





Your guide to groups, activities, clubs, days out, libraries, venues to hire and more in Bath and North East Somerset



Family Information Service Information on childcare, early years education and family support 0800 073 1214

Useful information

Benefits for families: www.gov.uk/browse/benefits/families

Benefits calculator: www.gov.uk/benefits-adviser

Citizen's Advice Bureau (CAB) Bath and District:

0844 848 7919

The Citizens Advice Bureau helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers. Adviceline – 0844 848 7919 (Bath)

Monday, Wednesday, Thursday and Friday, 10am – 4pm Sessions are available for families across the area at the Children's Centres. For venues, days and times contact the Family Information Service: 0800 073 1214 or 01225 395343 www.adviceguide.org.uk/index/life/benefits/ benefits for families and children.htm

Child Benefit: 0845 302 1444

www.hmrc.gov.uk/childbenefit/index.htm

Childcare: ring the Family Information Service on freephone 0800 0731214, text on 07980 998906 or email

fis@bathnes.gov.uk

Family Lives: 24 hour helpline 0808 800 2222

www.familylives.org.uk

Gingerbread (Single Parents, equal families):

0808 802 0925

www.gingerbread.org.uk/

Health Visitor Services: Contact your local doctor's surgery or health centre, or your local Children's Centre for details. For Children's Centre contact details, please see pages 8 - 11.

Information and Advice Service

The Information & Advice Service is part of the Family Information Service and provides individual appointments and drop-in sessions at a Children's Centre in your area. The service is available to anyone with children up to the age of 20 and can help you by: Looking at your entitlement to welfare benefits, tax credits, free school meals etc. and helping with claim forms. Supporting access to debt and housing advice. Providing you with information to help you to make decisions about your family's future and give you confidence to return to work. Helping to source funding to pay for your childcare and identifying registered childcare options. Linking you to other organisations that can help you find work/training, etc. For details of these sessions and information about the Children's Centres please telephone the Family Information Service 0800 073 1214 or 01225 395343.

There is also a **Managing Your Money** pack produced for families by the Family Information Service and CAB. Please contact for a copy, or drop into your local Children's Centre.

www.bathnes.gov.uk/fis fis@bathnes.gov.uk

Job Centre Plus: 0845 604 3719

www.gov.uk/browse/working

Somerset Hall, Somerset Street, Bath, BA1 1TS Appointments can also be made at local Children's Centres, please see those indicated on pages 8 - 11.

Maternity and Paternity Rights:

www.gov.uk/maternity-leave www.gov.uk/paternityleave

Maternity pay entitlement calculator:

www.gov.uk/maternity-benefits

Maternity rights at work:

https://www.gov.uk/working-when-pregnant-your-rights

NHS Direct: Whatever your health concern or query, the helpline is available 24 hours a day, 365 days a year, just call 0845 4647 or go to www.nhsdirect.nhs.uk

NHS Information Service for parents: Sign up to receive emails and text messages covering all key pregnancy and baby topics. Emails link to more than 100 videos, featuring experts giving advice, and real mums and dads sharing tips on how to cope. You can sign up whether you're pregnant, a dad-to-be, or already a parent. www.nhs.uk/ https://linformationServiceForParents/pages/home.aspx

Tax Credits helpline: 0345 300 3900

Tax Credits calculator: http://taxcredits.hmrc.gov.uk/

Qualify/DIQHousehold.aspx

Working Families: For advice on rights at work for parents

and carers. Freephone: 0300 012 0312

www.workingfamilies.org.uk

Post Natal Support

Bath and District NCT

Tel: 0844 243 6043

www.nct.org.uk/branches/bath bathnct.web@gmail.com

Baby Café

New Oriel Hall, Larkhall, BA1 6RA

Tuesday 1pm until 3pm, supported by the NCT, run by parents, for parents. Refreshments available, a donation of £2.50 would be appreciated. (Open to non-members)

NCT Bumps, Babies and Toddlers

Fridays 11am - 1pm term time only at the Percy Community Centre, King Street, Bath, BA1 2BN. The Post Natal group is an informal get together for parents with children under 3 years. A breastfeeding counsellor is available. There is a £1 suggested donation. (Open to non-members)

North East Somerset NCT

Tel: 0844 243 6043

www.nct.org.uk/branches/north-east-somerset nesomersetnct@hotmail.co.uk

Bumps, Babies 'n' Tots - North East Somerset NCT Radstock Youth Club and Children's Centre, Church Street, Radstock, BA3 3QQ

Wednesday mornings 10.00am - 11.45am, everyone welcome, you do not need to be an NCT member to attend. There is a suggested donation of £1.

Bumps 'n' Babies

The Connies Tea Rooms, The Square, Timsbury, BA2 0HY Mondays 1.30pm - 3pm, supported by an NCT parent volunteer. Meet other parents and treat yourself to refreshments at the same time. There is a warm welcome for all.

New Baby Group

The Norland Nursery, Bath, BA1 6DX

A baby group for expectant and new parents on Mondays, 9.30am - 11am. It is an opportunity to meet with other parents, share experiences and make new friends. Tea, coffee and cakes are included, all for free!

Tel: 01225 904020

www.norlandnursery.co.uk

Universal Yoga

Redhill House, Camerton, Bath, BA2 0NY

Pregnancy classes and a mums and babies class including baby massage.

