

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 (Jan – Mar 2020)

ALL our classes & activities are completely **FREE OF CHARGE**, and crèches are provided where stated. For more details or to book places, please contact us on **0141 944 5740** or via email at info@3ddrumchapel.org.uk. Alternatively visit us on Facebook www.facebook.com/3ddrumchapel.

MONDAY

7:00 – 9.30pm **Mums' Night:** Grab a bit of 'me' time! *Meets fortnightly, starts 20th January at St Andrew's Church (153 Garscadden Road, next to 10 o'clock shop)*

TUESDAY

10:00 – 11:00am **Baby Beats:** A new, fun-filled drop in session with music and wiggles for parents/carers with babies up to 1 year old. *Starts 21st January*

WEDNESDAY

10am – 11.30am **SPACE peer support:** Parents' group for parents/carers of children with additional support needs. *Meets monthly, 29th Jan, 26th Feb, 25th Mar, crèche provided*

10am – 11.30am **Triple P Peer support:** Parent's group open to anyone who is doing, or has done, the Triple P programme. *Meets monthly, 22nd Jan, 19th Feb, 18th Mar*

1pm – 2.30pm **Baby Club:** Drop in session offering a baby weighing clinic, advice and support to parents and carers. Delivered by NHS Staff. *Starts 15th January, runs throughout the year*

1.30 – 2.45pm **Baby & Me (Pre-Birth – 1 year):** Drop in play and activity session for new and expectant parents/carers and babies, with refreshments provided. *Starts 15th January*

6.30 – 7.30pm **Dads Night:** A chilled-out social night for dads, stepdads & male carers. *Starts 22nd Jan, meets fortnightly in St Andrews Church (153 Garscadden Road, next to 10 o'clock shop)*

THURSDAY

10:00 – 11:00am **Tots2Toddlers (2 – 4 year olds):** A drop in play session with singing, movement, games and free play. *Starts 30th January*

12:30 – 2:30pm **Family Lunch (pre-birth – 1 year):** For new and expectant parents to come along with family & children for a tasty free lunch and a catch up. *Starts 16th January*

1:30 – 2:30pm **Babies2Tots (1 and 2 year olds):** A drop in play session with singing, parachute games and free play. *Starts 30th January*

3:30 – 4:30pm **Blokes & Bairns:** Games, crafts and lots of fun activities, especially for dads/male carers & kids. *Starts 23rd January*

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

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The services below are available on a priority basis and booking is required. For more details or to book a place, please contact us on **0141 944 5740** or via email at info@3ddrumchapel.org.uk

To make a referral, please email us at: referral@3ddrumchapel.org.uk

MONDAY

- 1:00 – 2:00pm** **Baby Massage (6 weeks – 6 months):** 7 week course to participate in infant massage, meet other parents and learn about baby development. **Starts 20th January, crèche provided**
- 3:30 – 4:30pm** **Primary 1 – Primary 3 Family Club SENSation:** Club with a wide range of fun activities and sensory play for children with additional support needs & their families. **Starts 27th January**

TUESDAY

WEDNESDAY

- 3.30pm – 4.30pm** **Primary 4 – Primary 7 Family Club SENSation** Club with a wide range of fun activities and sensory play, for children with additional support needs & their families. **Starts 22nd January**

THURSDAY

- 10.00 – 12:00pm** **Mellow Dads to be (6 months – 1 year):** 6 week programme for expectant Dads that aids stress relief and relaxation. Please contact us to register. **Starts 23rd January**
- 12:00 – 2:00pm** **Because You're Worth It:** 6 week course for parents/carers looking at the importance of confidence building, self-esteem and coping with stress. **Starts 23rd January, lunch provided**

FRIDAY

- 9:30 - 11:30am** **Little Forest Folk (Parents/Carers and their children aged 2 – 5 years)** 8 weeks, active play session for parents and children to engage with each other in an exciting outdoor setting. **Starts 24th January**

Dad's Work

We have a dedicated Dads' Worker who is able to support male carers on a variety of issues on a one-to-one basis. This includes help with accessing existing sessions within 3D Drumchapel and other local organisations as well as general parenting support. Please contact the office for information.

Bairn Necessities

We have a bank of good quality second-hand baby and children's clothes (0-5 years), equipment and toys available on request, and we welcome referrals from other organisations. **All requests are dealt with in complete confidence.** To place an order please contact BairnNecessities3D@gmail.com or go to our website and fill out the form. **Please note this service is collection-only.**

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