

Dunstable Children's Centre: April – July 2022

Monday

Breastfeeding

Brasserie

(Weekly)

10:00-11:30am

At Dunstable South

Baby and Me

(Weekly)

1:00-2:00pm

At Dunstable South

Baby Days

(4-week course)

1:00-2:00pm

16th May – 13th June

At Dunstable South

Baby Days

(4-week course)

1:00-2:00pm

27th June – 18th July

At Dunstable North

Tuesday

Little Explorers

(Term time only)

10:00-11:00am

At Dunstable South

Baby Sign

(3-week course)

1:45-2:30pm

10th-24th May

7th-21st June

At Dunstable South

Baby Days Next Steps

(4-week course)

10:30-11:30am

28th June-19th July

At Dunstable North

Wednesday

Little Explorers

(Term time only)

10:30-11:30am

St Fremund Church

LU6 1DR

Revive

(5-week course)

10:00-11:30am

27th April- 25th May

15th June – 13th July

At Dunstable South

Baby Self-Weighing

1:15-3:15pm

Booking slots only

At Dunstable North

Thursday

Introducing Solids

(Virtual workshop)

11:00-12:00pm

28th April

26th May

23rd June

21st July

Parent Puzzle

(10-week course)

10:00-12:00pm

12th May – 21st July

(No session during half

term)

CRECHE AVAILABLE

At Dunstable South

Friday

SEND Stay and Play

(Term time only)

10:00-11:00am

At Dunstable South

Baby Massage

(4-week course)

22nd April -13th May

1:30-2:30pm

At Dunstable South

Baby Massage

(4-week course)

20th May- 17th June

1:30-2:30pm

At Dunstable North

£20 charge for Baby

Massage

Call to add your details to

the waiting list and a

member of staff will be in

contact to offer a space

when available.

Time for Two's

(5-week course)

10:00-11:30am

24th June- 22nd July

At Dunstable North

Chattertots

(4-week course)

10:00-11:30am

Face to face sessions

8th -29th June

At Dunstable South

Speech and Language support

Drop-in with our speech and language

therapist please contact

lisa.mitchell26@nhs.net to attend.

At Dunstable North

All sessions require BOOKING

Call 0300 300 8104 / 0300 300 8106

Or email dunstablechildrenscentres@centralbedfordshire.gov.uk

BBB

Our antenatal course for expectant parents. We advise booking on to a course that would start once you are 30 weeks. See the Eventbrite link for more details.

<https://www.eventbrite.co.uk/o/cbc-south-childrens-centre-antenatal-34058962449>

Baby Days

A 4-week course for parents and babies aged 0-4 months, covering sleep, feeding, baby brain development and childhood illness.

Baby Days Next Steps

A 4-week course for parents and babies aged 6-12 months, covering schemas, safety, child development, toileting and more.

Baby Weigh

Baby self-weighing sessions. Please note there will not be access to a Health Visitor. For any health or weight concerns, please contact the Children's Community Health Hub on 0300 555 0606.

Breastfeeding Brasserie

A breastfeeding support group, where you can gain advice from our Family Workers.

Baby Massage

A 4-week course focusing on building the bond with your baby, learning about health benefits and an opportunity to build social connections with other parents. Suitable for babies aged 8 weeks old up to pre-crawling.

Baby Sign

Come along to learn everyday signs and find out how to use them in songs and everyday activities. Suitable for babies aged 6-12 months.

Speech & Language Drop-in

Please contact Lisa Mitchell at lisa.mitchell26@nhs.net to attend.

Parent Puzzle

A 10-week course for parents with children aged 2-5 years old. This course focuses on strategies for behaviour, positive parenting and emotional wellbeing.

Little Explorers

A group full of exciting activities and play opportunities to support your child's development and learning. Suitable for children who are walking up to 5 years.

Time for Two's

A 5-week school readiness programme focused on key developmental areas: Mark Making, Mathematics, Emotional Wellbeing & Healthy Choices, Literacy and Communication, and Physical Activity. Suitable for 2-3-year-olds.

Revive

A women's mental wellbeing support group. A small friendly group for women experiencing low mood and anxiety. You are welcome to bring children along with you.

Chattertots

A 4-week course for children aged 18mths-3 years. If you have concerns about your child's speech and language, this is a fun group to develop your child's listening and talking skills with our 0-19 Team and Family Workers.

SEND Stay & Play

This is a group for parents and carers of SEND children. You do not need to have a formal diagnosis; we just want to create a space where you can chat to other parents in a similar situation.

Baby and Me

Come along to our welcoming group where you make new friends and your baby has opportunities to explore, sing and learn. Drinks available for parents.

Suitable for 0-prewalking

Dunstable South 0300 300 8104

Oakwood Avenue, LU5 4AS

ALL SESSIONS MUST BE BOOKED

Facebook: Dunstable Locality Children's Centre

dunstablechildrenscentres@centralbedfordshire.gov.uk

Dunstable North: 0300 300 8106

Westfield Road, LU6 1DW