

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 (April-June 2018)

ALL our 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:** Six-week programme for pregnant mums that aids stress relief and relaxation. Phone to register. **Starts 14<sup>th</sup> May, crèche provided**
- 7pm – 9.30pm **Mums' Night:** Grab a bit of 'me' time! **Meets fortnightly, starts 21<sup>st</sup> May, at St Andrew's Church (next to the 10 O'Clock Shop)**

### TUESDAY

- 10am – 11.30am **Fun Foodies (3 – 5 years):** A 7 week course of fun filled sessions making healthy snacks, games and activities. **Starts 1st May**

### WEDNESDAY

- 10am – 11.30am **Triple P Peer support:** Open to anyone who is doing, or has done, the Triple P programme. **Meets monthly, 9<sup>th</sup> May, 6<sup>th</sup> June**
- 10am- 11.30am **SPACE peer support:** Group for parents/carers of children with additional support needs. **Meets monthly, 25<sup>th</sup> April, 23<sup>rd</sup> May, 20<sup>th</sup> June, 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 and take part in a fun play session. **Starts 18<sup>th</sup> April**
- 3.15 pm – 5pm **SENsation Family Club (P1 – P7):** A six-week after school club full of fun activities for children with additional support needs and their families. **Starts 18<sup>th</sup> April**

### THURSDAY

- 10am – 11am **Kids' SPACE (1 - 5 years):** Sensory play and games, designed for kids with additional support needs and their parents. **Fortnightly, starts 3<sup>rd</sup> May**
- 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 19<sup>th</sup> April**
- 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 26<sup>th</sup> April**
- 3.30pm – 5pm **Blokes & Bairns (3 – 11 years):** Fun play and activities for dads/males carers and kids. **Starts 26<sup>th</sup> April**

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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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](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

**1pm – 2.30pm** **Baby Massage (6 weeks – 6 months):** A seven-week course to participate in infant massage, meet other parents and learn about baby development. **Starts 23<sup>rd</sup> April ends 25<sup>th</sup> June, crèche provided**

#### TUESDAY

**12.30pm – 2.30pm** **Because You're Worth It!:** A 5 week course aimed at developing self confidence and raising self esteem, to become more confident and assertive as an individual and as a parent. **Starts 22<sup>nd</sup> May, crèche provided**

**3.30pm – 5pm** **John Muir Group (primary school age children):** Our fun family group mixing fun outdoor activities and exploration with hands on learning, designed to encourage people to connect with, enjoy, and care for wild places. **Starts 8<sup>th</sup> May, sign up required**

#### THURSDAY

**10.30am – Noon** **Baby Steps (6 months – 1 year):** 6 week programme to promote bonding, attachment, development and have lots of fun! **Starts 26<sup>th</sup> April**

#### FRIDAY

**10.30am – 11.30am** **Wee Play (2 – 5 years):** A six-week class designed to help families become more active together through fun games and activities. The class helps develop balance, coordination and movement skills. You will receive a Wee Play activity bag filled with fun equipment and activity cards to help you play together at home. **Starts 27<sup>th</sup> April**

#### 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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