Courses run for six weeks.

Tel: 01761 470658

www.universalyoga.co.uk info@universalyoga.co.uk

Yummy Mummy Yoga

At venues across Bath, Keynsham and Bristol Pregnancy and post natal yoga and reflexology

Tel: 07531 257443

www.yummymummyyoga.co.uk

Post Natal Mother and Baby relaxation

Bright Blue Yoga, Weston Methodist Church, Kennington Road, Bath, BA1 3EA

You will learn lots of safe and effective postnatal recovery exercise to help you relax, restore your energy and address some of post-pregnancy's most common physical challenges such as weakened pelvic floor and abdominal muscles. You must book a block of 8 weeks in advance.

Birth preparation workshops also available.

Tel: 01225 445408/07940 704850

www.brightblueyoga.co.uk brightblueyoga@me.com

Pilates

Snapdragons Nursery, Henley Lodge, Weston Road, Bath, BA1 2XT

New Oriel Hall, Brookleaze Buildings, Larkhall, Bath, BA1 6RA

Specialist Pilates instructor (Mara Kirk-Reynolds) is qualified to teach Pilates to ante and post natal women. Classes are not specialist, however Mara is happy to incorporate Mums and Mums to be in her sessions. No experience is necessary, but booking is essential.

Tel: 01225 464 383/07976 898246

www.pilates-bath.co.uk mara@pilates-bath.co.uk

Aerobics - With Crèche

Percy Community Centre, New King Street, Bath, BA1 2BN Keep Fit, Stay Fit sessions on Thursday mornings 10am - 11am, costing £4. There is also an Ofsted registered crèche available at £2 per child.

Tel: 01225 423014

www.percycentre.org.uk

Bath Yummy Mummies

Hillcroft, Lansdown Road, Bath, BA1 5TD

Personal Training - A programme will be created at the gym to combine diet and a mixture of strength and circuit style training. The personal trainer has specialist experience in post natal fitness.

Tel: 07789 712405

www.bathyummymummies.co.uk claire@bathymmumummies.co.uk

Ladies Gymnastics

Baskerville's Gymnastics and Fitness Centre, Englishcombe Court, Englishcombe Lane, Bath, BA2 2EJ Open to ladies of any age or experience (you do not have to be a Mum) and is a fun way to keep fit whilst learning gymnastic skills. Sessions take place on Wednesdays 12noon - 12.45pm costing £4 per session. There is also a pre- bookable crèche available for £2.

Tel: 01225 330001

www.baskervillesgym.co.uk/adult-gymnastics

Tribal Bellydance for Mums and Bubs

Percy Community Centre, New King Street, Bath, BA1 2BN

Five week course Tel: 07716 351171

sparklegirl.productions@gmail.com

Online Support

www.bathnes.gov.uk/fis Local information for families www.mothersformothers.co.uk Online and local support for Mums and Dads who are experiencing Post Natal Depression

www.nhs.uk/Planners/birthtofive/Pages/

<u>Healthydietandfitness.aspx</u> Information to support you and your baby.

www.1bigdatabase.org.uk A website which holds information about national and local organisations that offer help and support to parents and carers living in Bath and North East Somerset, Bristol and South Gloucestershire. www.understandingchildhood.net Downloadable fact sheets covering a range of parenting topics.

<u>www.tamba.org.uk</u> The Twins and Multiple Births Association



Children's Centres

Children's Centres offer all families and children a range of services, information and support in their local community. Monthly 'What's On' calendars are available for all Children's Centres in Bath and North East Somerset on the following link: www.bathnes.gov.uk/services/childrens-centres

Additional help is offered by Family Support Workers throughout the community and in a family's home. At the Children's Centres there are lots of one-to-one and group opportunities taking place daily. Health services, including support to stop smoking, breastfeeding peer support and Health Advisors are all available in the area. For more information contact your local Children's Centre.

Children's Centres also offer information and advice on a wide range of issues. CAB, the Information and Advice Service and Job Centre Plus can offer families individual benefit, employment and financial advice. Job Centre Plus and CAB are available for appointments at selected centres. Please see the **bold** information below each Children's Centre for more detail. The Information and Advice Service is available in all Children's Centres in the area and

information about childcare can also be accessed through this service as part of the Family Information Service.

Chew Valley Children's Centre

Chew Lane, Chew Magna, Bristol, BS40 8QA

Tel: 01225 395455

chewvalley childrenscentre@bathnes.gov.uk

Groups Include: Messy Play, Drop In Baby Clinics, Health Visitor Baby Clinics, Post Natal Classes and Parentcraft classes, Baby Massage, Stay and Play and a Dad's Stay and Play (third Saturday of the month).

Citizen's Advice Bureau and the Information and Advice Service (see page 2) is available.

First Steps Children's Centres

First Steps Moorlands, Moorfields Road, Bath, BA2 2DQ

Tel: 01225 317123

moorlandscc@firststepsbath.org.uk

First Steps Twerton, Woodhouse Road, Bath, BA2 1SY

Tel: 01225 444791

twertoncc@firststepsbath.org.uk

Groups include: Bumps and Babies, Stay and Plays, Café Mama, Baby Massage, Health Visitor and Baby Clinic, Health Training and a Young Parents Group.

