

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 Autumn Family Programme (August – October 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](mailto:info@3ddrumchapel.org.uk) or [www.facebook.com/3ddrumchapel](http://www.facebook.com/3ddrumchapel)

Due to current recruitment we are not running all of our activities this term.

These activities will resume next term.

### MONDAY

**1pm – 3pm** **Mellow Bumps:** Five-week programme for pregnant mums that aids stress relief and relaxation. Spaces limited. **Starts 4<sup>th</sup> September.**

### WEDNESDAY

**10am – 11.30am** **Triple P Peer Support:** Open to anyone who is doing, or has done, the Triple P programme. **Monthly 13<sup>th</sup> September, 4<sup>th</sup> October.**

**10am – 11.30am** **SPACE peer support:** Group for parents/carers of children with additional support needs. **Monthly 30<sup>th</sup> August, 27<sup>th</sup> September**

**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 30<sup>th</sup> August after the summer dates.**

### THURSDAY

**12.30pm – 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 31<sup>st</sup> August.**

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](http://www.3ddrumchapel.org.uk)

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

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**THE SESSIONS 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):** 10 week course to practice infant massage, meet other parents and learn about baby development. **Starts 28<sup>th</sup> August.**

#### THURSDAY

**10.30am – Noon**      **Baby Steps (6 months – 1 year):** 6 week programme to promote bonding, attachment, development and have lots of fun! **Starts 31<sup>st</sup> August**

#### 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.

##### **Fire Safety Talk (Tuesday 5th September, 9.30am)**

Come along have a cuppa and meet the Community Safety Advocate/Fire prevention officer Carol Smith who is presenting a short interactive talk about home fire safety and offering free home fire safety visits, free smoke alarms and free extension cables. Children welcome, however no crèche is provided

##### **Confidence Workshop**

A two hour workshop for adults aimed at developing a can-do attitude to improve self confidence. Dates to be arranged. We will be running a few sessions in the upcoming months.

#### 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), 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.

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