

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 Family Programme (January - April 2019)

ALL our classes & activities are completely FREE OF CHARGE, crèches provided where stated

For more details or to book places, please contact us:

tel: 0141 944 5740 or email: [info@3ddrumchapel.org.uk](mailto:info@3ddrumchapel.org.uk) or [www.facebook.com/3ddrumchapel](http://www.facebook.com/3ddrumchapel)

### MONDAY

- 1pm – 3pm** **Mellow Bumps:** 6 week programme for pregnant mums that aids stress relief and relaxation. Please contact us to register. **Starts 4<sup>th</sup> February, crèche provided**
- 7pm – 9.30pm** **Mums' Night:** Grab a bit of 'me' time! **Meets fortnightly, starts 21<sup>st</sup> January at St Andrew's Church (153 Garscadden Road, next to 10 o'clock shop)**

### TUESDAY

- 3.30pm – 4.30pm** **After School Family Club (P1 – P7):** After school club offering fun positive play for parents and children and an opportunity to try new things and get to know other families. **Starts 22<sup>nd</sup> January**
- 6pm – 8pm** **Dads' Night:** A chilled-out social night for dads, stepdads & male carers. **Starts 8<sup>th</sup> Jan, meets fortnightly**

### WEDNESDAY

- 10am – 11.30am** **SPACE peer support:** Parents' group for parents/carers of children with additional support needs. **Meets monthly, 23<sup>rd</sup> Jan, 20<sup>th</sup> Feb, 20<sup>th</sup> March, crèche provided**
- 10am – 11.30am** **Triple P Peer support:** Parent's group open to anyone who is doing, or has done, the Triple P programme. **Meets monthly, 6<sup>th</sup> Feb, 6<sup>th</sup> March**
- 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 play and activity session for new and expectant parents/carers and babies, with refreshments provided. **Starts 16<sup>th</sup> Jan**  
**Runs throughout the year**
- 3.15pm – 4.15pm**  
&  
**4.30pm – 5.30pm** **SENSation Family Club (2 sessions, all ages):** After school club with a wide range of fun activities and sensory play, for children with additional support needs & their families. **Starts 23<sup>rd</sup> Jan**

### THURSDAY

- 10am – 11am** **Tots2Toddlers (1 – 2 years):** A fab fun-filled play session suitable for the transition from baby to toddler. **Starts 24<sup>th</sup> Jan**
- 12.45 pm – 2pm** **Family Lunch (pre-birth – 1 year):** For new and expectant parents to come along with family & children for a tasty free lunch and a catch up. **Starts 24<sup>th</sup> Jan**
- 1.15pm – 2.15pm** **Twist & Shout (2 - 5 years):** Our popular action-packed session of games, parachute and free play! **Starts 24<sup>th</sup> Jan**
- 3.30pm – 5pm** **Blokes & Bairns (3-11 years):** Games, crafts and lots of fun activities, especially for dads/male carers & kids. **Starts 24<sup>th</sup> Jan**

0141 944 5740

[www.3ddrumchapel.org.uk](http://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 AND BOOKING IS REQUIRED. FOR MORE DETAILS OR TO BOOK A PLACE:**

**TEL: 0141 944 5740 OR EMAIL: [info@3ddrumchapel.org.uk](mailto:info@3ddrumchapel.org.uk)**

**TO MAKE A REFERRAL PLEASE EMAIL: [referral@3ddrumchapel.org.uk](mailto:referral@3ddrumchapel.org.uk)**

#### MONDAY

**1pm – 2.30pm** **Baby Massage (6 weeks – 6 months):** 7 week course to participate in infant massage, meet other parents and learn about baby development. **Starts 21<sup>st</sup> Jan, crèche provided**

#### TUESDAY

**10am – 12pm** **Nurture Workshops:** 10 Nurture workshops providing a small group of parents the opportunity to explore trauma through storytelling. The impact of trauma will be considered along with strategies to deal with future traumas. Building resilience in children will also be explored. Run in partnership with the Story Telling Village

#### THURSDAY

**10.30 am – 12pm** **Baby Steps (6 months – 1 year):** 6 week programme to promote bonding, attachment, development and have lots of fun! **Starts 24<sup>th</sup> January**

#### FRIDAY

**10am – 11am** **3D's Peep 4 Toddlers (1 – 2 years):** 8 week play programme for parents/carers and their children together. Aiming to support families with their children's early learning in an enjoyable way. **Starts 8<sup>th</sup> February**

#### 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.

#### MUDDY BUDDIES – OUTDOOR NURSERY WORK

We facilitate outdoor nursery play in collaboration with two local nurseries, Chesters and the Drumchapel Family Learning Centre. The programme has been running since October 2017, supported by Glasgow City Council and Inspiring Scotland

#### BAIRN NECESSITIES – 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, and we welcome referrals from other organisations.

**All requests are dealt with in complete confidence.**

**Please note this service is collection-only.**

To place an order please contact us or use our online form: <http://bit.ly/BabyBank>

**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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