Citizen's Advice Bureau, the Information and Advice Service (see page 2) and Job Centre Plus are available.

Foxhill Children's Centre

Foxhill Community Centre, Hawthorn Grove, Combe Down, Bath

Messy Monday, Toddlers (Contact Catherine on 07879 498474), Community Hub Group (open to anyone with children aged 0-11 years run by Southside 01225 331243) and Stay and Play.

stmartins gardenchildrenscentre@bathnes.gov.uk

The Information and Advice Service is available (see page 2).

Keynsham Children's Centre

65 West View Road, Keynsham, Bristol, BS31 2UE Tel: 01225 395400

Keynsham childrenscentre@bathnes.gov.uk

Groups include: A Babies Group, Stay and Play, a Dad's Group/Stay and Play on the 2nd Saturday of the month, Keynsham Breast Friends, Baby Massage, Parent Craft Classes, a Parent Support Group and Tiny Tots (a Young Parents Group). The Information and Advice Service (see page 2) and Job Centre Plus is available.

Somer Valley Children's Centre

- Midsomer Norton Children's Centre,
 Pows Orchard, Midsomer Norton, Radstock, BA3 2HY
- Paulton Children's Centre with on site nursery (Footsteps 01761 415535)
- Plumptree Close, Paulton, Bristol, BS39 7QY
- Peasedown St John Youth and Children's Centre, Bath Road, Peasedown St John, Bath, BA2 8DH
- Radstock Youth and Children's Centre, Church Street, Radstock, BA3 3QQ
- Westfield Children's Centre, Westfield Primary School Annex, Longfellow Road, Radstock, BA3 3XX

Venues also include: Community halls and venues, Schools and The Community Bus.

Tel: 01225 396660

somervalley childrenscentre@bathnes.gov.uk

Groups in the area include: Bumps and Babies, Stay and Plays, a monthly Saturday session for families who are unable to attend groups during the week (Walk Talk and Explore), Messy Play, Sign Rhyme and Story Time, One Stop Shop (a Young Parents Group and information session), The Community Bus, a Parenting Group, Child Health Clinic, Drop In Baby Clinic, Postnatal Group, Twins Club, Family Health Walks, Family First (for carers of children with additional needs) and an Early Support Stay and Play Session (for children with additional needs).

Citizen's Advice Bureau, the Information and Advice Service (see page 2), Job Centre Plus and the National Careers Service (01225 396858) are available.

Parkside Children's Centre

Charlotte Street, Bath, BA1 2NE

Tel: 01225 396662

parkside childrenscentre@bathnes.gov.uk

Groups include: Babyzone, Stay and Play, Play School, baby feeding group for parents under 25 years and a Young Parent One-Stop Shop.

Citizen's Advice Bureau and the Information and Advice Service (see page 2) is available.

St Martin's Garden Children's Centre

150 Frome Road, Odd Down, Bath, BA2 5RE

Tel: 01225 396002

stmartins gardenchildrenscentre@bathnes.gov.uk

On site nursery available

Groups include: Babyzone (plus Health Vistor Drop In), Stay and Play, Rhyme Time and Parent Craft.

Citizen's Advice Bureau, the Information and Advice Service (see page 2),and Job Centre Plus are available.

Weston Children's Centre

Penn Hill Road, Weston, Bath, BA1 4EH

Tel: 01225 396034

weston childrenscentre@bathnes.gov.uk

Groups include: Antenatal Sessions, Stay and Play, Babyzone (with Health Visitor Drop-In), Toybox (a Toy Library), Musical Toddler Group, Movers and Shakers, Breastfeeding Counselling and Saturday Dad's Stay and Play.

Citizen's Advice Bureau and the Information and Advice Service (see page 2) is available.

Baby Massage and Signing

Baby Signing

Discover the real secret to communicating with your baby in one fun filled workshop.

www.signwithus.co.uk

Louise Morgan Baby Massage

Locations in Saltford, Paulton and Whitchurch Five week baby massage courses.

Tel: Louise 07779 234144 www.babyandmetime.co.uk

Baby Massage at Children's Centres:

Chew Valley Children's Centre - Tel: 01225 395458 First Steps Children's Centre (Moorlands Infant School Community Room and First Steps Twerton)

Tel: 01225 314111

Keynsham Children's Centre

Contact the Health Visiting Team on Tel: 0117 9461000 www.bathnes.gov.uk/services/children-young-people-and-families/childrens-centres

Together As One

5 week baby massage courses. Courses cost £35 and include, oil and weekly handouts. Classes are for babies 0 to 1 year. Contact for venue. Venues have previously been located in Bath, Midsomer Norton, Radstock and Marksbury.

