

Dr Bell's Groups

FIND OUT MORE ABOUT OUR GROUPS!

Take a look...



ABOUT OUR GROUPS

At Dr Bell's, we are committed to supporting children and their families through a range of therapeutic, educational, and wellbeing-focused groups. Our groups provide safe, supportive environments where participants can develop skills, build confidence, share experiences, and access specialist guidance. We hope this booklet helps families understand the support available and encourages them to engage with opportunities that best meet their needs.



This booklet has been created to give families an overview of the groups and programmes that may be available through Dr Bell's. The information included outlines the purpose of each group, who it is designed for, and the benefits that participants may gain from attending.

Please note that our programme offer may vary from term to term. While this booklet provides details of groups that have been delivered by Dr Bell's, some programmes may not be running every term. **Current availability should always be confirmed with the Dr Bell's team before making referrals or enquiries.**

“The staff have created such an incredibly warm & welcoming space. From connecting new parents with their community to supporting physical & mental wellbeing with the classes the variety really encompasses every support I feel helpful as a new parent. . The centre is such an incredible asset to the community & the staff members are all fantastic & truly care about the families they work with”

PREPARING FOR BABY



“

Very professional help in all sessions, Megan and Darcey gave us a lot of tips and information. I feel reassured and more prepared to the phases I am going through when baby is born



Our Early Years & Community Development Managers have created this programme with new parents in mind. The antenatal class with a twist - We don't cover labour and the birth of your child, instead we focus on honest discussions about what to expect and practical skills to support you.

Sessions have been tailored around the feedback from many families:

“I wish I knew this before!”

Let us help you prepare for this exciting (and scary!) new chapter.

Learn practical skills, such as nappy changing and feeding alongside learning about your baby's development and what support is available to you.

Suitable for expectant parents

We only run this three times a year so be sure to look out for the dates.

Book via Eventrbite.

BUMPS & BAIRNS

Our friendly weekly group is a relaxed space for parents to meet, chat and build supportive networks. Everyone is welcome, yes dad's, that means you too!

It's all about making friends, sharing experiences and enjoying time together with your baby.

Each week explore different topics based on your journey through parenthood, babies development and opportunities to try new things with your little ones.

Come along, have a chat and a cuppa and socialise in this low pressure, friendly group.

Suitable for expectant parents and parents with babies up to 9 months.

Book via Eventrbite.



As an immigrant in Scotland and not having family around, Dr Bells has been so beneficial to me and my little family, because I've made friends with other mums who i usually meet up with and chat with



WEE FEEDERS



“We were at rock bottom when we first attended wee feeders, struggling with the emotional and physical burden of learning to feed our first baby who was also needing regular top ups. The advice and peer support was invaluable in getting us through those first few difficult months, thank you!”



Delivered by a professional breastfeeding consultant, Dr Bell's work in partnership with Kin Collective to offer an incredibly supportive space to gain advice and peer support for all steps along your breastfeeding feeding journey.

Feel free to ask questions and gain support, or just come along and connect with others sharing a similar journey to you. This non-judgemental group is the perfect place to receive support, share challenges and relax in a safe space.

This group rotates weekly between Dr Bell's Family Centre and Kin Collective.

Suitable for expectant parents, parents and breastfeeding parents. Partners are more than welcome to attend too!

Book via Eventrbite and be sure to ask to join our What's App group more additional information and support.

POSTNATAL FITNESS

Join our amazing postnatal fitness instructor Roz for an incredibly empowering and fun work out.

Designed for all abilities, our sessions are upbeat, friendly and full of encouragement. Always in safe hands, Roz understands that every post partum journey is different and there to help build strength, boost energy and help you feel more confident, all while supporting you with your little one, working around naps, feeds and whatever you and your baby need throughout the session.

Expect feel good movement, a relaxed atmosphere and a space where you can focus on yourself while having your baby close by.

Suitable for parents with children up to 12 months.

***Must be at least 2 months post partum and have had your post partum check with a health care professional.**

Book via Eventrbite.



“It’s been so needed to do something to look after myself newly postpartum & recover from birth but not something that I could have afforded to attend out with the centre. Being able to do something for myself to look after my body has been such a positive after a traumatic birth



BABY MASSAGE



Excellent group leader and deserves a medal for her patience and interpersonal skills. She created a very friendly and easy going environment. Thank you so much!!



