### Training Timetable

**January - March 2016**

**Nunsthorpe and Bradley Park Family Hub**

**Nunsthorpe and Bradley Park**
Sutcliffe Avenue.
DN33 1AN  
01472 326600

**Broadway**
Broadway.
DN34 5RS  
01472 328840

**Scartho**
Mendip Avenue.
DN33 3AE  
01472 324280

**Centre 4**
17a Wootton Road.
DN33 1HE  
01472 236688

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| National Careers Service  
10:00 - 12:00 noon  
At Centre 4 | English Level 1 & 2  
9:30 - 11:30 am  
At Broadway | English  
9:30 - 11:30 am  
At Nunsthorpe and Bradley Park | FLNP/Parent Puzzle Parenting Programme  
9:30 - 11:30 am  
At Broadway | 4 week course |
| Health & Well-Being  
9:30 - 11:30 am  
At Nunsthorpe and Bradley Park  
18 week course | Triple P Drop In  
9:30 - 11:30 am  
At Nunsthorpe and Bradley Park | FLNP/Parent Puzzle Parenting Programme  
9:30 - 11:30 am  
At Broadway |        | 10 week course |
| Paediatric First Aid Awareness  
1:00 - 3:00 am  
At Nunsthorpe and Bradley Park  
One off session. Date TBC | Tiny Tasters  
12:30 - 2:00 pm  
At Nunsthorpe and Bradley Park | English  
12:30 - 3:00 pm  
At Nunsthorpe and Bradley Park | ESOL  
1:00 - 3:00 pm  
At Nunsthorpe and Bradley Park |  |
| Keep Calm and Love Your Family  
1:00 - 3:00 pm  
At Broadway  
5 week course | Paediatric First Aid Awareness  
1:00 - 3:00 pm  
At Broadway  
One off session. Date TBC | Maths Level 1 & 2  
1:00 - 3:00 pm  
At Broadway | Maths  
12:30 - 3:00 pm  
At Nunsthorpe and Bradley Park |  |
| Domestic Violence Awareness  
Date & Times TBC  
At Broadway | Talking to Teens  
1:00 - 3:00 pm  
At Nunsthorpe and Bradley Park |        |        |  |
| FLNP/Parenting Puzzle Programme  
1:00 - 3:00 pm  
At Nunsthorpe and Bradley Park  
4 week course | Computers for Beginners  
1:00 - 3:30 pm  
At Centre 4  
Beginners must enrol |        |        |  |
| PM     |         |           |          |        |
| Evening Sewing Club  
6:00 - 8:00 pm  
At Centre 4  
All new members welcome |  |        |        |  |

**All training must be booked!**

Information, advice and guidance on training and career development is available via a one-to-one appointment with a Family Hub Advisor, Donna Benefer or Liz Cullum.

Appointments available. Please contact reception to book.
## Activity Timetable

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**Nunsthorpe and Bradley Park Family Hub**

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| Midwife Clinic 9:00 - 4:30 pm  
At Nunsthorpe and Bradley Park  
At Scartho  
Appointment only | Rhyme Time 9:30 - 11:00 am  
At Nunsthorpe and Bradley Park  
0 - 18 months | Midwife Clinic 9:00 - 4:30 pm  
At Nunsthorpe and Bradley Park  
At Scartho  
Appointment only | Stay and Play 9:30 - 11:00 am  
At Broadway | Ready, Steady, Toddle 9:30 - 11:00 am  
At Nunsthorpe and Bradley Park |
| Kinetic Kids 9:30 - 10:15 am  
At Scartho  
£3.50 per child | Midwife Clinic 9:30 - 4:30 pm  
At Broadway  
Appointment only | Storytime 9:30 - 10:30 am  
At Nunsthorpe and Bradley Park |                  |                   |
| Rhyme Time 9:30 - 10:30 am  
At Broadway  
0 - 18 months | Baby Clinic and Breast Feeding Support 9:30 - 10:30 am  
At Nunsthorpe and Bradley Park | Baby Clinic 9:30 - 11:30 am  
At Broadway | Baby Clinic 9:30 - 11:30 am  
At Nunsthorpe and Bradley Park |               |
| Baby Massage 10:45 - 11:45 am  
At Broadway  
0 - 6 months | Movers & Shakers 9:30 - 10:30 am  
At Grange Community Centre | Baby Massage 10:00 - 11:00 am  
At Nunsthorpe and Bradley Park |                  |                   |
|              | Movers & Shakers 9:15 - 10:15 am  
At Park* |                  |                  |                   |
| **PM** |         |           |          |        |
| Baby Massage 2:00 - 3:00 pm  
At Scartho  
0 - 6 months | Bump to Baby 3:00 - 5:00 pm  
At Broadway  
Booking only | NELC Down's Syndrome Communication Group 12:00 - 2:30 pm  
At Scartho  
Booking only | MEYLAH Clinic 12:30 - 4:30 pm  
At Broadway  
Appointment only | Rhyme Time 1:30 - 3:00 pm  
At Scartho  
6 - 18 months |
| Bump to Baby 3:00 - 5:00 pm  
At Nunsthorpe and Bradley Park  
Booking only |                  | Stay & Play 1:30 - 3:00 pm  
At Woodlands Outreach** |                  | Sling Library 1:30 - 3:00 pm  
At Scartho  
2nd Friday of the month |

*Park is on-site at Lisle Marsden School

**Woodlands Outreach is situated on Pinewood Crescent