

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 Winter Family Programme (October – December 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:** Five-week programme for pregnant mums that aids stress relief and relaxation. Spaces limited. **Starts 13th November, crèche provided**

WEDNESDAY

10am – 11.30am **Triple P Peer support:** Open to anyone who is doing, or has done, the Triple P programme. **Meeting 15th November**

10am – 11.30am **SPACE peer support:** Group for parents/carers of children with additional support needs. **Monthly 1st November, 29th November, 13th December, 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.

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, improve your confidence as a parent, chat about opportunities and find out about useful information and resources and take part in a fun play session. No need to book, just come along! **Starts back 1st November**

THURSDAY

9.30 am – 10.45 am **Twist & Shout (1-5 years):** Our exciting new action-packed session of movement, games and music for parents and kids (**morning group**)

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. No need to book a place, just drop in! **Starts 2nd November, festive lunch on 7th December.**

1.15pm – 2.30pm **Twist & Shout (1-5 years):** Our exciting new action-packed session of movement, games and music for parents and kids (**afternoon group**)

FRIDAY

9.45am – 11am **Kids' SPACE (1-5 years):** Sensory play and rhythm & movement, designed for kids with additional support needs and their parents. **Fortnightly, starting 17th November, 1st December, 15th December.**

SATURDAY

10.30am – 12.30pm **Coming soon.....exciting new play session for dads/males carers and kids. Keep an eye on our Facebook page for more details.**

0141 944 5740

www.3ddrumchapel.org.uk

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

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



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

1pm – 2.30pm **Baby Massage (6 weeks – 6 months):** 10 week course to practice infant massage, meet other parents and learn about baby development. **Started 28th August, finishes 6th November**

THURSDAY

10.30am – Noon **Baby Steps (6 months – 1 year):** 6 week programme to promote bonding, attachment, development and have lots of fun! **Starts 2nd November**

ONE OFF EVENTS – CONTACT US FOR MORE DETAILS AND TO BOOK A PLACE

Baby First Aid (0-1 year)

First Aid Training for Parents and Carers of babies under 1, designed to build your confidence dealing with emergency situations. Offered in conjunction with NCT and facilitated by the British Red Cross.

Money Goals & Christmas Budgeting Workshop

3D Drumchapel are working in partnership to deliver a 'Money Goals & Christmas Budgeting Workshop.' Come along on Thursday 26th October from 10am – 12pm at Drumchapel Community Centre and get some finance tips just in time for Christmas. Places are limited so please contact the office to sign up for this.

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.

AFTER SCHOOL CLUB

Camstradden Family After School Club: Working in partnership with AXIS and Camstradden Primary school offering cookery, homework support, fun, crafts and games for the whole family. Available to families with children attending Camstradden Primary, sign-up required through Camstradden Primary. **Starts 30th October for 6 weeks.**

BABY BASICS & TODDLER TOGS

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 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

0141 944 5740

www.3ddrumchapel.org.uk

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