Tel: Amy Lee 07858 101289

www.togetherasonebabymassage.co.uk

Baby Massage with Amy

Available for one to one classes, or for a small group of parent/carers.

www.babymassagewithamy.co.uk mail@babymassagewithamy.co.uk

Sing and Sign

Held at Bath Library, Oldfield Park and Larkhall. Call Tina Hills on 01225 751437 to book on to the classes listed above.

www.singandsign.com singandsignbath@googlemail.com

Storytime

Storytime for 0 – 5 years in B&NES Libraries FREE

Bath Library - every Tuesday 11am - 11.30am
Keynsham Library - every Saturday 11am - 11.30am
Saltford Library - every Thursday 2.30pm - 3pm
Midsomer Norton Library - every Monday
11am - 11.30am
Radstock Library - every Monday 11am - 11.30am
www.bathnes.gov.uk/services/libraries-and-archives/events-and-activities

Story Time Fun

Each session explores a different story/theme with linked songs, games, crafts and dressing up, with the format following the same pattern each session. There are two classes for aged 1 1/2 to 2 1/2 years and 2 1/2 to 4 years. Sessions take place on Mondays in Larkhall, Bath.

Tel: 01225 330319/07890 665817

www.kidzfun.biz sally@kidzfun.biz

Language and Culture

La Jolie Ronde

Spanish classes and holiday sessions due to start if enough interest is generated.

Tel: 01225 329877

www.lajolieronde.co.uk

Polish Group

Bath Polish Families Club invites everyone to sessions on Thursday mornings from 9.30am—12noon at Southdown Infant School, Mount Road, Bath, BA2 1LG.

It is a chance to meet with other Polish families, have a cup of coffee and chat, exchange information and get help with filling in forms.

Tel: Iwona 07939 955513 <u>i.b.erturan@btinternet.com</u> www.polskaszkolabath.co.uk/bath polish association.html

English as a Second Language Group

Parkside Children's Centre, Charlotte Street, Bath, BA2 2NE

A group for families with children aged 0-5 years. Play and learn about stories, rhymes and how to ask questions about your child's development. For dates contact Parkside Children's Centre: 01225 396662

www.bathnes.gov.uk/services/children-young-people-and-families/childrens-centres

Music, Movement and Rhyme

Music with Mummy (or other important person)

A music programme which provides a range of educational and fun music classes especially designed for toddlers aged 1 to 3 years.

South Bath and Midsomer Norton Justine Bunce 01761 413039 justinebunce@yahoo.co.uk

Jolly Babies

For babies up to 1 year and their special adult.

www.musicwithmummy.co.uk

South Bath and Midsomer Norton Justine Bunce 01761 413039

justinebunce@yahoo.co.uk

Kidzfun Music and Movement

Widcombe (Wednesdays) and New Oriel Hall, Larkhall (Thursdays)

Music and movement for ages 2 1/2 to 4 years.

Tel:01225 330319/07890 665817

www.kidzfun.biz

sally@kidzfun.biz

(Also available for parties)

Baby Play Classes

Saltford and Paulton locations

Baby Play is a relaxed, small five week course where babies enjoy messy and water play, singing and exploratory play. Suitable for babies over 4 months and below 12 months.

Tel: 07779 234144

www.babyandmetime.co.uk

Jo Jingles

Twerton, Bathwick and Keynsham

Music, singing and movement for babies and pre-school aged children from 3 months to 5 years of age.

Tel: 01225 422638

http://bathjojingles.com

Wendy House Music

Central Bath, Weston and Larkhall classes. In class we enjoy music, singing, dance and exploring and playing musical instruments, books, storytime, baby massage and exercise, quiet times and much more. Various classes available for children aged 3months - 4 years.

Tel: 07901 521387

www.wendyhousemusic.com whm@cheerful.com

Baby Sensory

Baby Sensory provides hundreds of sensory development activities including fibre optic light shows, bubbles, bells, musical fun, baby signing, puppet shows, amazing light balls and lots more. Locations include: Central Bath, Claverton Down and Midsomer Norton

www.babysensory.co.uk bath@babysensory.co.uk

Classes also available in Keynsham Tel: 07810 458657

<u>bristoleast@babysensory.co.uk</u> (Also available for parties)

Rhyme Time

St. Martin's Garden Children's Centre, Mondays from 1.30pm - 3.00pm.

Tel: Hayley Smith on 01225 396002

Sign, Rhyme and Storytime

Peasedown Youth and Children's Centre, BA2 8DH Mondays 9.30am - 10.30am

Tel: 01225 396660

www.bathnes.gov.uk/services/children-young-people-and-families/childrens-centres

Bookstart Baby Bounce and Rhyme for 0 - 3 years in B&NES Libraries FREE

Come along and get singing to some of your favourite rhymes!

For dates, contact Council Connect Tel: 01225 394041 **Bath Library** - First and third Friday of each month 11am - 11.30am

Keynsham Library (please refer to website for dates) **Midsomer Norton Library** - Every fourth Wednesdays, 10.30am - 11am

Weston Library - (please refer to website for dates) <u>www.bathnes.gov.uk/services/libraries-and-archives/events-and-activities</u>

Dance Tots (2 - 4yrs)

Keynsham Leisure Centre, Temple Street, Keynsham, BS31 1HE

Fun dance sessions using movement, music, song and play to help develop social, cognitive, creative and physical skills.

