



# Dunstable North (The Beehive) Sure Start Children's Centre

**Westfield Road, Dunstable, LU6 1DW**

**'Working in harmony with the community'**

**(Open Mon-Thurs 8.30am-4.30pm, Fri 8.30am-4.00pm)**

## Timetable of Events - July & August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Bumble Bees Stay &amp; Play</u></b> <b>9.45am-11.15am</b> <b>No session on 19<sup>th</sup> &amp; 26<sup>th</sup> August</b> A great drop-in session for children aged 0-36 months old and their mums, dads &amp; carers. Games, crafts, songs and lots of fun for everyone! <b>£1.00 per child.</b> <b>At The Salvation Army, Bullpond Lane, Dunstable, LU6 3AH</b></p> <p><b><u>Mark-Making</u></b> <b>22<sup>nd</sup> July</b> <b>1.00pm-2.00pm</b> Come and join us for this fun mark-making session with opportunities for children to make marks and use their imagination in different ways. Suitable for children aged 12-36 months old and their parents/carers.</p> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p><b>COMING SOON...</b> <b>First Aid Courses</b> Please call the centre on 01582 699092 to register your interest</p> </div>	<p><b><u>Toddler Waddle at Dunstable Downs</u></b> <b>9.45am-11.15am</b> <b>FREE</b> outdoor activity organised with our colleagues from the National Trust. An exciting weekly walk through breath-taking grassland and woodland areas. Meet the Beehive team at Dunstable Downs in the courtyard by the car park and don't forget weather appropriate clothing and footwear! Ideally suited for children around 2+ years old. Discounted parking has been arranged – call the Beehive for more details.</p> <p><b><u>Talking Teens</u></b> <b>2<sup>nd</sup> July – 23<sup>rd</sup> July</b> <b>10.00am-12.00pm</b> A new <b>FREE</b> four week course for parents with children aged nine years old and upwards. This course can offer support with understanding teenage development, handling difficult issues and feelings and the role and importance of parents for teenagers.</p> <p><b><u>Baby Days First Steps</u></b> <b>9<sup>th</sup> July – 30<sup>th</sup> July</b> <b>1.30pm-3.00pm</b> A <b>FREE</b> four week postnatal course ideally suited for those with babies aged 0-3 months old. An excellent way to meet other new parents whilst getting some great hints and advice regarding sleeping, feeding and child development.</p>	<p><b><u>Toast &amp; Tales</u></b> <b>8.45am-9.30am (Term time only)</b> Come and enjoy a light breakfast and a story together. Suitable for children aged 6-36 months old and their mums, dads &amp; carers. <b>FREE session.</b> <b><u>Moving on to Solids Baby Led Weaning Talk</u></b> <b>17<sup>th</sup> July &amp; 21<sup>st</sup> August</b> <b>10.00am-11.00am</b> A <b>FREE</b> session for mums, dads and carers of babies aged between 4 &amp; 6 months old with information &amp; advice from a local health professional.</p> <p><b><u>Chattertots</u></b> <b>3<sup>rd</sup> July – 17<sup>th</sup> July</b> <b>10.15am-11.45am</b> A <b>FREE</b> three week course run by our Speech and Language Therapist Jess Price. Ideal for children aged 16-40 months old and their mums, dads &amp; carers with lots of useful hints and tips for improving communication speech and language.</p> <p><b><u>Pop-In Clinic</u></b> <b>17<sup>th</sup> July &amp; 21<sup>st</sup> August</b> <b>1.00pm-3.30pm</b> <b>FREE</b> drop-in session every <b>third Wednesday</b> of the month. Health Visitor and/or Nursery Nurse will be present to provide health related information including minor illness advice.</p> <p><b><u>'Welcome Wednesday' Stay &amp; Play with Self-Weigh</u></b> <b>1.00pm-2.30pm</b> <b>FREE</b> weekly drop-in session with self-weighing facilities and play opportunities. No health professional present but the Children's Centre team will be available for a chat, advice and support!</p>	<p><b><u>Baby Rhyme Time</u></b> <b>1.00pm-1.45pm</b> Lots of fun songs &amp; rhymes plus musical instruments for children aged approximately 0-15 months (or pre-walkers) and their mums, dads or carers. <b>£1.00 per family.</b> <b>At St Fremunds Church Hall, Westfield Road, Dunstable, LU6 1DR</b></p> <p><b><u>Little Bees Stay &amp; Play</u></b> <b>2.00pm-3.00pm</b> Stay &amp; play session ideal for children aged 0-15 months old and their mums, dads &amp; carers. Different themes each week. A fantastic easy way to get to know local parents with similar aged children. <b>£1.00 per family.</b> <b>At St Fremunds Church Hall, Westfield Road, Dunstable, LU6 1DR</b></p> <p><b><u>B-Fest</u></b> <b>15<sup>th</sup> August</b> <b>11.00am-3.00pm</b> We are working in partnership with Dunstable Town Council to offer this fun family festival. Music, live band and entertainment, fun and games. <b>FREE entrance</b> <i>Please note some activities may be chargeable.</i> <b>On Beecroft Academy Playing Fields</b></p>	<p><b><u>Mark-Making</u></b> <b>5<sup>th</sup> July</b> <b>1.00pm-2.00pm</b> Come and join us for this fun mark-making session with opportunities for children to make marks and use their imagination in different ways. Suitable for children aged 12-36 months old and their parents/carers.</p> <p><b><u>Pop-In Clinic at Dunstable Health Centre</u></b> <b>26<sup>th</sup> July &amp; 23<sup>rd</sup> August</b> <b>1.30pm-3.30pm</b> <b>FREE</b> drop-in session every <b>fourth Friday</b> of the month. Health Visitor and/or Nursery Nurse will be present to provide health related information including minor illness advice. <b>At Dunstable Health Centre, Priory Gardens, Church Street, Dunstable, LU6 3SU</b></p> <p><b><u>Summer Garden Party</u></b> <b>19<sup>th</sup> July</b> <b>1.00pm-2.30pm</b> Come and join us for the grand opening of our garden and to celebrate the beginning of the summer holidays!</p>

