

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 & Babes Storytime

A group for expectant/new mums and dads to 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

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

Parent Forum (children under 5's welcome)

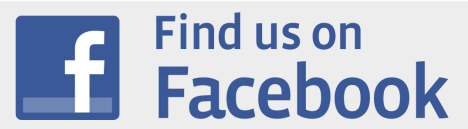
Held twice a year, come and hear our plans for the centre and share your ideas.

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.

Starting OUT

A group 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.



Townsend Children's Centre Activity Timetable September–October 2020

last updated 30/09/2020



Townsend Children's Centre

Jewell Road, Bournemouth BH8 0LT

Tel: 01202 720472 E: townsendcc@ymcabournemouth.org.uk

www.bournemouthchildrenscentres.org.uk

Activities at Townsend Children's Centre

Monday	Tuesday	Wednesday	Thursday	Friday
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	Midwife appointments (book with your midwife) 8.30am-4pm	Midwife appointments (book with your midwife) 8.30am-4pm
Bumps & Babes Storytime 1pm-2pm (by invitation only) Please ask for more details		Come Talk with Me Sessions throughout the day (By invitation only) Please ask for more details.		Starting OUT Sessions throughout the day (By invitation only) Please ask for more details.
Did you know ... YMCA Bournemouth children's centres have a foodbank? Available Monday-Friday 8.30am-4pm excluding Bank Holidays Please ask for more details		Baby Massage including GroBrain 6 week programme, £1 per week (By invitation only) 10am-11am or 1.30pm-2.30pm 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
	Did you know ... you can hire a breast pump from us for up to 2 weeks, free of charge. Please ask for more details		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				Have you completed a Parent Satisfaction Survey? Pick up a copy from us or complete online at www.bournemouth.gov.uk

Family Support Service

Family Support and Outreach Workers are available Monday-Friday 8am-4pm (excluding Bank Holiday's)

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
- Signpost to other support services
- Transition to nursery and first School
- Opportunities to access course such as parenting and adult learning

Breast Pump Loan

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

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 720472** or call the Multi Agency Safeguarding Hub 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
Bournemouth Police 01202 222222
NHS Direct 111

Local buses

2a/2b - Bournemouth to Kinson via Springbourne, Boscombe, Bournemouth Hospital, Townsend, Castlepoint and East Howe/West Howe