Tel: 01225 395164

www.aguaterra.org/keynsham-leisure-centre

Crotchet Factory Music Studio

1 Edward Street, Eastville, Bristol, BS5 6LW

Classes for children aged 6 months upwards. Pre-school and infant percussion courses, children's courses and workshops available. Instrumental lessons offered

including: Piano, Keyboard, Guitar (classical and electric),

Recorder and Violin. Tel: 0117 9518015

max@crotchet-factory.co.uk www.crotchet-factory.co.uk

Being Active

Pushy Mothers

Buggy workouts on Monday, Thursday and Saturday mornings in Alice Park, (Bath, BA1 7BL)

Tel: 07711 587353

www.pushymothers.com/find-a-class

Ideas of local buggy walks near you, uploaded by members of the public:

www.walkswithbuggies.com

Family Walk, Talk and Explore

Starting at Orchard Vale Community Hall, Woodside, Midsomer Norton, BA3 2PA

A monthly Saturday session in the Somer Valley for families who are unable to attend groups during the week.

www.bathnes.gov.uk/services/children-young-people-andfamilies/childrens-centres/midsomer-norton-childrens-centre

Family Health Walks

Norton Radstock Children's Centre area. Contact 01225 396660 for further details, or see local notice boards.

Baskerville's Health and Fitness Class

Englishcombe Court, Englishcombe Lane, Bath

Gym fun - parent and baby gym based on free play for the under 3's

Playgym - 18 months - 2 1/4 years, a coach led group for parents and toddlers exploring the gym.

Adventure gym - Under 4s play session

Parent & toddler - 2 1/4 to 3 1/4 class building on Playgym.

Gym Tots - (3½ to 4 years) children work independently of parent and under the supervision of a coach.

Sunday Soft Play - Soft play for 5 years and under. Provides a safe, fun and stimulating environment for children and their adult to spend some great quality time together.

Tel: 01225 330001

(Also available for parties)

www.baskervillesgym.co.uk

Monkey Yoga

Weston, Bath

The Monkey Yoga class will show you ways to practice yoga postures, breath work and relaxation alongside your toddlers. It can increase a child's concentration, confidence and self-esteem. It can also help with sleep and digestive issues, improve listening skills, and stretch and strengthen a child's body in a safe and fun environment.

Tel:

www.brightblueyoga.co.uk brightbluevoga@me.com

Tumble Tots

Designed to develop children's physical skills of agility, balance, co-ordination and climbing, through the use of Tumble Tots equipment.

Classes in Bath, Chippenham and Trowbridge

Gymbabes 6 months to walking

Tumble Tots Walking to school age

Tel: 01225 811579

www.tumbletots.com/Bath

Playwalks - Swainswick Explorers

Chilcombe Bottom (near Swainswick)

Term time adventures particularly suitable for children 1 - 4 years, although younger siblings welcome. Walk in lovely countryside, with something new to learn. Every week we build a small camp and share picnic. Come dressed for the outdoors and bring some food to share.

(Also available for parties)

Tel: 07758 515092

www.playingoutdoors.org rachel@playingoutdoors.org

Dyrham Park Family Nature Trails

Dyrham Park, Dyrham, Bath, BS14 8ER

Explore the park through exciting activities on one of the popular guided nature trails. From pond-dipping or bug-hunting to spotting the deer, get outdoors and closer to nature

Tel: 0117 9372501

www.nationaltrust.org.uk/dyrham-park/dyrhampark@nationaltrust.org.uk

Sport Activities

Bath Lawn Tennis Association

Park Lane, Weston, Bath, BA1 2XQ Mini Red classes for children aged 4 to 8 years on Mondays and Saturdays.

Tel: 01225 425625 www.bathltc.co.uk tennis@bathltc.wanadoo.co.uk

Bath Rugby Up & Unders

Combe Grove Manor, Brassknocker Hill, Monkton Combe, Bath, BA2 7HU

Bath Sports Centre, North Parade Road, Bath, BA2 4ET A class to develop motor and social skills in a fun and safe environment for ages 2 to 7 years.

Tel: 01225 904127

www.bathrugbyfoundation.com/up-and-unders.php (Also available for parties)

Gym and Dance Tots

Bath Sports and Leisure Centre, North Parade Road, Bath, BA2 4ET

For children aged 2 to 4 years. Gym Tots works on balance, shapes and jumps in a six week course. Dance Tots is based on music, movement, song and play, developing social, cognitive, creative and physical skills Tel: 01225 486914

www.aquaterra.org

Little Stars Soccer

Promoting healthy development through play for ages 2 - 4 years. The group teaches confidence, communication and the ABC of football including balance, ability and co ordination.

Sessions take place in New Oriel Hall, Larkhall, BA1 6RA Tel: Ellen 01225 335489

littlestarssoccer@live.co.uk



Rugby Tots

A specific programme using the skills of rugby to create fun classes working on the basic core motor skills. Sessions take place on Tuesdays, Wednesdays and Saturdays for children between the ages of 2 and 5 years, based at the Percy Community Centre, New King Street, Bath, BA1 2BN Tel: 0845 3133242

www.rugbytots.co.uk

Ruggar, Soccer, Gym and Dance Tots

Keynsham Leisure Centre, Temple Street, Keynsham, BS31 1HE

Rugby fans (aged 3 to 5 years) can learn the basics of rugby as well as developing co ordination, balance and social skills. Young footie fans (ages 3 to 4) can learn from FA level 2 coaches. The Gym tots course (ages 2 to 4) teaches balance and body awareness. The dance tots group, (ages 2 to 4) is a fun music and movement class. Tel: 01225 395164

www.aquaterra.org

Ruggerbeez

Alice Park, Gloucester Road, Bath, BA1 7BL Rugby sessions for 2 to 7 years on Saturday mornings. Tel: 07879 532084

www.ruggerbeez.com/content/bath alice park

SOCATOTS®

The world's first soccer specific physical play programme from 6 months to 5 years. Groups fall into 3 categories 6 months - walking, walking to 2 $\frac{1}{2}$ years and 2 $\frac{1}{2}$ - 5 years. Classes meet:

at Bath Sports Centre, BA2 4ET, The All Saints Centre, Weston, BA1 4BX, at Twerton Village Hall, BA2 1DX, The Fear Hall, Keynsham, BS31 1DQ

