

Activity Information & Courses

Postnatal and Midwife Appointments

Speak to your midwife to book an appointment.

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.

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.

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.

Mini Monkey Gym

This unique soft obstacle course offers your child freedom of movement and helps them to build their physical confidence in a safe and fun environment. Different sensory and musical props are used each week, along with circle time activities, songs and parachute play.

Play and Learn

A fun session 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.

Speech and Language Drop-In

This service is offered within play & learn 9.15 - 10.30am. No appointment necessary. The opportunity to access information or advice from a speech and language therapist on any speech and language development concerns you may have for your child.

Citizens Advice Drop-In

Speak to an advisor face to face about work, debt, consumer rights, law & courts, family matters, housing and benefits.

No appointment necessary.

Parenting Puzzle Workshops

This is a nurturing 6 week programme to support you to increase your self-awareness, understand your families behaviour and support your families emotional health.

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.

LittleStars - 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.

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.

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.

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.

Birthday celebration

If your child is turning 2 years old in January, February or March you will be invited to join us on 15th February 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.

Family Support Service

Children's Centre family support workers offer help and support to families with under fives. We know how young children can be challenging at times, so offer a wide range of support and advice tailored to each family depending on their individual needs. Family support workers are trained and experienced practitioners who have a background working with children and families. They also offer more focused support to families within their own home.



Building a Better Bournemouth



Activities Timetable

January - March 2019




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	Family Support Service
	MOORE AVENUE Midwife Appointments (by invitation only)	MOORE AVENUE Midwife Appointments (by invitation only)	KINSON HUB Weaning Talks 10.00am - 11.00am 2nd Jan., 6th Feb, 6th March	MOORE AVENUE Healthy Baby Clinic 10.00am - 11.30am Every Thursday from 3rd Jan	MOORE AVENUE Midwife Appointments (by invitation only)	<p>Family Support and Outreach Workers are based at Kinson & West Howe Children's Centre and are available Monday to Friday, 9am - 5pm</p> <p>They can offer support to all families in our area who have babies and children birth to 5 years and those receiving antenatal care.</p> <p>They can offer support such as:</p> <ul style="list-style-type: none"> - 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
<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>	MOORE AVENUE Ready Steady Go For 1 - 5 year olds 9.30am - 11.00am Every Monday from 7th January. Contact us to book	MOORE AVENUE Play & Learn for 0 - 5 year olds 9.15am - 10.15am 10.45am - 11.45am Every Tuesday from 8th Jan	MOORE AVENUE Parenting Puzzle workshops with Creche 9.30am - 11.30am 9th Jan - 13th Feb	MOORE AVENUE Come Talk with Me For 24 months - 36 months 9.30am - 11.00am Every Thursday from 10th January. Referral Only	MOORE AVENUE Breast Feeding Support Group 10.30am - 12.00pm Every Friday	
	ENSBURY PARK COMMUNITY CENTRE Mini Monkey Gym For 12 months + 1.15pm - 2.30pm 7th Jan - 11th Feb 25th Feb - 1st April Contact us to book	MOORE AVENUE Speech and Language Therapist Drop In No appointment required 8th January Only 9.15 - 10.45am	MOORE AVENUE Little Stars - Under Ones 1.00pm - 2.30pm Every Wednesday from 9th Jan Save a Baby's Life 6th Feb and 3rd April during Little Stars	MOORE AVENUE Birthday Celebration for rising 2's in January, February and March 9.15am - 10.30am 15th February Invitation Only		
	MOORE AVENUE Baby Massage (pre-crawlers) 1.00pm - 2.30pm 7th Jan - 11th Feb 25th Feb - 1st April Contact us to book	MOORE AVENUE Citizens Advice Drop-In No appointment required 9.00am - 12.00noon 22nd Jan, 26th Feb and 26th March		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.		
		MOORE AVENUE Let's Cook For 2 - 5 year olds 1.00pm - 2.30pm 8th Jan - 12th Feb 26th Feb - 2nd April Contact us to book		Did you know we offer a Free Breast Pump Loan Scheme?		

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