**\*\*Look out for our summer activities\*\***

**Baby Box collections every Monday from 3.00pm-4.15pm and every Friday from 10.00am-11.30am**

Baby Boxes are safe sleep spaces for infants. Each Baby Box comes with a custom firm mattress, a waterproof mattress cover, and a fitted cotton sheet. Log into the **[babyboxuniversity.com](http://babyboxuniversity.com)** website for more details on how to apply for your **FREE** box.

**Two Year Old Funding applications every Monday from 3.00pm-4.15pm and every Friday from 10.00am-11.30am**

Two year old funding is available for up to 15 hours of childcare per week for 2 year olds whose families meet the criteria. Come along to the centre to check if you child is eligible.

**Bump Birth & Baby Stuff Antenatal Courses**

***One day courses on Wednesday 3<sup>rd</sup> July & 7<sup>th</sup> August, 9.15am-4.30pm***  
***Three week course from Tuesday 25<sup>th</sup> June to 10<sup>th</sup> July, 4.00pm-6.30pm***

**For those who are 30+ weeks pregnant**, these **FREE** antenatal courses are run by Children's Centre staff and local health professionals. Lots of useful info & advice for pregnancy, birth & babies! **Booking essential** via the 'Eventbrite' website. <http://southbedsbbbs.eventbrite.com>

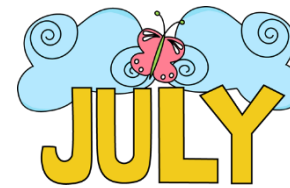
**Baby Signing**

A **FREE** three week course for parents/carers of babies aged between 6-12 months old to introduce signing in a supportive group setting.

*Call the centre to add your details to the waiting list.*

**Baby Massage**

Four week infant massage courses run by one of our Family Support Workers and fully qualified Infant Massage Instructors Katie, Gemma and Katie. Great for improving parent and child bonding as well as helping with colic and digestive problems. *Call the centre to add your details to the waiting list.*



**All sessions are held at the Beehive Children's Centre and are free of charge unless stated otherwise.**

**All sessions also require booking unless advertised as a 'drop in'.**

For further information or to book on to any of our activities, please contact our friendly staff on 01582 699092 (Monday to Thursday 8.30am - 4.30pm and Fridays 8.30am - 4.00pm) Or send an email to [enquiries@beehivecc.com](mailto:enquiries@beehivecc.com)

**Drop in sessions from our Speech & Language Therapist and Early Years Teacher:**

Our Speech and Language Therapist Jess will be available for any questions and advice during our Bumble Bees Stay and Play group at the Salvation Army on Mondays 22<sup>nd</sup> July & 12<sup>th</sup> August from 9.45am-11.15am.

Our Early Year's Teacher Helen will be available for advice and a chat at our Little Bees Stay and Play group on Thursdays 11<sup>th</sup> July and 1<sup>st</sup> August and at our Bumble Bees Stay and Play group on Mondays 29<sup>th</sup> July and 19<sup>th</sup> August and at our Toddler Waddle session on Tuesdays 2<sup>nd</sup> July and 20<sup>th</sup> August.



National Trust



Making a Difference in Central Bedfordshire

**Sure Start Children's Centres**



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