Tel: 01225 484632 or 07940 737219

www.socatots.com/bath d.heywood@socatots.com

Team Bath (Trampolining, Football Tots and Judo)

University of Bath, Claverton Down, Bath, BA2 7AY

Tel: 01225 386915

Trampolining - for 2 - 4 years

Football Tots - Special sessions for 4 - 5 years

Judo - For ages 4 years + (Also available for parties)

www.teambath.com/what-we-do/kids-tribe/

Writhlington Sports Centre

Writhlington Sports and Leisure, Knobsbury Lane, Writhlington, BA3 3NQ

Pre-School Gymnastics at WSC Gymnastics Club

Suitable for children aged 1 to 4 years to develop skills such as balance, co-ordination, flexibility and strength.

Jolly Jumpers at WSC Gymnastics Club

Suitable for complete beginners aged 4 to 6 years.

Trampolining

After school and weekend classes for children aged 4 to 6 years working towards badges 1 to 5 of the British Gymnastics Trampoline award scheme. (continued on page 24)

Tiddlers Tennis

For children aged 4 to 5 years, introducing the basics of movement, sending and receiving, catching and throwing and running and jumping.

Karate and Martial Arts are also available at the centre

Tel: 01761 438559

(Also available for parties)

www.writhlingtonsportscentre.co.uk

Swimming

Parent and Toddler Swims

Bath Leisure Centre, North Parade Road, Bath, BA2 4ET Monday - Friday at various times (Also available for parties) Tel: 01225 486914

Keynsham Leisure Centre, Temple Street, Keynsham, Bristol, BS31 1HE Parent and Baby Session, Thursdays 11.15am - 12.15pm (Also available for parties)

Tel: 01225 395164

South Wansdyke Sports Centre, Rackvernal Road, Midsomer Norton, BA3 2UG

Water Babies - Mondays and Fridays 10am - 11am

Tel: 01761 415522 (Also available for parties) For more information visit: www.aguaterra.org

Paulton Pool, Plumptre Close, Paulton, Bristol, BS39 7RD Adult and Baby Session - Tuesdays 9.15am - 10am and 10am - 10.45am

Adult and Baby Fun Session with Music and Floats Fridays 2.00pm - 2.30pm (Also available for parties)

Tel: 01761 413644

www.paultonpool.org.uk

Water Babies

Ten week courses to introduce babies to water. The nearest pool is in Three Ways School, Frome Road, Bath.

Tel: 0117 9466919

www.waterbabies.co.uk underwater@waterbabies.co.uk

Aqua Babies

5 week courses designed as an introduction to water for babies and toddlers from 8 weeks to 3 years.

St Martin's Garden Primary School, Lympsham Green, Odd Down, Bath, BA2 2UN - Wednesdays 1pm - 5pm

Three Ways School, Frome Road, Odd Down, Bath, BA2 5RF - Saturdays 9am - 12am

Tel: 01249 661561

www.aquababies-uk-wilts.co.uk info@aquababies-uk-wilts.co.uk



Arts and Crafts

Craftimakers

Bath City Football Club, Twerton Park, Bath, BA2 1DB A weekly themed craft and messy play session.

Tel: 07540 189614

www.craftimakers.co.uk craftimakers@hotmail.co.uk

(Also available for parties at a venue of your choice)

Holburne Museum activities

Great Pulteney Street, Bath, BA2 4DB

Tel: 01225 388576 **Saturday Art Club**

A term time only club for 5 - 11 years inspired by the museum's collection. (Contact for dates)

Monday and Tuesday Yearlings

A group for 9 - 24 month old babies and their adult. Sessions include singing and creative activities. (£7.50 per workshop)

Brilliant Babes

A group for 0 - 9 month old babies and their adult offering a chance to make artwork and meet with other parents/carers. (£25 for three workshops)

Friday Toddlealongs

Creative workshops for 2 - 5 year olds including singing, storytelling and making things. (£7.50 per workshop)

www.holburne.org

holburne-education@bath.ac.uk

(Also available for parties)

Make Your Mark

11 Pulteney Terrace, Bath, BA2 4HJ

Tel: 07855 887018

Mini Makers

A pre school session for children and their adult to do art activities together. Classes meet on Tuesday and Thursday mornings.

