

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 (24<sup>th</sup> October – 16<sup>th</sup> December 2016)

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](mailto:info@3ddrumchapel.org.uk) or [www.facebook.com/3ddrumchapel](http://www.facebook.com/3ddrumchapel)

### TUESDAY

**10am – 11.30am** **MEND (2–4 years):** 10 week programme of fun family activities to help lead fitter, healthier, happier lives.

### WEDNESDAY

**10am – 11.30am** **Triple P peer support:** Open to anyone who is doing, or has done, the Triple P programme. *Meets monthly, 16<sup>nd</sup> November & 14<sup>th</sup> December*

**10am – 11.30am** **SPACE peer support:** Group for parents/carers of children with additional support needs. *Crèche provided. Meets monthly, 2<sup>nd</sup> & 30<sup>th</sup> November*

**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, 2<sup>nd</sup> November & 7<sup>th</sup> December*

**1.30pm – 2pm** **Baby & Me Teatime (0–1 year):** Drop in session to meet with other families, improve your confidence as a parent, chat about opportunities and find out about useful information and resources.

**2pm – 2.45pm** **Baby & Me Playtime (0–1 year):** Fun play session for parents/carers and babies. No need to book, just come along!

### THURSDAY

**11.30am – 1pm** **Chatter Natter:** Drop in for a cuppa and a natter, bring the kids along! *Ends 24<sup>th</sup> November*

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

**1pm – 2pm** **Shake, Rattle & Roll (1–4 years):** Parent & child music and movement session. No need to book, just turn up!

**7pm – 9.30pm** **Mums Night:** Grab a bit of 'me' time! *Meets fortnightly, venues vary, 27<sup>th</sup> October, 10<sup>th</sup> & 24<sup>th</sup> November, 8<sup>th</sup> December*

### FRIDAY

**9.30am – 3.30pm** **Family Addiction Support Service:** If you've been affected by a loved one's drug or alcohol use, Families Affected by Drug & Alcohol Use (FASS) are running a drop in session at 3D providing advice, support and guidance.

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

### SATURDAY

**10.30am – 12.30pm** **Tuff & Rumbo (3–9 years):** For dads and kids, fun free play at Drumchapel Community Centre (please note - last session is on 26<sup>th</sup> November)

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

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To make a referral please email: [referral@3ddrumchapel.org.uk](mailto:referral@3ddrumchapel.org.uk)

**THE SERVICES BELOW ARE AVAILABLE ON A PRIORITY BASIS. PLEASE CONTACT US FOR MORE INFORMATION OR TO MAKE A REFERRAL**

#### MONDAY

**1pm – 3pm** **Mellow Bumps (pre-birth):** Five-week programme for pregnant mums that aids stress relief and relaxation. Spaces limited. *Crèche provided. Starts 14<sup>th</sup> November*

#### TUESDAY

**3pm – 4.30pm** **Antonine 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.

#### 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, 9<sup>th</sup> November, 14<sup>th</sup> December*

#### 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*

#### 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. *Crèche provided. Starts 4<sup>th</sup> November*

**1pm – 2.30pm** **Couples Baby Massage (6 weeks – 6 months):** 10 week baby massage course, especially for couples to do together.

#### 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) available to those who need them.

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

**FIND US ON FACEBOOK [www.facebook.com/3ddrumchapel](http://www.facebook.com/3ddrumchapel) OR TWITTER @3DDrumchapel**

**UNLESS OTHERWISE STATED ALL ACTIVITIES ARE HELD AT OUR PREMISES**

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