

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 Winter 2016 Family Programme (January – April 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. Crèche provided. **Starts 23rd January**

TUESDAY

9.30am – 2.30pm **Empowering Pathways:** 12 week programme in partnership with the Young Women's Movement, to help strengthen women's choices and participation in all aspects of their lives. **Starts 10th January**

10am – 11.30am **MEND (2–4 years):** 11 week programme of fun family activities to help lead fitter, healthier, happier lives. **Starts 21st February at Chesters's Nursery**

1pm – 3pm **Blairdardie Heroes (P3):** Fun craft-based workshop based around books, for kids and dads/male role models. **Starts February at Blairdardie Primary**

WEDNESDAY

10am – 11.30am **Triple P peer support:** Open to anyone who is doing, or has done, the Triple P programme. *Meets monthly, 18th January, 15th February, 15th March, 12th April*

10am – 11.30am **SPACE peer support:** Group for parents/carers of children with additional support needs. *Meets monthly, 1st February, 1st, 29th March* **Crèche provided**

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. *Meets monthly, 1st February, 1st March 5th April*

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 11th January**

THURSDAY

12.35pm – 1.25pm **Lunch Club (S1 & S2 pupils):** Fun, games & chat **at Drumchapel High School**

1pm – 2pm **Shake, Rattle & Roll (1–4 years):** Our popular parent & child music and movement session. No need to book, just come join in! **Starts 12th January**

7pm – 9.30pm **Mums Night:** Grab a bit of 'me' time! *Meets fortnightly, starting 12th January, 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 20th January**

SATURDAY

10.30am – 12.30pm **Tuff & Rumbo (3–9 years):** Fun play and activities for dads/males carers and kids. **Starts 4th February, at 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 30th January**
- 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 16th January. Crèche provided.**

TUESDAY

- 3pm – 4.30pm** **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 21st February**

WEDNESDAY

- 3.30pm – 5.30pm** **Family John Muir Award Group:** As part of the John Muir Award we run a family group which mixes fun outdoor activities and exploration with hands on learning, designed to encourage people to connect with, enjoy, and care for wild places. **Meets monthly, 8th February, 8th March, 12th April**

THURSDAY

- 10am – Noon** **Give Us a Break (S1 & S2 pupils):** An 8 week programme for young people who have experienced loss, change to family circumstances, or bereavement. It provides an opportunity to speak in confidence about loss and changes in their life, coping strategies and personal goal setting. **At 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 19th January**

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 17th February. Crèche provided**

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), items and toys available on request, please ask for more details

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

FIND US ON FACEBOOK www.facebook.com/3ddrumchapel OR TWITTER @3DDrumchapel

UNLESS OTHERWISE STATED ALL ACTIVITIES ARE HELD AT OUR PREMISES

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