Saturday Club

A group run twice per month 1.30pm - 3.15pm. Pre school aged children should bring an adult.

www.makeyourmarkstudio.co.uk cathy@makeyourmarkstudio.co.uk

(Also available for parties)

Messy Play

Messy Mondays - Foxhill Children's Centre (01225 396002) Chew Valley Children's Centre - 2nd and 4th Tuesday of the month (01225 395455)

Norton Radstock Children's Centre area (01225 396660) Thursdays - Paulton Scout and Guide Community Hall

Tuesdays - Whisty Hall, Radstock

Wednesdays - Peasedown Youth and Children's Centre

The Creation Station

Little Explorers meet in Radstock, Peasedown St John, Midsomer Norton, Larkhall and Odd Down. The group is for 1 - 5 year olds and is usually extended in the holidays to include children up to the age of 11 years. It is an award winning art and craft group, developing concentration and handeye co ordination. Classes cost £5.00, siblings are charged £2.50 Baby Discovery Class now in Bath for 4 - 18 months.

Tel: 0844 8549086

www.thecreationstation.co.uk bath@thecreationstation.co.uk

(Also available for parties)

Young @ Art Club

Victoria Art Gallery, Bath, BA2 4AT Membership is free but there is a sessional charge (£3.50). Pre booking is essential. There are two age groups 3-7 years and 6-11 years (call for dates). All children must be accompanied by an adult.

Tel: 01225 477244

http://www.victoriagal.org.uk/just_for_fun/young__art_club.a spx

Toy Libraries

Toys, games, puzzles and equipment, are available to borrow at minimal cost from Toy Libraries which operate along similar lines to public libraries.

Star (multicultural resource library)

Larkhall United Reformed Church, Avondale Buildings, Bath BA1 6NO

Stay and Play on the first and third Tuesday of every month 10am - 11.30am.

Tel: 07969 078390 (during opening hours)

www.star4diversity.org.uk

Bath Toy Library

Riverside Youth & Community Centre, York Place, London Road, Bath Open 1st and 3rd Thursday of every month. Annual membership £5 per child or £8 per family.

Tel: 01225 426023

http://bathtoylibrary.co.uk

TURTLE Toy Library, (Bath Area Play Project)

The Hut, Hinton Close, Newton Road, Twerton, Bath, BA2 1RX

Toys and games for age 0 to 16 years. Disabled access available to all. Open every other Saturday 10am - 12noon Tel: 01225 832479

www.bapp.org.uk

St. Martin's Garden Children's Centre

150 Frome Road, Odd down, Bath, BA2 5RE Play sacks available at Stay and Play on Thursday mornings 10am - 12 noon. Available to all.

Tel: 01225 396002

Toy Box

Weston Children's Centre, BA1 4EH, Open to all families on Tuesdays 9.30am - 11am (term time only)

www.bathnes.gov.uk/services/children-young-people-and-families/childrens-centres

Soft Play

Bath Sports & Leisure Centre

North Parade Road, Bath, BA2 4ET

Zany Zone adventure play centre for children aged 10 years and younger. Parent and toddler sessions are available 10am - 3pm weekdays (10am - 11am Mondays, Wednesdays and Fridays during school holidays)

Tel: 01225 486 905

<u>www.aquaterra.org/bath-sports-and-leisure-centre/zany-</u>zone-soft-play

(Also available for parties with a variety of activities on offer)

Keynsham Leisure Centre

Temple Street, Keynsham, Bristol, BS31 1HE

A casual session on a Wednesday morning from 10am - 12 noon with a bouncy castle, ball pond, slides, trampet and soft shapes.

Tel: 01225 395164

www.aquaterra.org/keynsham-leisure-centre

(Also available for parties with a variety of activities on offer)

South Wansdyke Sports Centre

Rackvernal Road, Midsomer Norton, BA3 2UG Zany Zone soft play for children aged 1 to 8 years. Soft play includes: ball pits, cargo nets, tunnels and slides.

Tel: 01761 415522

<u>www.aquaterra.org/south-wansdyke-sports-centre/zany-zone-soft-play</u>

(Also available for parties in the Zany Zone and pool)

Baskerville's Gym

Sunday Soft Play for 5s and under. Turn up and play.

www.baskervillesgym.co.uk

Tel: 01225 330001

Cheeky Monkey's Play Centre

Pows Orchard, Midsomer Norton, BA3 2HY Big play centre with soft play, slides, swings and ropes. Separate toddler area. (Also available for parties)

Tel: 01761 419091

www.cheekymonkeysplay.com cheekymonkeyssoftplay@hotmail.co.uk

JUMP

22 Concorde Way, Cribbs Causeway, Bristol, BS34 5TB England's largest dedicated indoor soft play centre. (Also available for parties)

Tel: 0117 9312733

www.123jump.co.uk/our-bristol-site

Noah's Ark Play Centre

Dedicated soft play area for toddlers along with toddler only sessions. Children under 1 year go free. 828a Bath Road, Brislington, Bristol, BS4 5LQ

Tel: 0117 9712599

www.noahsarkplay.com info@noahsarkplay.com

Verita's Soft Play

27 Temple Street, Keynsham, Bristol, BS31 1HF A soft play area specifically designed for children 5 years and under open Monday to Friday (check website for times). Pre School Gymnastics available on Saturday mornings for children 18 months to school age (booking required).

Tel: 0117 9866670

www.veritasgymnastics.org.uk veritasgymnastics@live.co.uk (Also available for parties)

Writhlington Sports Centre

Indoor Soft Play Activity Centre for children 4 to 10 years. There is a separate toddlers zone for children 7 months up to the age of 3 years. (Also available for parties) Knobsbury Lane, Radstock, BA3 3NQ

Tel: 01761 438559

www.writhlingtonsportscentre.co.uk

Dance

Classical Dance Studios

Studios in Bath and Bristol.

