

# 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.

## **Bumps & Babes Storytime**

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

## **Childminders**

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

## **Family Support Service**

Family Support Workers can offer free and friendly support to all families in our area with children 0-5 years and those receiving antenatal care.

## **Introduction to Solids**

**9th Jan/13th Feb/12th March/ 9th April**  
**Held at under one's group, second Thursday of each month in place of under one's group**  
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.

## **Let's Cook in Play and Learn**

Sensory session, with food tasting, Ideas for family meals, picnics and lunch boxes. Support with special diets and faddy eaters. Recipes and information to take away.

## **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.

## **Pattern Changing**

12 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**

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!**

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.

## **Under One's Group (second Thursday of each month from will be introduction to solids)**

Offering support and activities to families with children under one.

## **Well Baby Drop In Clinic**


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

# Townsend Children's Centre Activity Timetable 6th January - 3rd April 2020

(last updated 10/12/2019)



## Activities at Townsend Children's Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Ready, Steady, Go!</b>  <b>9.30am – 11.00am</b>                      By invitation only                      (Please ask for more details)</p>	<p><b>Midwife appointments</b>                      (book with your midwife)  <b>9.00am-12.30pm</b></p>	<p><b>Come Talk With Me</b>  <b>9.30am - 11am</b>                      By invitation only                      (Please ask for more details)</p>	<p><b>Midwife appointments</b>                      (book with your midwife)  <b>9.00am - 4.00pm</b></p>	<p><b>Midwife appointments</b>                      (book with your midwife)  <b>9.00am-12.30pm</b></p>
	<p><b>Play &amp; Learn with Let's Cook</b>  <b>9.45am-11.00am</b>                      £1 voluntary donation per family</p>	<p><b>Well Baby Health Clinic</b>                      (Run by Community Nursery Nurses)  <b>10.00am -11.30am</b></p>	<p><b>Under One's Group</b>                      (Run by Community Nursery Nurses)  <b>10.00am -11.30am</b>                      Please see separate timetable                      for full details</p>	<p><b>Childminder's Group</b>  <b>9.30am -11.00am</b></p>
<p><b>Parenting Puzzle &amp; Crèche</b>  <b>12.30-2.30pm</b>  <b>13th Jan - 10th Feb</b>  <b>24th Feb - 23rd March</b>                      Booking required                      (Please ask for more details)</p>	<p><b>Baby Massage including GroBrain</b>                      6 week programme, £1 per week  <b>9.15-10.15am or 10.30-11.30am</b>                      14th Jan - 18th Feb                      25th Feb - 31st March                      Booking required                      (Please ask for more details)</p>	<p><b>Bumps &amp; Babes Storytime</b>  <b>10.00-11.30am</b>  <b>Term time only</b></p>	<p><b>Introduction to Solids</b>  <b>9th Jan/13th Feb/12th March</b>                      (in place of Under 1's)  <b>10am-11am</b>                      Please see back for full details                      including dates</p>	<p><b>Breastfeeding Group</b>                      (run by Bournemouth Hospital Birth Centre)  <b>9.30am - 11.00am</b>                      (by invitation only)  <b>Breastfeeding drop-in session</b>  <b>11.30am -1.00pm</b></p>
		<p><b>Come Talk With Me</b>  <b>12.45pm - 2.15pm</b>                      By invitation only                      (Please ask for more details)</p>	<p><b>Pattern Changing</b>  <b>12.30pm-2.30pm</b>  <b>9th Jan for 12 weeks</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>Did you know ...</b>                      you can hire a breast pump from us for up to 2 weeks, free of charge.                      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>                      YMCA Bournemouth children's centres have a foodbank?                      Please ask for more details</p>

### 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

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

### 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