

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 2018)

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)

### MONDAY

**1pm – 3pm** **Mellow Bumps:** Five-week programme for pregnant mums that aids stress relief and relaxation. Phone to register. **Starts 29<sup>th</sup> January, crèche provided**

### TUESDAY

**10am – 11.30am** **Fun Foodies:** A 7 week programme for 2 – 4 year olds and their parents/carers. Fun, healthy food activities, physical play and games aimed to help families' lead fitter, healthier, happier lives. **Registration starts 6<sup>th</sup> February**

**3.15pm – 5pm** **3D 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 6<sup>th</sup> February (Please call if you would like to book a place)**

### WEDNESDAY

**10am – 11.30am** **Triple P Peer support:** Open to anyone who is doing, or has done, the Triple P programme. **Meets monthly, 17<sup>th</sup> January, 14<sup>th</sup> February, 14<sup>th</sup> March**

**10am – 11.30am** **SPACE peer support:** Group for parents/carers of children with additional support needs. **Meets monthly, 31<sup>st</sup> January, 28<sup>th</sup> February, 28<sup>th</sup> March, 25<sup>th</sup> April with crèche provided**

**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. **Starts back 10<sup>th</sup> January**

**1.30pm – 2.45pm** **Baby & Me (Pre-Birth–1 year):** Drop in session for new and expectant parents/carers and babies, with refreshments provided. A chance to meet with other families and take part in a fun play session. **Starts back 17<sup>th</sup> January**

**3.15 pm – 5 pm** **SENsation Family Club (P1 – P7):** A 5 week after school club full of fun activities for children with additional support needs and their families. **Starts 28<sup>th</sup> February**

### THURSDAY

**12.45pm – 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. **Starts 18<sup>th</sup> January.**

**1.15pm – 2.30pm** **Twist & Shout (1-5 years):** Our exciting new action-packed session of movement, games and music for parents and kids **Starts 25<sup>th</sup> January**

**3.30pm – 5pm** **Blokes & Bairns (1-11 years):** Fun play and activities for dads/males carers and kids. **Starts 1<sup>st</sup> February**

### FRIDAY

**9.45am – 11am** **Kids' SPACE (1-5 years):** Sensory play and games, designed for kids with additional support needs and their parents. **Fortnightly, starting 26<sup>th</sup> January**

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. 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) OR USE THE ONLINE FORM: <http://www.3ddrumchapel.org.uk/index.php/referral.html>

#### MONDAY

9:30am – 11am & 1pm – 2.30pm **Baby Massage (6 weeks – 6 months):** 9 week course to participate in infant massage, meet other parents and learn about baby development. **Starts 22<sup>nd</sup> January, finishes 26<sup>th</sup> March, crèche provided at afternoon session**

#### THURSDAY

10am – 11.30 am **3D Play:** 6 week programme, a parent and child play programme designed for a small group of families with children aged 1 – 5 years providing a variety of play opportunities. **Starts 15<sup>th</sup> February**  
10.30am – Noon **Baby Steps (6 months – 1 year):** 6 week programme to promote bonding, attachment, development and have lots of fun! **Starts 1<sup>st</sup> February**

#### ONE OFF EVENTS

##### CONTACT US FOR MORE DETAILS AND TO BOOK A PLACE

**Bumps to Babies Fayre 26<sup>th</sup> March 10:00 – 12:30:** If you're pregnant or with a baby under 1 come along for loads of helpful info for you and your family with freebies, refreshments and more!

#### 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 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. For more details or to make a request, please speak to a member of staff, call 0141 944 5740, or email [info@3ddrumchapel.org.uk](mailto:info@3ddrumchapel.org.uk) All requests are 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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