Join us for our relaxing baby massage sessions, a lovely way to bond with your baby and meet other parents.

Why try baby massage?

Did you know that baby massage can help with: better sleep, building connection and attachment, easing digestion discomfort and soothe growing and teething pains.

Blocks are 4 weeks long, but look out for our pop up workshops and baby massage taster sessions.

Blocks cost £40, however free spaces can be allocated by referral only, just have your Health visitor or other professional email us: info@dbfc.org.uk.

We would love to welcome you and your baby into a calm and supportive space.

Suitable for babies up to crawling stage.

Book via Eventbrite.

MINDFULNESS DIP

Take a breath, brave the cold water and embrace the amazing supports offered within this group, all while enjoying some well-deserved you time!

Our Mindfulness Dip supports parents and carers with their mental health and wellbeing through cold water swimming/dips. No previous experience needed, go at your own pace!

What to expect: support while in the water, a cuppa and a chat around a warm fire afterwards, discussions and peer support from other parents and staff.

Don't worry about kit, We provide everything from transport to changing ponchos, all you need is a swimming suit!

Limited Creche spaces are available to enable you to participate (suitable for children 6 months - 5 years).

Parent only sessions.

To book, contact:
info@dbfc.org.uk



“

Very much appreciative of having the space to be open vulnerable and actually the staff are a huge credit to making this work...It's just such a great group



MINDFUL MOMENTS



“

Absolutely love this group and the gentleness and safety of Dr Bells groups.



Mindful Moments is a gentle and supportive group designed to help parents to explore simple mindfulness techniques throughout the block.

Through easy, step by step guided meditations, you'll learn how to become more aware of your thoughts and feelings.

Mindfulness can help you slow down, focus on the present moment and let go of the pressures to be a "perfect parent". It's about giving yourself space to breath and reset.

Limited Creche spaces are available to enable you to participate (suitable for children 6 months - 5 years).

Parent only sessions.

To book, contact:
info@dbfc.org.uk

WOMEN'S CIRCLE

Our Women's Circle creates a space to share feel connected and heard.

This is a gentle welcoming space to come along and share your experiences without judgement or pressure. Whether you like speaking or just coming along to be present and listen, giving opportunity to feel supported and truly seen.

Children are welcome and dinner is provided.

We hold a space together with kindness, care and compassion.

You are not alone and your voice matters.

Suitable for all mothers, mothers-to-be and their children.

Only run in the evenings once a month.

Book via Eventrbite.



The team, both staff and volunteers do a great job at providing this safe, nurturing and non judgmental environment for women to come together to chat, share and listen.



PLAY TOGETHER



I have been too three different groups like this and I have to say Dr Bells was the only one I left not feeling judged for my parenting. I finished the group feeling like I built a stronger bond with my little boy and we had fun together while learning



Dr Bells PEEP group: Play Together is a fun and engaging group designed to help you explore your little ones development through play.

With support from our friendly early years team, you'll learn about your baby/child's needs and how to support their physical, emotional and social development.

Each session is tailored to the families attending. This group offers a lovely opportunity to strengthen your bond with your little one while discovering the many benefits to different types of play.

Suitability is dependant on the block being run; ages vary: 6-12 months, 1-2 years, 2-3 years. Check the programme to see which age group is being delivered.

Book your 5 week block via Eventbrite.

NURTURE & NATTER

Join our relaxed and friendly sessions where you and your little one can enjoy a range of fun activities each week. From exploring learning and development through play based activities, creative crafts and opportunities to experience workshops such as dancing, yoga and much more.

There is always something exciting to take part in! It's a lovely chance to bond with your child, try new activities, meet other families and unwind together in a welcoming space.

Suitable for children from 10 months +

Book via [Eventbrite](#).



“

This group has been such a lifesaver for me, seeing her socialize with others while getting to chat to other mums has been so good. I would be so lost without you



YOUNG MUMS



“

You're the only professional that I've continued working with. Others haven't been able to meet our needs.



