

# 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.

## **Bumps and Babes Storytime**

For expectant/new mums and dads to come and share stories, songs and rhymes that will help your baby's development. For children under 1 year.

## **Come Talk with Me**

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

## **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.

## **Parent Puzzle**

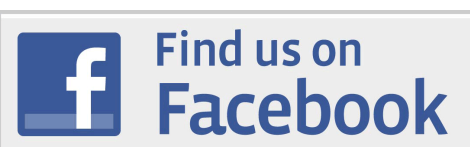
A nurturing programme to help parents to develop their parenting skills covering many topics such as why children behave as they do, recognising feelings, approaches to discipline and building cooperation.

## **Starting Out**

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.

# Queen's Park Activity Timetable September-October 2020

last updated 30/09/2020




**Queen's Park Children's Centre**

T.01202 519727 E. [queensparkcc@ymcabournemouth.org.uk](mailto:queensparkcc@ymcabournemouth.org.uk)

**East Way, Bournemouth, BH8 9PU**

[www.bournemouthchildrenscentres.org.uk](http://www.bournemouthchildrenscentres.org.uk)

## Activities Queen's Park Children's Centre, East Way, Bournemouth, BH8 9PU 01202 519727

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Bumps and Babes Storytime</b> 10am-11am By invitation only Please ask for more details</p>	<p><b>Come Talk with Me</b> Sessions throughout the day (By invitation only) Please ask for more details</p>	<p><b>Starting OUT</b> Sessions throughout the day (By invitation only) Please ask for more details</p>	<p><b>Midwife Appointments</b> 9am-4pm (book with your midwife)</p>	
<p><b>Did you know...</b> YMCA Bournemouth children's centres have a foodbank? Please ask for more details</p>	<p><b>Health Development Checks</b> 9am-4pm (By invitation only) Speak to your Health Visitor for more details</p>		<p><b>Parenting Puzzle 10 week</b> 9.30am-11.30am <b>Beginning October</b> Booking required 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><b>Baby Massage including GroBrain</b> 10am-11am or 1.30pm-2.30pm <b>Beginning 15th September</b> (By invitation only) please ask for more details</p>	<p><b>Have you completed a Parent Satisfaction Survey?</b> Pick up a copy from us or complete online at <a href="http://www.bournemouth.gov.uk">www.bournemouth.gov.uk</a></p>		<p><b>Did you know...</b> you can get careers and adult learning help, advice and course information. Please ask for more details.</p>

## Activities at St Michael's School Site West Hill Road, Bournemouth, BH2 5PF 01202 519727

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Baby Massage including GroBrain</b> 1.15pm - 2.15pm or 2.45pm-3.45pm <b>Beginning 14th September</b> (By invitation only) please ask for more details</p>				<p><b>Starting OUT</b> 1.30pm-2.15pm or 2.45pm-3.30pm By invitation only Please ask for more details</p>

### Safeguarding is Everybody's Business

Are you concerned about a child or young person? 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 519727** or call Children's Social Care direct on **01202 735046**

### 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
- Parentline 0808 8002222
- Bournemouth Police 01202 222222
- NHS Direct 111

### Local buses

For Queens Park Children's Centre, Charminster Road - R3  
For St Michael's School site, Poole Road, Poole Hill - D1, H1, R1, R2, U8

## 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

## Breast Pump Loan Scheme

Bournemouth Children's Centres run a breast pump loan scheme and are able to offer the breast pump to you at no cost.

## Opening Times

Monday– Friday 8.30am-4.00pm

## Centre Closures