

Activity Information & Courses

Baby Massage, including GroBrain

Classes delivered by qualified instructors, suitable for babies 6 weeks - 6 months. GroBrain will support you with 'tuning' into baby's cues, cries and providing comfort, using smiles, cuddles and eye contact.

Come Talk with Me

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

Foodbank Available

Monday-Friday 8.30am-4pm

The food we receive is donated by the congregation of Corpus Christi Church Boscombe, who also encourage local people, schools and shopkeepers to contribute, and is then distributed by the St Vincent de Paul Society in partnership with Pokesdown and Southbourne Children's Centre.

Ignite course

Ignite will give you the tools, skills and knowledge to make lasting, positive changes to enhance your life. We provide a limited number of free crèche places.

Midwife appointments Antenatal and Postnatal

Facilitated by Bournemouth Maternity Unit, speak to your midwife to book an appointment.

Newborn hearing screening

A hearing screen is offered to all eligible babies under 3 months of age in England. You should be automatically offered a screen for your baby either by the hospital or by your health visitor.

Parent Forum (children under 5 welcome)

Held twice a year, come and hear our plans for the centre and share your ideas.

Parenting Puzzle

A nurturing programme to help parents to develop their parenting skills covering many topics such as why children behave as they do, recognising feelings, approaches to discipline and building cooperation. For parents in the Pokesdown and Southbourne areas with a child under 5 years.

Starting OUT 1-5 years

To help you support your child to become 'life ready'. With a focus on physical development, confidence, self-esteem, 'school readiness' and improving social skills.



Bournemouth **SureStart**
Children's Centres

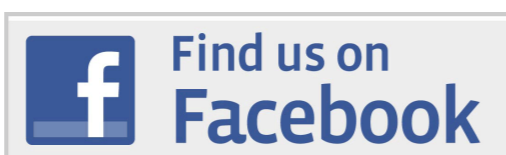
Pokesdown and Southbourne Activity Timetable

September-October 2020

last updated 30/09/2020



YMCA



Pokesdown and Southbourne Children's Centre

T.01202 434310 E. southbournecc@ymcabournemouth.org.uk

The Stourvale Centre, 108 Stourvale Road, Southbourne BH6 5JB

www.bournemouthchildrenscentres.org.uk

Activities at Pokesdown and Southbourne Children's Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Midwife appointments (book with your midwife) 8.30am-4pm</p>	<p>Midwife appointments (book with your midwife) 8.30am-4pm</p>	<p>Midwife appointments (book with your midwife) 8.30am-4pm</p>	<p>Midwife appointments (book with your midwife) 8.30am-4pm</p>	<p>Midwife appointments (book with your midwife) 8.30am-4pm</p>
<p>Foodbank Monday-Friday 8.30am-4pm Excluding Bank Holidays</p>	<p>Baby Massage including GroBrain 6 week programme, £1 per week (By invitation only) 12pm-1pm, 1.45pm-2.45pm Please ask for more details.</p>	<p>Parenting Puzzle 4 week 9.30am-11.30am Booking required Please ask for more details</p>	<p>Starting OUT Sessions throughout the day (By invitation only) Please ask for more details.</p>	<p>Come Talk With Me Sessions throughout the day (By invitation only) Please ask for more details.</p>
			<p>Newborn hearing screening 9am-4pm (By invitation only) Speak to your Health Visitor for more details</p>	<p>Health Development Checks 9am-4pm (By invitation only) Speak to your Health Visitor for more details</p>
<p>Have you completed a Parent Satisfaction Survey? Pick up a copy from us or complete online at www.bournemouth.gov.uk</p>		<p>Did you know... We can offer information, advice and guidance on benefits, courses and many other services. Please ask for more details</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>Did you know... you can get careers and adult learning help, advice and course information. Please ask for more details</p>		<p>Did you know ... you can hire a breast pump from us for up to 2 weeks, free of charge. Please ask for more details</p>	

Family Support Service

Family Support and Outreach Workers are available
Monday to Friday 8am-4pm
(Excluding Bank Holidays)

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
- Alcohol/drug concerns
- Housing
- Benefits
- Advocacy/being a listening ear
- Domestic abuse
- Signposting to other support services
- Transition to nursery and first school
- Opportunities to access courses such as parenting and adult learning

Bookstart in the Community



The programme is designed to encourage children and adults to have a love of stories and reading, with the help of FREE books and rhymes.

Interested?

Please ask for more details.

Opening times

Monday - Friday 8.30am-4pm

Centre closures

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 Lead

Alison Manley on **01202 434310** or call

Children's Social Care direct on **01202 735046**

Useful Telephone Numbers

Children's Information Services **01202 456222**
Police (Non-Emergency number) **101**

Citizens Advice Bureau **0844 4994105**
Parent line **0808 8002222**

National Domestic Violence Helpline **0808 2000247**
Bournemouth Police **01202 222222**

Samaritans **08457 909090**
NHS Direct **111**

Local buses:

Christchurch Road 1, 1A, 1B, 2

Seabourne Road M2, 1, 1B,

Nearest train station:

Pokesdown (approx. 5 minute walk)