



September and October Newsletter

Welcome to our
Chilwell and Beeston
Family Hub Newsletter.



We provide opportunities and support for children and their families.

Please scan our QR code for more information about our Family Hub.

What's on?

★ Stay and Play Sessions

Chilwell - Every Tuesday 10-11.30am

Beeston - Every Thursday 10-11.30am

Please call 0115 977 3743 up to 48hrs before to book your place

★ Play in the park day

at Stapleford Community Pavillion, NG9 8GS. **Join us on Wednesday 21st October 10-4pm.**

★ **Infant Feeding (weaning)** starting in November- ideas of how to start your weaning journey. Fill in our online form using the QR code below.

Forest Fun!

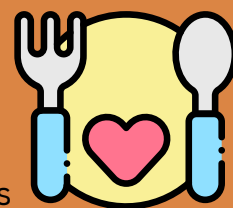
Over the Summer, we had a fantastic time running forest schools at Bramcote Park. We created stickmen, went on bug hunts and created forest parks!



Our Top Tip!

Is your child a fussy eater?
Here are some things to try:

- limit number of snacks
- eat together as a family
- avoid screens at mealtimes
- introduce a variety of foods
- try and keep mealtimes positive
- get children involved in preparing and cooking
- offer something new with something you know they will eat



Helping families get the right support at the right time



Nottinghamshire
County Council



Spooky

Party (0-8 years)

Chilwell

Wednesday 28th October 10-11.30am

Beeston

Thursday 29th October 10-11.30

Please call 0115 977 3743
up to 48hrs before to
book your place.



NST - Neurodevelopmental Support Team

Parent and carer support group

Tuesday 13th October 2026 - 12.30 -2.30pm

This will be a safe space and an opportunity to meet other parents and carers with similar experiences.

No booking required!