

Happy Easter!




















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 9.30am-4.00pm)

Timetable of Events - March & April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Bumble Bees Stay & Play 9.45am-11.15am A great drop-in session for children aged 0-36 months old and their mums, dads & carers. Games, crafts, songs and lots of fun for everyone! £1.00 per child. At The Salvation Army, Bullpond Lane, Dunstable, LU6 3AH 'EPEC' Empowering Parents Empowering Communities 'Being a Parent' course 29th April - 15th July 1.00pm-3.00pm A FREE nine week parenting programme delivered by trained parents who know what it is really like to look after children offering positive strategies to manage behaviour. <i>Crèche available.</i> Booking essential 3.00pm-4.15pm Baby Box collections Baby Boxes are FREE safe sleep spaces for infants. Each Box comes with a mattress, waterproof mattress cover, and fitted cotton sheet. Log into the babyboxuniversity.com website for more details on how to apply for your FREE box. Two year Old funding applications 3.00pm-4.15pm 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</p>   	 <p>Weigh & Play 9.00am-10.00am From March 5th 2019 FREE 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! A great chance to meet up with other parents and their children. Little Bees From March 5th 2019 10.30am-11.30am (term time only) Stay & play session ideal for children under one year old and their mums, dads & carers. Different themes planned each week. A fantastic easy way to get to know local parents with similar aged children. Booking essential Bump Birth & Baby Stuff 3 week antenatal course 5th, 12th & 19th March, 4.00pm-6.00pm For those who are 30+ weeks pregnant. A FREE three week course for expectant parents 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</p>  	<p>Toast & Tales 8.45am-9.30am (Term time only) Come and enjoy a light breakfast and a story together. Suitable for children aged 6-36 months old and their mums, dads & carers. FREE Booking essential Moving on to Solids Baby Led Weaning Talks 20th March & 17th April 10.00-11.00am A FREE session for mums, dads and carers of babies aged between 4 & 6 months old with information & advice from a local health professional. Booking essential Pop-In Clinic 1.00pm-3.30pm 20th March & 17th April FREE drop-in session every third Wednesday of the month. Health Visitor and/or Nursery Nurse will be present to provide health related information including minor illness advice. Bump Birth & Baby Stuff one day antenatal course 3rd April, 9.15am - 4.30pm For those who are 30+ weeks pregnant, this FREE one day course for expectant parents is 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</p>    	<p>Movers & Shakers From March 7th 2019 1.00pm-1.45pm A more active session than Rhyme time filled with songs, rhymes, music and movement. Ideal for the more mobile little ones ages approximately 15-36 months old and their mums, dads or carers. £1.00 per family  At St Fremunds Church Hall, Westfield Road, Dunstable, LU6 1DR Baby Rhyme time From March 7th 2019 2.00pm-2.45pm Lots of fun songs & rhymes plus musical instruments for children aged approximately 0-15 months (or pre-walkers) and their mums, dads or carers. £1.00 per family. At St Fremunds Church Hall, Westfield Road, Dunstable, LU6 1DR Nursery Rhymes </p>	<p>Mini-Chefs March 8th-22nd 10.15am-11.15am For all the budding 2-4 year olds and their parents/carers. Great fun with tips for mealtimes, healthy eating and budgeting ideas. Cost £3.00 for the course BOOKING ESSENTIAL Bump Birth & Baby Stuff one day antenatal course 9.15am - 4.30pm 29th March 2019 For those who are 30+ weeks pregnant, this FREE one day course for expectant parents is 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 Box collections 10.00am-11.45am Baby Boxes are FREE 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 website for more details on how to apply for your FREE box. Two year Old funding applications 10.00am-11.45am 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.</p>    

Beehive News/Pop-in changes:

The 0-19 health team have re-designed their pop-in clinic. From November 2018, clinic at each Children's Centre will only run monthly with a health visitor present – at the Beehive this will be on the third Wednesday of each month. Clinics are also held at various other venues across Central Bedfordshire so if you need to talk to a health professional, please visit www.cambscommunityservices.nhs.uk/pop-ins for further details of dates and venues.

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 Days First Steps Postnatal Group

A **FREE** 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. **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.**

Easter Holidays

The Easter holidays are fast approaching and our team will be organising some additional fun activities during the school holiday period. Do look out for our additional leaflet with further details of what is on offer including some Forest School sessions, an Easter egg hunt, Easter picnic and an Easter themed mini chefs session.



**Sure Start
Children's Centres**

Making a Difference in Central Bedfordshire



All sessions are held at 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 9.30am - 4.00pm)

Or send an email to enquiries@beehivecc.com

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

Our Speech and Language Therapist Sue Rogers will be available for any questions and advice during our Bumble Bees Stay and Play group at the Salvation Army on Monday 25th March from 9.45am-11.15am.

Our Early Years Teacher Helen Hircock will be available at Little Bees on April 2nd, Bumble Bees on April 8th, and Baby Rhyme Time + Movers and Shakers on April 11th.

Do come along for a chat if you need any advice on school admissions or early childhood learning and development.



**Like us on Facebook: Dunstable North – The
Beehive Sure Start Children's Centre**

