

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 (October - December 2018)

ALL our classes & activities are completely 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:** 6 week programme for pregnant mums that aids stress relief and relaxation. Please contact us to register. **Starts 29th October, crèche provided**
- 7pm – 9.30pm **Mums' Night:** Grab a bit of 'me' time! **Meets fortnightly, starts 22nd October 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 23rd October**

WEDNESDAY

- 10am – 11.30am **SPACE peer support:** Parents' group for parents/carers of children with additional support needs. **Meets monthly, 31st Oct, 28th Nov, 12th Dec, 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, 14th Nov, 19th Dec**
- 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. **Runs throughout the year**
- 3.15pm – 4.15pm
&
4.30pm – 5.30pm **SENSation Family Club (2 sessions, P1 – P7):** After school club with a wide range of fun activities and sensory play, for children with additional support needs & their families. **Starts 24th Oct**

THURSDAY

- 10am – 11am **Tots2Toddlers (1 – 2 years):** A fab fun-filled play session suitable for the transition from baby to toddler. **Starts 25th October**
- 12.45 pm – 2pm **Family Lunch (pre-birth – 1 year):** For new and expectant parents to come along with family and children for a tasty free lunch and to catch up with others. **Starts 25th October**
- 1.15pm – 2.30pm **Twist & Shout (2 - 5 years):** Our popular action-packed session of movement, games and music for parents and kids! **Starts 25th October**
- 3.30pm-5pm **Blokes & Bairns (3-11 years):** Games, crafts and lots of fun activities, especially for dads/male carers & kids. **Starts 25th October**

0141 944 5740

www.3ddrumchapel.org.uk

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

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building strong family foundations



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

TO MAKE A REFERRAL PLEASE EMAIL: 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 22nd October, crèche provided**

TUESDAY

9.30am – 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.

12.30pm–2.30pm **Because You're Worth It:** 6 week course for parents/carers looking at the importance of confidence building, self-esteem and coping with stress. **Starts 20th November, lunch & crèche provided**

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 25th October**

FRIDAY

10am – 11am **3D's Peep 4 Toddlers (1 – 2 years):** 8 week play programme focused on bonding and attachment. **Starts 26th October**

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

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, 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://ow.ly/iWmy30meqV9>

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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