

Midwife Appointments

Speak to your midwife to book an appointment.

Come Talk with Me - Term Time Only

For children aged 24-36 months, supporting parents who have concerns with their child's speech and language development. Referral only.

Play and Learn - (under 5's)

Queens Park sessions must be booked by calling the centre up to 2 days in advance Tuesdays)

Play and Learn is a fun session for children from 0-5 years. 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! - Term Time Only

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.

Introduction to Solids

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.

Childminders - Term Time Only

A Play & Learn session for Ofsted registered Childminders supporting early years children with their learning and development.

Lets Cook - Term Time Only

5 week course. Learn to prepare easy meals for the family using fresh ingredients.

Parenting Puzzle

A programme which helps parents to develop their parenting skills covering many topics such as why children behave as they do, recognising feelings, approaches to discipline and building co operation.

Antenatal Classes

Run by midwives, there will be 2 sessions. The first covering labour and birth and the second covering breast feeding.

Baby Massage

For parents with babies up to 7 months old. Promoting positive nurturing touch between you and your baby. Enhancing the bonding and attachment process

Money Advice Organisations

Christians Against Poverty

www.capuk.org

Faithworks

www.faithworkswessex.org.uk

Queens Park Children's Centre Activity Timetable

January - March 2019

last updated 2nd January 2019



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Midwife Appointments 9.00am-12.30pm (book with your midwife)</p> <p>Trick Box 12.45-2.30pm 7th January - 11th February 25th February - 1st April Referral only, ask reception for further details</p>	<p>Come Talk With Me 9.30-11.00am Term Time Only Referral only, ask reception for further details</p> <p>Antenatal Classes 9.30-11.00am (book with your midwife) 1st & 3rd Tuesday of the month</p> <p>Childminders 1.00-2.30pm Term Time Only</p> <p>Baby Massage Taster Sessions 29th January 2019 Course 12th February - 19th March 12.15-1.45pm Referral only, ask reception for further details</p> <p>Parenting Puzzle 12.45-2.45pm 19th March - 16th April Referral only ask reception for further details</p>	<p>Lets Cook 9.30-11.00am 9th January - 6th February & 27th February - 27th March Referral only ask reception for further details</p> <p>Pattern Changing 10.00am-12.00pm 9th January - 3rd April Referral only ask reception for further details</p> <p>Midwife Appointments 12.00-3.00pm (book with your midwife)</p> <p>Ready Steady Go 1.00 - 2.30pm Term Time Only Referral only ask reception for further details</p>	<p>Play & Learn 9.30-10.45am Call to book your place. No session on the 21st February</p> <p>Midwife Appointments 9.00am-3.00pm (book with your midwife)</p>	

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Play & Learn 1.00-2.15pm</p>	<p>Centre Closed</p>	<p>Introduction to Solids 12.45-2.00pm 9th January, 13th February & 13th March</p>	<p>Midwife Appointments 1.30-3.30pm (book with your midwife)</p>	<p>Centre Closed</p>

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 Rachel Grant - **07525 800268**, Janet Gyer - **07500 120774**, Celia Williamson - **07917 504530** or Bart Kwiatkowski - **07879 422489** or call the Multi Agency Safeguarding Hub direct on **01202 458101/2**

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 based at Queens Park Children's Centre. 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
- Benefits
- Advocacy/being a listening ear
- Domestic violence

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

Queens Park Children's Centre
Monday– Friday 9.00am-4.00pm

Centre Closures

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