

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



building strong family foundations



3D Drumchapel Spring Family Programme (April – June 2017)

ALL 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. Spaces limited. **Starts 8th May, crèche provided**

TUESDAY

9.30am – 2.30pm **Empowering Pathways:** 12 week course in partnership with the Young Women's Movement to strength women's civic engagement. **Returns 18th April**
10am – 11.30am **MEND (2–4 years):** 11 week programme of fun family activities to help lead fitter, healthier, happier lives. **Returns 18th April @ Chesters's Nursery**

WEDNESDAY

10am – 11.30am **Triple P peer support:** Open to anyone who is doing, or has done, the Triple P programme. **Monthly 10th May, 7th June**
10am – 11.30am **SPACE peer support:** Group for parents/carers of children with additional support needs. **Monthly 26th April, 24th May, 21st June, crèche provided**
12.35pm – 1.25pm **Lunch Club (S1 & S2 pupils):** Fun, games & chat every lunchtime. **Starts 19th April @ Drumchapel High School**
1pm – 2.30pm **Well Baby Clinic & Breast Feeding Support Group:** Drop in session offering advice and support to parents and carers. Delivered by NHS Staff.
1pm – 2.30pm **Kids' SPACE (1–4 years):** Sensory play, rhythm & movement and parent & child massage, designed for kids with additional support needs and their parents. **Monthly 19th April, 3rd May, 7th June**
1pm – 3pm **Cloverbank Heroes (P3 pupils):** Series of fun craft-based workshops about books for kids and dads/male role models. **Starts 26th April @ Cloverbank Nursery**
1.30pm – 2.45pm **Baby & Me (0–1 year):** Drop in session with a mix of tea, chat and fun play for babies and parents/carers. No need to book, just come along! **Starts 12th April**

HURSDAY

1pm – 2pm **Shake, Rattle & Roll (1–5 years):** Our popular flagship parent & child music and play session. No need to book, just come join in! **Starts 27th April**
7pm – 9.30pm **Mums Night:** Grab a bit of 'me' time! Everything from bingo to films nights to laser quest and more! **Fortnightly, starts 6th April @ St Andrew's Church**

FRIDAY

12.30pm – 2.30pm **Family Lunch (pre-birth–1 year):** For new and expectant parents. Come along with family and children, eat lunch together and get to know some other people also having babies. No need to book a place, just drop in! **Starts 21st April**

SATURDAY

10.30am – 12.30pm **Tuff & Rumbo (0–9 years):** Fun play and activities for dads/males carers and kids. **Starts 1st April, @ Drumchapel Community Centre**

0141 944 5740

www.3ddrumchapel.org.uk

The Open Gate, 44 Hecla Square, Drumchapel, Glasgow G15 8NH

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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

- 10am – 11am** **3D Play:** Fun play session for parents, carers and kids, delivered in a small group. **Starts 24th April**
- 1pm – 2.30pm** **Baby Massage (6 weeks – 6 months):** 10 week course to practice infant massage, meet other parents and learn about baby development. **Starts 24th April, crèche provided**
- 3.15pm – 4.45pm** **Antonine Family After School Club (P1 – P5):** A safe place for P1-P5 families to come together to play and build stronger relationships, peers and gain a better understanding of their community resources. **Starts 24th April**

TUESDAY

- 3.30pm – 5.30pm** **Family John Muir Award Group:** Mixing outdoor activities and exploration with hands on learning, to enable connecting with, enjoying, and caring for wild places. **Monthly, Wednesday 12th April, Tuesday 9th May, Tuesday 13th June**

WEDNESDAY

- 3.30pm – 5.30pm** **Transitions (P7 pupils):** Personal development award programme focused on fun, team building and making the step up to high school. **Runs @ Drumchapel High School**

THURSDAY

- 10am – Noon** **Give Us a Break (S1 & S2 pupils):** 8 week programme for young people who have experienced loss or change. It's an opportunity to speak in confidence and set personal goals. **Starts 2nd April, @ Drumchapel High School**
- 1.30pm – 2.30pm** **Couples Baby Massage (6 weeks – 6 months):** 10 week baby massage course, especially for couples to do together. **Starts 27th April**

FRIDAY

- 10.30am – Noon** **Baby Steps (6 months – 1 year):** 6 week programme to promote bonding, attachment, development and have lots of fun! Spaces limited. **Starts 5th May**

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

We have a bank of good quality second-hand baby and children's clothes (0-5 years), equipment and toys available on request, please ask for more details or email info@3ddrumchapel.org.uk All requests 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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