

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 to 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

10th October, 14th November

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 10th October 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 9th September - 20th December

(last updated 28/08/2019)



Activities at Townsend Children’s Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Midwife appointments (book with your midwife) 9.00am-12.30pm	Let’s Cook in Play & Learn 9.45am-11.00am Starting 17th September £1 voluntary donation per family	Come Talk With Me 9.30am - 11am By invitation only (Please ask for more details)	Midwife appointments (book with your midwife) 9.00am - 4.00pm	Midwife appointments (book with your midwife) 9.00am-12.30pm
Parent Forum 9.30am-10.30am 28th October	Baby Massage including GroBrain 6 week programme, £1 per week 9.45am-10.45am Beginning 17th September Booking required (Please ask for more details)	Well Baby Health Clinic (Run by Community Nursery Nurses) 10.00am -11.30am	Under One’s Group (Run by Community Nursery Nurses) 10.00am -11.30am Please see separate timetable for full details	Childminder’s Group 9.30am -11.00am
Ready, Steady, Go! 9.30am – 11.00am Beginning 16th September By invitation only (Please ask for more details)	Parenting Puzzle & Crèche 12.15pm-2.15pm 10 week course beginning 24th September Booking required (Please ask for more details)	Midwife appointments (book with your midwife) 12.30pm - 4.00pm	Introduction to Solids 10am-11am Please see back for full details including dates	Breastfeeding Group (run by Bournemouth Hospital Birth Centre) 9.30am - 11.00am (by invitation only) Breastfeeding drop-in session 11.30am -1.00pm
Pattern Changing 12.30pm-2.30pm Beginning 16th September for 12 weeks excluding 28th October Booking required (Please ask for more details)		Come Talk With Me 12.45pm - 2.15pm By invitation only (Please ask for more details)	Bumps and Babes Storytime 11.45am-12.45pm Beginning 7th November	
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		Have you completed a Parent Satisfaction Survey? Pick up a copy from us or complete online at www.bournemouth.gov.uk	Did you know ... YMCA Bournemouth children’s centres have a foodbank? Please ask for more details

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

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

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