

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



3D Drumchapel Family Programme (August-October 2018)

ALL our classes and activities are FREE OF CHARGE. Crèches are provided where stated
For more details or to book places, please contact us:

tel: 0141 944 5740 or email: info@3ddrumchapel.org.uk or www.facebook.com/3ddrumchapel

MONDAY

- 1pm – 3pm** **Mellow Bumps:** Six-week programme for pregnant mums that aids stress relief and relaxation. Phone to register. **Starts 27th August, crèche provided**
- 7pm – 9.30pm** **Mums' Night:** Grab a bit of 'me' time! **Meets fortnightly, starts 13th August at St Andrew's Church (next to the 10 O'Clock Shop)**

WEDNESDAY

- 10am – 11.30am** **SPACE peer support:** Group for parents/carers of children with additional support needs. **Meets monthly, 22nd August, 19th Sept, 31st October crèche provided**
- 10am- 11.30am** **Triple P Peer support:** Open to anyone who is doing, or has done, the Triple P programme. **Meets monthly, 5th September, 3rd October**
- 1pm – 2.30pm** **Baby Club & Breast Feeding Support Group:** Drop in session offering a baby weighing clinic, advice and support to parents and carers. Delivered by NHS Staff. **Runs throughout the year**
- 1.30pm – 2.45pm** **Baby & Me (Pre-Birth – 1 year):** Drop in session for new and expectant parents/carers and babies, with refreshments provided. A chance to meet with other families and take part in a fun play session. **Runs throughout the year**
- 3.30pm – 5.30pm** **SENsation Family Club (P1 – P7):** A six-week after school club full of fun activities for children with additional support needs and their families. **Starts 5th September**

THURSDAY

- 10am – 11am** **Sing & Play (1 – 2 years):** Brand new session filled with fun and play for the transition from baby to toddler. **Starts 30th August**
- 11am – 12noon** **Family Brunch (pre-birth – 1 year):** For new and expectant parents. Come along with family and children for a tasty free brunch. **Starts 16th August**
- 1.15pm – 2.30pm** **Twist & Shout (2 - 5 years):** Our popular action-packed session of movement, games and music for parents and kids! **Starts 23rd August**

DADS' WORK

We're excited to reveal that new Dads Worker is joining the team in August!
Watch our Facebook page and website for upcoming sessions or get in touch for more details

0141 944 5740

www.3ddrumchapel.org.uk

Drumchapel Community Centre, 320 Kinfauns Drive, Glasgow, G15 7HA

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THE SERVICES BELOW ARE AVAILABLE ON A PRIORITY BASIS. FOR MORE DETAILS OR TO BOOK A PLACE TEL: 0141 944 5740 OR EMAIL: info@3ddrumchapel.org.uk TO MAKE A REFERRAL PLEASE EMAIL: referral@3ddrumchapel.org.uk OR USE THE ONLINE FORM: <http://www.3ddrumchapel.org.uk/index.php/referral.html>

MONDAY

1pm – 2.30pm **Baby Massage (6 weeks – 6 months):** A seven-week course to participate in infant massage, meet other parents and learn about baby development. **Starts 20th August, ends 8th October crèche provided**

TUESDAY

12.30pm – 2.30pm **Empowering Pathways:** 10 week course in partnership with the Young Women's Movement to provide safety, support and encouragement for women to strengthen their sense of belonging and worth, and choose positive pathways towards participation in all aspects of their lives. **Starts 21st August**

THURSDAY

1pm – 2.30pm **Baby Steps (6 months – 1 year):** 6 week programme to promote bonding, attachment, development and have lots of fun! **Starts 16th August**

JOHN MUIR AWARD GROUP

Our fun family group mixing fun outdoor activities and exploration with hands on learning, designed to encourage people to connect with, enjoy, and care for wild places. There's lots of outdoor fun and adventure, and families can receive the John Muir Award, run by the John Muir Trust.

Dates and times are to be confirmed, so please keep an eye on our Facebook page and website for details, or get in touch!

AT HOME

Triple P Positive Parenting Programme (18 months – 8 years): A positive parenting and family support programme done individually with families in the comfort of their own homes. For more information please contact us.

BABY BASICS & TODDLER TOGS KIDS CLOTHING & EQUIPMENT BANK

We have a bank of good quality second-hand baby and children's clothes (0-5 years), equipment and toys available on request. For more details or to make a request, please speak to a member of staff, call 0141 944 5740, or email info@3ddrumchapel.org.uk All requests are dealt with in complete confidence.

OUR SERVICES ARE AVAILABLE TO FAMILIES IN DRUMCHAPEL, YOKER AND KNIGHTSWOOD

SEE WHAT WE'RE UP TO ON FACEBOOK & TWITTER @3DDRUMCHAPEL

ALL ACTIVITIES AT OUR PREMISES UNLESS OTHERWISE STATED

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