

Activity Information & Courses

Baby Massage, including GroBrain

Classes delivered by qualified instructors, suitable for babies 6 weeks - 10 months. GroBrain will support you with 'tuning into baby's cues, cries and providing comfort, using smiles, cuddles and eye contact.

Birthday Celebration

If your child is turning 2 years old in October, November or December you will be invited to join us on 19th November for joint celebrations. There will be soft play, games, music, food and fun. Invitation only.

Bumps and Babes Storytime

Come along and meet other expectant/new mums and share stories, songs and rhymes that will help your baby's development.

Come Talk with Me

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

F.a.B breastfeeding support group

Weekly informal group to support breastfeeding mums and those thinking about breastfeeding.

Finance and budgeting advice drop in

Get help with managing debt, day to day budgeting, gain control of your finances and set some money goals.

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.

Let's Cook (under 5s)

Join us to cook some quick, easy and nutritious meals on a budget. Children will be involved in the preparation and tasting. For parents in the Pokesdown and Southbourne areas with a child under 5 years.

Living Language - ESOL

Come and practise your English skills in a friendly and relaxed environment.

Midwife appointments Antenatal and Postnatal

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

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.

Pattern Changing

An 11 week programme to teach women in a friendly, supportive and safe environment successful assertiveness techniques, the impact of domestic abuse and how to maintain personal boundaries, their personal rights and responsibilities as well as feel confident in making decisions and setting future goals

Play and Learn (under 5s)

Booking is required for Friday sessions. 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.

Ready, Steady, Go! 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.

Recovery Toolkit

A programme for parents who have experienced domestic abuse in a former relationship. This could have been emotional, verbal, physical or financial. For parents in the Pokesdown and Southbourne areas with a child under 5 years.

Shooting Stars (under 5s)

Supporting parents who have a child or children with additional needs.

Under One's Group (under 1's only)

Offering support and advice to families with children under one.

Weaning talk - 25th September, 30th November, and Monday 17th December.

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. To book your place please call **01202 425501** between 11am - 12pm on Tuesdays or Wednesdays.

Well baby clinic

Run by the Community Nursery Nurse team offering advice about your child's health & development. Please bring your child's red health book.

Pokesdown and Southbourne activity timetable

September - December 2018

last updated 27/0918



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
Shooting Stars 9.30am-11am	Weaning talk Booking required 9.30am-10.15am or 11am-11.45am Please see back for full details including dates	Midwife appointments (book with your midwife) 8.30am-4pm	Midwife appointments (book with your midwife) 8.30am-4pm	Midwife appointments (book with your midwife) 8.30am-4pm
Birthday Celebration For children turning 2 in October, November or December 9.30am-10.30am 19th November By Invitation only	Under Ones Group 10am-11.30am Term time only Please see separate timetable for full details	Come Talk With Me 9.15am-10.45am By invitation only Please ask for more details.	Ready, Steady, Go! 9.15am-10.45am By invitation only Please ask for more details.	Parenting Puzzle and crèche 9.30am-11.30am Beginning 7th September Booking required Please ask for more details
Living Language ESOL 6 week course 10.30am-12.00pm Beginning 10th September Booking required Please ask for more details	Let's Cook 4 week course beginning 11th September & 6th November 10.30am-12pm Booking required Please ask for more details.	Finance and budgeting advice drop-in 10.30am-12.30pm Please ask for more details.	F.a.B (Families and Babies) breastfeeding support group 11.00am-12.30pm	Play and Learn Booking required 1pm-2.30pm £1 per family Term time only
Ignite course 12.30pm-2.30pm 6 week course Beginning 29th October Booking required Please ask for more details.	Well Baby Clinic drop-in 11.45am-12.50pm	Bumps and Babes Storytime 11am-12.30pm Beginning 10th October	Ready, Steady, Go! 1pm-2.30pm By invitation only Please ask for more details.	
Foodbank Monday-Friday 8.30am-4pm. Excluding Bank Holidays	Baby Massage including GroBrain 6 week programme, £1 per week Booking required 12pm-1pm or 1.45pm-2.45pm Please ask for more details.	Come Talk With Me 1pm-2.30pm By invitation only Please ask for more details.	Pattern Changing 11 week course 1pm-3pm Beginning 13th September Booking required Please ask for more details	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
	Play and Learn Sensory activities 1pm-2.15pm £1 per family	Let's Cook - Pumpkin fun (Under 5's, older siblings welcome) 24th October - 1pm-3pm Booking essential £1 per family	Did you know ... you can hire a breast pump from us for up to 2 weeks, free of charge. Please ask for more details.	
Have you completed a Parent Satisfaction Survey? Pick up a copy from us or complete online at www.bournemouth.gov.uk	Parent Forum Tuesday 23rd October 9.30am-11am Children under five welcome	Did you know... We can offer information, advice and guidance on benefits, courses and many other services. Please ask for more details.		Did you know... you can get careers and adult learning help, advice and course information. Please ask for more details.

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

Thursday 1st November
Wednesday 21st November
Monday 24th December through to
Tuesday 1st January

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 458101**

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)