع  
والأطفال الصغار متعددة الثقافات



# kintsugi HOPE

Starting 18th April at  
the East End Centre.  
Please phone our  
Family Hubs to book a  
place

## Become more Resilient in 2024

A Kintsugi Hope Wellbeing Group is not a teaching course, but a free, safe and supportive group, designed to help participants to better understand themselves, recognise their individual value and worth and to grow more resilient.

The Group runs for 12 sessions  
where we will talk about  
Honesty

Anxiety

Depression  
Shame

Anger

Disappointment and  
Loss

Perfectionism

Forgiveness

Self-Acceptance

Healthy Relationships

Resilience



Discovering  
treasure  
in life's scars



# Twins

## Group

Every 2nd and 4th  
Wednesday of the Month  
REES Well Being Hub  
Plympton PL7 2PS  
10-11.30 am

**No need to book!**



Department  
for Work &  
Pensions

## DWP Clinics

**Do you need help with applying for  
benefits and/or universal credit?**



DWP clinics available - **BOOKABLE ONLY**  
**The Barn**



**Tuesday** - appointments available from 9 - 12am

### Rees

**Tuesday** - appointments available from 12.45 - 3pm



**Call the Barn or Rees for more information**



## Café Connect

10:00am - 2:00pm Wednesday  
The Barn, Kit Hill Crescent, Barne Barton, PL5 1EJ

Join us for a midweek Starbucks coffee and help us tackle food  
waste by taking away donated food from M&S, Lidl and Tesco.

Safe and friendly environment where all ages are welcome.  
Plus children's activities in the mornings

| Monday                                                                                                                                            | Tuesday                                                                                                                                                              | Wednesday                                                                                                                                                              | Thursday                                                                                                                                                        | Friday                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <p>Latch on <br/>Rees - 1 - 2.30pm</p>                           | <p>Latch on <br/>High View - 10.00 - 11.30<br/>(Term time ONLY)</p>                 | <p>Latch on <br/>Nomony - 1 - 2.30pm</p>                                            | <p>Latch On <br/>Plymbridge - 1 - 2.30pm<br/>(Term Time ONLY)</p>            | <p>Latch On <br/>Fourwoods - 10-11.30am</p> |
| <p><b>Step by Step</b><br/>The Barn<br/>10 - 11.15am</p> <p><b>NEW</b><br/><b>Perinatal Mental Health Support Group</b><br/>Nomony 10-11.30am</p> | <p><b>Chatterbox</b><br/>with baby weigh<br/>Plymstock - 10 - 11.30am</p> <p><b>Step by Step</b><br/>Nomony<br/>10 - 11.15am</p>                                     | <p><b>Café Connect</b><br/>The Barn 10-2pm</p> <p><b>Twins Group</b><br/>2nd &amp; 4th Wednesday<br/>every month<br/>Rees, 10-11.30am</p>                              | <p><b>Multicultural Group</b><br/>for 0-5 years old<br/>Onward House<br/>9.30 - 11am</p> <p><b>Step by Step</b><br/>Whitleigh<br/>10 - 11.15am</p>              | <p><b>Chatterbox</b><br/>with baby weigh<br/>Tothill Community Centre<br/>10 - 11.30am</p>                                     |
| <p><b>Chatterbox</b><br/>with baby weigh<br/>Southway<br/>Church of the Holy Spirit, Clifford Rd,<br/>PL6 6EJ<br/>10-11.30am</p>                  | <p><b>Baby &amp; Me</b><br/>Fourwoods 10-11am</p> <p>Family Hub Drop In<br/>Central Methodist Church, City Centre,<br/>Fortnightly 1.45 - 3pm<br/>from 9th April</p> | <p><b>Step by Step</b><br/>High View<br/>1.45-2.45pm</p> <p><b>Chatterbox</b><br/>with baby weigh<br/>Honicknowle<br/>1 - 2.30pm<br/>Compton Church<br/>1 - 2.30pm</p> | <p><b>Baby &amp; Toddler</b><br/>Mainstone<br/>9.30-11am</p> <p><b>Chatterbox</b><br/>with baby weigh<br/>The Barn 10-11.30am<br/>High View - 9.30 - 11am</p>   | <p><b>Chatterbox</b><br/>with baby weigh<br/>Fourgreens<br/>Whitleigh 10-11.30am</p>                                           |
| <p><b>Chatterbox</b><br/>with baby weigh<br/>Rees 1-2.30pm</p>                                                                                    |                                                                                                                                                                      |                                                                                                                                                                        | <p><b>Service Family Group</b><br/>Plymstock - St Marys Church Hall<br/>1 - 2.30pm - Term time only<br/><b>Baby &amp; Me</b><br/>Plymbridge - 1.30 - 2.30pm</p> | <p><b>Summer Term Timetable</b><br/>15th April - 27th July</p>                                                                 |

