

## 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 and 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.

### Come Talk with Me

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

### F.a.B breastfeeding support group

Weekly informal group to support breastfeeding mums and those thinking about breastfeeding.

### Finance and budgeting advice drop in

Get help with managing debt, day to day budgeting, gain control of your finances and set some money goals.

### Foodbank Available Monday-Friday 8.30am-4pm

The food we receive is donated by the congregation of Corpus Christi Church Boscombe, who also encourage local people, schools and shopkeepers to contribute, and is then distributed by the St Vincent de Paul Society in partnership with Pokesdown and Southbourne Children's Centre.

### Ignite course

Ignite will give you the tools, skills and knowledge to make lasting, positive changes to enhance your life. We provide a limited number of free crèche places.

### Let's Cook in Play and Learn (under 5's)

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.

### Living Language - ESOL

Come and practise your English skills in a friendly and relaxed environment.

### 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.

### Parenting 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. For parents in the Pokesdown and Southbourne areas with a child under 5 years.

### Play and Learn (under 5s)

Booking is required for Wednesday sessions. 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.

### Ready, Steady, Go! 1-5 years

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 (under 1's only) Last Tuesday of the month weaning talk only

Offering support and advice to families with children under one.

### Weaning talk - 24th September, 29th October, 26th November

### Held at under one's group, last Tuesday of the 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.

### Well baby clinic

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

## Pokesdown and Southbourne activity timetable

# 9th September - 20th December


last updated 27/08/19



**YMCA**



LOTTERY FUNDED

 Find us on  
**Facebook**

**Pokesdown and Southbourne Children's Centre**

T.01202 434310 E. [southbournecc@ymcabournemouth.org.uk](mailto:southbournecc@ymcabournemouth.org.uk)

**The Stourvale Centre, 108 Stourvale Road, Southbourne BH6 5JB**

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

## Activities at Pokesdown and Southbourne Children's Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Foodbank Monday-Friday</b> 8.30am-4pm Excluding Bank Holidays</p>	<p><b>Midwife appointments</b> (book with your midwife) 8.30am-4pm</p>	<p><b>Midwife appointments</b> (book with your midwife) 8.30am-4pm</p>	<p><b>Midwife appointments</b> (book with your midwife) 8.30am-4pm</p>	<p><b>Midwife appointments</b> (book with your midwife) 8.30am-4pm</p>
<p><b>Living Language - ESOL</b> 10.30am-12.00pm Please ask for more details</p>	<p><b>Under Ones Group</b> 10am-11.30am Term time only Please see separate timetable <b>Weaning talk</b> 10am-11am Please see back for details including dates</p>	<p><b>Finance and budgeting advice drop-in</b> 9am-10.30am Please ask for more details.</p>	<p><b>Ready, Steady, Go!</b> 9.15am-10.45am By invitation only Please ask for more details.</p>	<p><b>Come Talk With Me</b> 9.15am-10.45am By invitation only Please ask for more details.</p>
<p><b>Ignite course</b> 12.30pm-2.30pm 6 week course Booking required Beginning 9th September Please ask for more details.</p>	<p><b>Bumps and Babes Storytime</b> 11.30am-12.45pm</p>	<p><b>Parenting Puzzle and crèche</b> 9.30am-11.30am <b>Beginning 18th September</b> Booking required Please ask for more details</p>	<p><b>F.a.B (Families and Babies) breastfeeding support group</b> 11am-12.30pm</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>Well Baby Clinic drop-in</b> 1.45pm-3.15pm Excluding Bank Holidays</p>	<p><b>Baby Massage including GroBrain</b> 6 week programme, £1 per week Booking required <b>12pm-1pm or 1.45pm-2.45pm</b> Please ask for more details.</p>	<p><b>Play and Learn</b> 1pm-2.30pm Booking required £1 voluntary donation per family Term time only</p>	<p><b>Ready, Steady, Go!</b> 1pm-2.30pm 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>Let's Cook in Play and Learn Sensory activities</b> 1pm-2.15pm £1 voluntary donation per family</p>			<p><b>Did you know...</b> We can offer information, advice and guidance on benefits, courses and many other services. 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 get careers and adult learning help, advice and course information. Please ask for more details.</p>	

### 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

### Bookstart in the Community



The programme is designed to encourage children and adults to have a love of stories and reading, with the help of FREE books and rhymes.

**Interested?**

Please ask for more details.

### Opening times

Monday - Friday 8.30am-4pm

### Centre closures

Tuesday 1st October  
Monday 23rd December -  
Friday 27th December

#### 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 Lead Alison Manley on **01202 434310** or call Children's Social Care direct on **01202 735046**

#### Useful Telephone Numbers

Children's Information Services **01202 456222**  
Police (Non-Emergency number) **101**

Citizens Advice Bureau **0844 4994105**  
Parent line **0808 8002222**

National Domestic Violence Helpline **0808 2000247**  
Bournemouth Police **01202 222222**

Samaritans **08457 909090**  
NHS Direct **111**

#### Local buses:

Christchurch Road 1, 1A, 1B, 2  
Seabourne Road M2, 1, 1B,

#### Nearest train station:

Pokesdown (approx... 5 minute walk)