

Activity Information & Courses

Postnatal and Midwife Appointments

Speak to your midwife to book an appointment.

Baby Massage

A 5 week course for parents to learn the benefits of positive touch and promote communication through massage. This has many health benefits, and helps support and strengthen the bond between parent and baby.

Baby PEEP

PEEP supports all parents to create the best start for their children by making the most of everyday learning opportunities - listening, talking, playing, singing and sharing stories and books.

Birthday celebration

If your child is turning 2 years old in October, November or December you will be invited to join us on 2nd November for joint celebrations. There will be soft play, games, music, food and fun. Invitation only.

Breast Feeding Support Group

A weekly group to support breastfeeding mums and those thinking about it. Breastfeeding helpline: 07900 248286.

Come Talk with Me

For children aged 2 or 3 years, supporting parents who have concerns with their child's speech and language development. Referral only.

Family Support Service

Family Support Workers can offer free and friendly support to all families in our area with children 0-5 years and those receiving antenatal care.

Healthy Baby Clinic

Run by the health visiting team, offering advice about your child's health & development. Please bring your child's red health book.

Innervation

These interactive workshops are designed to help develop your personal skills, giving you practical ways of dealing with life's challenges.

Little Stars - Under Ones Group

A group for under ones led by the Health Team, providing a relaxed and informal opportunity to meet your local community nursery nurses and receive relevant information and advice.

Let's Cook

A six week cookery course, giving the opportunity to develop your confidence and cookery skills, whilst learning new healthy recipes. This is designed for fussy eaters and to help children try new foods. Children will be involved in preparation, cooking and tasting. Snack will be provided for children at the beginning of the session.

Parenting Puzzle

This is a nurturing programme to support you to increase your self-awareness, understand your families behaviour and support your families emotional health.

Play and Learn / Under 2s

Both fun sessions for children to explore activities and new experiences together, designed to support your child's interests, creativity and learning needs. Take away great ideas to try at home too! Our friendly, experienced team will also give you advice, guidance and information in lots of other areas and share with you other activities that you can enjoy together in your local community.

Ready, Steady, Go! - For children 1 - 5 years

Ready, Steady, Go! Will help you support your child to become 'life ready'. With a focus on physical development, confidence, self-esteem, 'school readiness' and improving social skills. Referral only.

Save a Baby's Life

A one off session to teach basic emergency skills to parents and carers, covering topics including CPR and choking. This is run by the RLSS and is a £1 donation.

Weaning Talks

An opportunity for parents to find out strategies to wean their babies to a milk and food diet, recommended for parents of babies between 4 and 6 months.

Activities Timetable

September - December 2018



Kinson & West Howe Children's Centre

Moore Avenue, Bournemouth, BH11 8AU

T. 0300 123 9866 E. kinsonandwesthowecc@bournemouth.gov.uk

www.bournemouthchildrenscentres.org.uk

	Monday	Tuesday	Wednesday	Thursday	Friday
	MOORE AVENUE Midwife Appointments (by invitation only)	MOORE AVENUE Midwife Appointments (by invitation only)	KINSON HUB Weaning Talks 10.00am - 11.00am 5th Sept, 3rd Oct, 7th Nov, 5th Dec	MOORE AVENUE Healthy Baby Clinic 10.00am - 11.30am Every Thursday	MOORE AVENUE Midwife Appointments (by invitation only)
<p>Please note the location of your desired groups</p> <p>MOORE AVENUE West Howe BH11 8AU 0300 123 9866</p> <p>KINSON HUB Wimborne Road BH11 9AW</p> <p>ENSBURY PARK COMMUNITY CENTRE Ensbury Avenue BH104HG</p>	<p>MOORE AVENUE Ready Steady Go For 1 - 5 year olds 9.30am - 11.00am Every Monday from 17th September Contact us to book</p>	<p>MOORE AVENUE Play & Learn for 0 - 5 year olds 9.15am - 10.15am 10.45am - 11.45am Every Tuesday from 11th Sept Speech and Language Therapist Drop In 25th Sept, 16th Oct, 27th Nov</p>	<p>MOORE AVENUE Parenting Puzzle with Crèche 9.30am - 11.30am 26th Sept - 19th Dec Contact us to book</p>	<p>MOORE AVENUE Come Talk with Me For 24 months - 36 months 9.30am - 11.00am Every Thursday from 20th Sept Referral Only</p>	<p>MOORE AVENUE Breast Feeding Support Group 10.30am - 12.00pm Every Friday</p>
	<p>MOORE AVENUE Under 2s 1.00pm - 2.30pm Every Monday from 10th September</p>	<p>MOORE AVENUE Innervision 'Stress Packed Off' & 'Confidence Unpacked' Contact us for more details or to register an interest.</p>	<p>MOORE AVENUE Little Stars - Under Ones 1.00pm - 2.30pm Every Wednesday from 5th Sept Save a Baby's Life 17th Oct & 5th Dec during Little Stars</p>	<p>MOORE AVENUE Let's Cook 1.00pm - 2.30pm 8th Nov - 13th Dec Contact us to book</p>	<p>KINSON HUB Baby PEEP 10.30am - 12 noon 14th Sept - 19th Oct Invitation Only</p>
	<p>MOORE AVENUE Baby Massage (pre-crawlers) 1.00pm - 2.30pm 29th Oct - 26th Nov Contact us to book</p>			<p>MOORE AVENUE Birthday Celebration for rising 2's in October, November & December 9.30am - 11.00am 2nd November Only Invitation Only</p>	
	<p>MOORE AVENUE October Half Term Nature Walk Turbary Common 1.30pm - 3.30pm 22nd October</p>	<p>No cameras, phones or other devices are to be used inside the Children's Centre. This is to respect the privacy of families using the Centre. Thank you.</p>			<p>ENSBURY PARK Services at Ensbury Park will return in the near future. Please call us for more details or watch out for information on our Facebook Page.</p>

Family Support Service

Family Support and Outreach Workers are based at Kinson & West Howe Children's Centre and are available **Monday to Friday, 9am - 5pm**

They can offer support to all families in our area who have babies and children birth to 5 years and those receiving antenatal care.

They can offer support such as:

- Concerns over child development
- Managing behaviour
- Sleep routines/eating
- Two's Too Funding
- Relationship issues
- Housing
- Benefits/finance
- Food bank vouchers
- Advocacy/being a listening ear
- Domestic violence

Opening Hours
9am - 5pm Mon to Fri

Please feel free to contact us for any Information & Advice

Safeguarding is Everybody's Business

Are you concerned about a child or young person who lives near you? Do you think they are not being looked after properly? Are you concerned that they may be neglected or physically, emotionally or sexually abused? Please speak to our Designated Safeguarding Leads Kim Ford, Katie Thurgood and Sharen Stevens at the Children's Centre on **0300 123 9866** or call the MASH (Multi-Agency Safeguarding Hub) direct on **01202 458101**

Useful Telephone Numbers

Children's Information Services 01202 456222
 Citizens Advice Bureau 0844 4994105
 National Domestic Violence Helpline 0808 2000247
 Bournemouth Police 01202 222222
 NHS Direct 111
 Parentline 0808 8002222
 Police (Non-Emergency number) 101
 Samaritans 08457 909090

Local buses

Moore Avenue Centre

5b 5a 36

Kinson Hub

4a 5 5a 36

Buses from Bear Cross

4a