

Activity Information & Courses

Postnatal and Midwife Appointments

Speak to your midwife to book an appointment.

Baby Massage

A 4 week course, for parents to learn how to give their baby a full massage. This has many health benefits, and helps support and strengthen the bond between parent and baby.

Breastfeeding Support

A weekly session run by maternity care assistants, offering breastfeeding support.

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.

Come Talk With Me Plus

A specialist speech and language group for children. Only speech and language therapists can refer your child onto this group.

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.

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.

Health Visitor Advice Drop in

A weekly drop in session run by a team of Health Visitors and Community Nursery Nurses.

National Careers Service

An opportunity to come and speak with an advisor from the National Careers Service to discuss training and employment.

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 Twos

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.

Save a Baby's Life Workshop

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**.

Under One's

A weekly group for local families with children under one, run by the Health Team. Each week focuses on a different topic regarding child development and fun play activities - ask at reception for the activity timetable.

Weaning Workshop

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.

Welcome To The World

An antenatal parenting programme, to help you think about the transition to parenthood, Topics include empathy and loving attentiveness, infant brain development, healthy choices, managing stress and promoting self-esteem and confidence, and effective communication.

The best time to attend is between 22-30 weeks pregnant, you are welcome to attend with your partner, relative or a friend who will be supporting you.

Activities Timetable

January - March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Play & Learn 9.15-10.15 am & 10.45-11.45 am Weekly from 14th January - 25th March For children under 5 years Speech & Language Drop in 18th March</p>	<p>Come Talk with Me Plus 10am - 11.30am 8th January - 2nd April Referral Only</p>	<p>Play & Learn for Under Twos 10am - 11.30am Weekly from 16th January</p>	<p>Parenting Puzzle 9.30am - 11.30 am 28th February - 21st March Referral only</p>	<p>Baby Massage 10am - 11.30 am 1st -22nd February 1st - 22nd March 4 week course Booking Essential</p>
<p>Ready Steady Go 1.30pm - 3pm 14th January - 11th February 25th February - 1st April Referral Only</p>	<p>Come Talk with Me 1pm - 2.30pm 15th January - 12th February 26th February - 2nd April Referral Only</p>	<p>Weaning Workshop 11am - 12.30pm 9th January 6th February 13th March Interested? Please contact us</p>	<p>Lets Cook 11.45am –1.15pm 17th January - 14th February Interested? Please contact us</p>	<p>Saturday</p> <p>Welcome To The World Parenting Programme 26th January- 23rd March Excluding 23rd Feb 10am—12pm Booking Essential</p>
<p>2 Year Birthday Celebrations 1.30-3.30 pm 18th Feb Invite Only</p>	<p>Save a Baby's Life & Safety Workshop 10.30am - 11.30am 15th January 12th February 19th March Interested? Please contact us</p>	<p>National Careers Service 9am - 1pm 16th January Call us to book an appointment to discuss training or employment</p>	<p>Lets Cook 1.30pm - 3pm 28th February - 21st March Interested? Please contact us</p>	
	<p>Pregnancy Information Session To book by phone please call 01202 303626 ext 5861 between 4pm and 8pm</p>	<p>Health Visitor Advice Drop in 1pm - 2pm Weekly from 2nd January Advice for parents with children 0 - 5. Weigh in for babies under 8 weeks only—babies over 8 weeks will be weighed at the discretion of the Health Visitors</p>	<p>No cameras, phones or other devices are to be used inside the Centre. This is to respect the privacy of families using the Centre. Thank you.</p>	
<p>Have Your Say... If you have any feedback relating to our services please speak to any member of staff.</p>		<p>Under Ones 1pm - 2.30pm Weekly from 9th January For families with babies under one year old - ask at reception for a</p>		<p>Did you know we offer a Free Breast Pump Loan Scheme?</p>

Family Support Service

Family Support and Outreach Workers are based at Boscombe Children's Centre and are available **Monday to Thursday 8.30am - 4.30pm**
Friday 8.30am - 4.00pm

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
- Food bank vouchers
- Benefits/finance
- Advocacy/being a listening ear
- Domestic violence

Opening Hours
8.30 - 16.30 Mon to Thurs
8.30 - 16.00 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 Graham Downs or Lynn Bourne on **0300 123 9865** 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
- Samaritans 08457 909090
- Police (Non-Emergency number) 101
- Bournemouth Police 01202 222222
- NHS Direct 111
- Parentline 0808 8002222

Local buses

Ashley Road - D1, P2, P3, U3, U9, U10

Nearest train station

Pokesdown approx 20 minute walk