Bath classes run in Odd Down, Bristol classes run in Clifton, Kingswood and Chipping Sodbury.

Classes from age 3.

Tel: 01225 310218 for details of venues

www.classicaldancestudios.org.uk

info@balletschool.org.uk

Squire Dance Studios

Combe Down, Bath and Bradford on Avon Ballet and Modern/Jazz. Classes from age 3.

Tel: 01225 862936

http://squiredance.webeden.co.uk

squiredance@hotmail.com

Dorothy Coleborn School

Englishcombe Lane, Bath

Classes from age 3, Ballet, Modern, Jazz and Tap.

Tel: 01225 335087

Bath School of Dance

The Baptist Chapel, Manvers Street, Bath, BA1 1JW Special toddler classes from aged 2 1/2 years. gudrun.derrick@gmail.com

Susan Hill School of Dancing

4 Fortescue Road, Radstock, BA3 3PH Classical Ballet, Tap, Modern, Musical Theatre and Break Dancing

Tel: 01761 438885

www.susanhillschoolofdancing.co.uk

Little Dancers Pre-School Dance Class

Oldfield Park, Bath and Peasedown St John.
Classes use a range of dance and movement for ages 3
years + to improve musicality and coordination. No uniform
or shoes required, but loose fitting clothes are encouraged
for freedom of movement.

Tel: 07803 173486

www.littledancersbath.co.uk0 info@littledancersbath.co.uk

Keyford Dancing School

Fear Institute, High Street, Keynsham and Midsomer Norton

For children aged 2 1/2 years upwards. Classes include Ballet, Tap, Modern and Street Jazz

Tel: 01761 452073

www.keyforddancingschool.co.uk

Curtis School of Dance

Ballet, Tap and Modern/Jazz in 7 venues across Bath for ages 3 years and up.

Tel: 01761 437004

www.curtisschoolofdance.co.uk curtisschoolofdance@msn.com

Avon Dance Academy and Chew Valley Dancing School

Camerton Recreation Centre, Chew Magna Millennium Hall and the Old School Rooms, Dunkerton Village Hall, Timsbury Conygre Hall,

2 years 6 months to adult. Ballet, Tap and Modern/Jazz.

Tel: 01761 479026

www.avondanceacademy.com info@avondanceacademy.com

Drama

Helen O'Grady Drama Academy

Classes at various venues in Bristol and Keynsham. Call or visit the website for more information.

Tel: 0117 9001602

www.helenogrady.co.uk

Stagecoach Theatre School

Drama, singing and dance. Venues include Hayesfield and Wellsway School.

Tel: 0117 9028925

www.stagecoach.co.uk

Theatre and Cinema

the egg

Theatre Royal, Sawclose, Bath, BA1 1ET

Call for details of forthcoming productions. Disabled access and parking to theatre.

Tel: 01225 823409

www.theatreroyal.org.uk/the-egg egg.reception@theatreroyal.org.uk

Sonnets Theatre Art Group

New Oriel Hall, Larkhall, BA1 6RA

Drama, singing and dance classes for children 4 - 11 years.

A free taster class is available.

Tel: 0845 003 8910

www.sonnet-tas.co.uk/BathSonnets.aspx info@sonnets-tas.co.uk

Little Theatre Cinema,

St Michael's Place, Bath, BA1 1SF Big Scream! Parents and Babies Club

Watch the latest film releases exclusively for parents with babies under one year old. There is low lighting and nappy changing facilities available.

Kids' Club

Saturday mornings at 10.30am with film linked activities,

followed by a film starting at 11am.

No unaccompanied adults.

Tel: 0871 9025735

www.picturehouses.co.uk little@picturehouses.co.uk



www.1bigdatabase.org.uk

1Big Database (1BigD) is a comprehensive website that holds online information about services for 0 to 20s.
1BigD is an excellent online resource for parents, children, young people, carers and professionals in Bath & North East Somerset, Bristol and South Gloucestershire.

There is a range of information on the website about national and local organisations that offer support to families including parenting support, advice for young people, health, housing, disability, legal advice, leisure and lifestyle.

1BigD is maintained by a partnership of organisations which includes Bath & North East Somerset Family Information Service, Bristol and South Gloucestershire Children's Information Services, Connexions and the Care Forum.

1BigD is regularly updated and welcomes applications from organisations who wish to be on 1BigD and who offer activities, information or support to 0 to 20s.

Visit www.1bigdatabase.org.uk to register online, or contact the Family Information Service on 0800 073 1214 for more details.



FIS cannot recommend or endorse any facility and do not accept responsibility for the accuracy of this information.

Bath & North East Somerset
Family Information Service
Riverside North Floor 1
Temple Street
Keynsham,
Bristol
BS31 1LA

Freephone 0800 073 1214/01225 395343 fis@bathnes.gov.uk

This document can be made available in a range of languages, large print, Braille, on tape, electronic and accessible formats from tel: 0800 073 1214 fax: 01225 394481 textphone: 07980 998906

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Family Information Service Information on childcare, early years education and family support 0800 073 1214