

# Activity Information & Courses



## Postnatal and Midwife Appointments

Speak to your midwife to book an appointment.

## Come Talk with Me - Term Time Only

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

## 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.

## 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.

## Parent Support Programme

Courses delivered throughout the year. Referral is made by our Family Support team. Please speak to the Children's Centre staff or your Health Visitor for more information.

## 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.

## Childminders

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

## 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.

## Under One's Group

Offering support and activities to families with children under one.

## 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.

## Let's Cook - Term Time Only

Learn to prepare easy meals for the family using fresh ingredients

## Well Baby Drop In Clinic

This clinic provides an opportunity to get your baby weighed and talk to the Nursery Nurses about your child's development

## Money Advice Organisations

### Christians Against Poverty

[www.capuk.org](http://www.capuk.org)

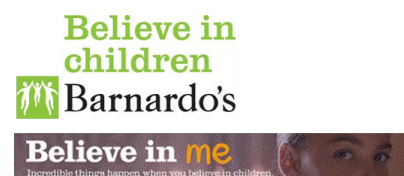
### Faithworks

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

## Townsend Children's Centre Activity Timetable

# 3rd September - 21st December 2018

(last updated 15/11/2018)



## Townsend Children's Centre

Jewell Road, Bournemouth BH8 0LT Tel: 01202 720472

Email: [info.townsend@barnardos.org.uk](mailto:info.townsend@barnardos.org.uk)

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>9.00-9.30</b> (term time only)	<b>Breakfast</b> <b>9.00-9.30</b> (term time only)	<b>Breakfast</b> <b>9.00-9.30</b> (term time only)	<b>Breakfast</b> <b>9.00-9.30</b> (term time only)	
<b>Midwife Clinic</b> (by appointment only via Bournemouth Hospital) <b>9.00-12.30</b>	<b>Ready, Steady, Go!</b> (invitation only) (term time only) <b>9.30– 11.00</b>	<b>Play &amp; Learn</b> <b>9.30-10.45</b> No session 28th November Speech & Language Drop-In 5th Dec	<b>Midwife Clinic</b> (by appointment only via Bournemouth Hospital) <b>9.00-4.00</b>	<b>Midwife Clinic</b> (by appointment only via Bournemouth Hospital) <b>9.00-12.30</b>
		<b>Well Baby Health Clinic</b> (Run by Community Nursery Nurses) <b>10.00-11.30</b>	<b>Under 1's</b> (Run by Community Nursery Nurses) <b>10.00-11.30</b>	<b>Let's Cook</b> (Invitation Only) Dates TBA <b>9.30-11.00</b>
<b>Come Talk With Me</b> (invitation only) (term time only) <b>1.00-2.30</b>	<b>Trick Box</b> 11th Sept - 16th Oct & 30th Oct - 4th Dec (invitation only) (No crèche) <b>12.45-2.30</b>	<b>Midwife Clinic</b> (by appointment only via Bournemouth Hospital) <b>12.30-4.00</b>		<b>Breastfeeding Group (run by Bournemouth Hospital Birth Centre)</b> <b>9.30-11.00</b> Breast Feeding Class (invitation only) <b>11.30-1.00</b> Drop In Session
		<b>Crafty Mummies</b> (invitation only—please see your HV or FSW for further details) <b>1.00-2.30</b>		<b>Childminder's Group</b> <b>9.30-11.00</b>
		<b>Introduction to Solids</b> (run by C.N.N) 1st Wednesday of each month <b>1.30-2.30</b>	<b>Centre Closures</b> <b>1st November (from 12pm)</b> <b>28th November</b> <b>24th December - 1st January</b> (reopens Wed, 2nd January)	<b>SEN Group</b> (please see your HV or FSW for further details) <b>11.30-1.00</b>

### Family Support Service

Family Support and Outreach Workers are based at Townsend 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

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

Townsend Children's Centre  
Monday-Friday 9.00am-4.00pm

#### 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

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

#### Local buses

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