



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 – May & June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Bumble Bees Stay & Play 9.45am-11.15am</p> <p>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.</p> <p>At The Salvation Army, Bullpond Lane, Dunstable, LU6 3AH</p> <p>'EPEC' Empowering Parents Empowering Communities</p> <p>'Being a Parent' course 29th April – 8th July 1.00pm-3.00pm</p> <p>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></p> <p>Booking essential</p> <p>3.00pm-4.15pm Baby Box collections</p> <p>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.</p> <p>Two Year Old Funding applications 3.00pm-4.15pm</p>   <p>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>Toddler Waddle at Dunstable Downs From May 7th 2019 9.45am-11.15am</p> <p>FREE 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. FREE</p>  <p>Booking essential</p> <p>Bump Birth & Baby Stuff 3 week antenatal course 26th June, 2nd & 9th July, 4.00pm-6.30pm</p> <p>For those who are 30+ weeks pregnant.</p> <p>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!</p> <p>Booking essential via the 'Eventbrite' website. http://southbedsbbbs.eventbrite.com</p> 	 <p>Toast & Tales 8.45am-9.30am (Term time only)</p> <p>Come and enjoy a light breakfast and a story together.</p> <p>Suitable for children aged 6-36 months old and their mums, dads & carers. FREE</p>  <p>Booking essential</p> <p>Moving on to Solids Baby Led Weaning Talks 15th May & 19th June 10.00-11.00am</p> <p>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</p> <p>Pop-In Clinic 1.00pm-3.30pm 15th May & 19th June</p> <p>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.</p>  <p>Bump Birth & Baby Stuff antenatal course 1st May or 5th June, 9.15am – 4.30pm</p> <p>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!</p> <p>Booking essential via the 'Eventbrite' website. http://southbedsbbbs.eventbrite.com</p> <p>Stay & Play with self-weigh for babies From May 1st 2019, 1.00pm-2.30pm</p> <p>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!</p> 	<p>Baby Rhyme Time From May 9th 2019 1.00pm-1.45pm</p> <p>Lots of fun songs & rhymes plus musical instruments for children aged approximately 0-15 months (or pre-walkers) and their mums, dads or carers.</p> <p>£1.00 per family.</p> <p>At St Fremunds Church Hall, Westfield Road, Dunstable, LU6 1DR</p> <p>Nursery Rhymes</p>  <p>Little Bees From May 9th 2019 2.00pm-3.00pm</p> <p>Stay & play session ideal for children 0-15 months old and their mums, dads & carers. Different themes each week. A fantastic easy way to get to know local parents with similar aged children.</p> <p>£1.00 per family.</p> <p>At St Fremunds Church Hall, Westfield Road, Dunstable, LU6 1DR</p> 	<p>Baby Box collections 10.00am-11.30am</p> <p>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.</p>  <p>Two Year Old Funding applications 10.00am-11.30am</p>  <p>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>Pop-In Clinic at Priory Health Centre 1.30pm-3.30pm 24th May & 28th June</p> <p>FREE drop-in session every fourth Friday of the month. Health Visitor and/or Nursery Nurse will be present to provide health related information including minor illness advice.</p> 

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 including on the fourth Friday of every month at Priory Health centre, Dunstable when somebody from the Beehive team will also be present. If you need to talk to a health professional, please visit www.cambscommunityservices.nhs.uk/pop-ins for further details of dates and venues of all the Pop-ins running in the area.

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.**

May half term Holidays

With another half term soon upon us, we will of course organise some additional fun activities. Do look out for our additional leaflet with further details of what is on offer which *may* include 'Forest School' sessions, 'Teddy Bears Picnic' and 'Edible Messy Play' activities!



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 Emily Martin will be available for any questions and advice during our Bumble Bees Stay and Play group at the Salvation Army on Monday 20th May from 9.45am-11.15am.

Our Early Years Teacher Helen Hircock will be available at Bumble Bees on Monday June 3rd and Baby Rhyme Time + Little Bees on Thursday 23rd May. Do come along for a chat if you need any advice on school admissions or early childhood learning and development.



Sure Start Children's Centres

Making a Difference in Central Bedfordshire



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Central Bedfordshire