Our Young Mums group is a friendly and welcoming space for **new young parents, up to 25 years old.**

A space to connect, share experiences and find support on your parenting journey. This group offers a safe, non-judgemental environment where you can meet others who truly understand what it's like to parent at a young age.

Sessions are relaxed and interactive, giving you the chance to spend quality time with your baby while learning from other young parents.

Try activities like crafts, gentle play and hands on experiences that support both you and your child's development.

Celebrate little wins, share ideas and enjoy supportive conversations, all while having a fun along the way!

Access this group via referral or self referral only.

**For more information contact:
Toni@dbfc.org.uk**

COMMUNITY LUNCH

Open to everyone, our Community Lunch is a relaxed and friendly space to enjoy good food and great company.

A lovely opportunity to get a lovely home cooked meal while meeting other families, have a chat and find out more about what's going on at Dr Bell's.

All meals are vegetarian.

We would love to see you there!

Everyone is welcome!

No booking required.



There aren't many places that you feel totally comfortable taking your children but also having the chance to eat. The kids can wander around and try bits of food but I also get a full meal. They also get the chance to try some food they might not get at home. I like that I'm able to socialise with other parents. You just come as you are and you're totally accepted.



DADS GROUP



It's not just about support, it is also about recognition, to be seen as being able to be competent as fathers who have valuable contributions to be made, and for our roles as fathers to be recognised as not simply background support for mothers but important in and of themselves.



Our Dad's group is all about creating space for Dad's to connect, play and be an active part of their child's development.

Through relaxed, playful sessions, you will have the chance to spend meaningful time with your little one while exploring simple activities that support their growth and confidence.

It's also a great opportunity to meet other Dad's, share experiences, swap stories and build genuine peer support in a welcoming, down to earth environment. Whether you're a new dad or have been on the journey a while, you'll find a freindly community ready to welcome you in.

Become a part of our growing Dad's community!

How to join:

Get in touch with Andy!

Drop him a message -

07415955281

or email andrew@dbfc.org.uk

BREW & BLETHER

Come along for a cuppa, a chat and a play!

Our relaxed sessions offer a safe and welcoming space where children can explore, play and make new friends, while parents and carers have a chance to connect, share experiences and gain advice and support from one another.



“

Having a space to be able to meet other parents in a play space has been great for my family. I have 2 children so it's really difficult to find groups that allows me to bring them along together at different ages! Thank you Dr Bells

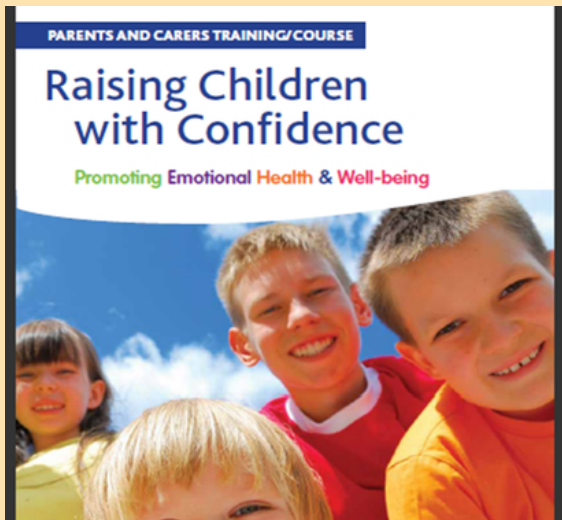
Suitable for parents and carers with children 0-5 years.

Only runs once a month.

Book via Eventrbite.



RAISING CHILDREN WITH CONFIDENCE



“

Understanding that they are little individual people that have emotions and likes and dislikes is already a great gain from the course.



Raising Children with Confidence is a fun and supportive 6-week course designed for parents and carers who want to better understand what shapes their child's emotional wellbeing, and just how powerful their role really is.

Across the six weeks, we explore what influences early brain development, how children learn to manage big feelings, and why the small, everyday moments you share with your child make such a big difference. You'll gain practical tools to build connection, strengthen communication, and support your child's confidence and resilience in ways that feel realistic and manageable.

Limited Creche spaces are available to enable you to participate (suitable for children 6 months - 5 years).

We only run this twice a year so be sure to look out for the dates.

Book via Email: info@dbfc.org.uk