



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 - May & June 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Bumble Bees Stay & Play</u> <u>9.45am-11.15am</u> 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! <u>£1.00 per child.</u> At The Salvation Army, Bullpond Lane, Dunstable, LU6 3AH</p> <p><u>One Stop Parent Shop</u> <u>21st May</u> <u>1.30pm-3.00pm</u> A one off FREE session with some useful hints and tips all focussed around positive parenting. Great for families with children aged 2-5 years old. (Crèche available)</p> <p><u>Moving on to Solids Baby Led Weaning Talk</u> <u>11th June</u> <u>9.30am-10.30am</u> A FREE session for mums, dads and carers of babies aged between 4 & 6 months old with information & advice from a local health professional.</p>	<p><u>Toast & Tales</u> <u>8.45am-9.30am (Term time only)</u> Come and enjoy a light breakfast and a story together. Suitable for children aged 6-36 months old and their mums, dads & carers. FREE session.</p> <p><u>Bopping Time</u> <u>9.45am-10.15am</u> An exciting new musical session with rhymes, singing, dancing and lots of fun to get your little ones active! For children aged 12-36 months old and their mums, dads & carers. FREE session.</p> <p><u>Rhyme Time</u> <u>10.30am-11.00am</u> Lots of fun songs & rhymes plus musical instruments for children aged 0-12 months old and their mums, dads & carers. FREE session.</p>	<p><u>Toast & Tales</u> <u>8.45am-9.30am (Term time only)</u> Come and enjoy a light breakfast and a story together. Suitable for children aged 6-36 months old and their mums, dads & carers. FREE session.</p> <p><u>Pop-In Clinic</u> <u>9.15am-11.15am</u> FREE weekly drop-in session. Health Visitor and self-weighing facilities available.</p> <p><u>Breastfeeding Baby Brasserie</u> <u>10.00am-11.00am</u> FREE weekly drop-in offering support and information on breastfeeding your baby. Light refreshments always provided!</p> <p><u>Parents Together (Fortnightly)</u> <u>From 9th May</u> <u>10.00am -11.00am</u> FREE drop-in to meet other families that may be new to the area or want to make new friends. Refreshments provided.</p> <p><u>Sling Library (Fortnightly)</u> <u>From 2nd May, 10.00am-11.00am</u> <u>(Term time only)</u> A drop-in session to gain more information, a demonstration and a 'try before you buy' opportunity. <u>Minimal hire fees apply.</u></p>	<p><u>Toast & Tales</u> <u>8.45am-9.30am (Term time only)</u> Come and enjoy a light breakfast and a story together. Suitable for children aged 6-36 months old and their mums, dads & carers. FREE session.</p> <p><u>Buggy Fit</u> <u>9.45am-10.30am</u> <u>(Term time only)</u> A chance to socialise and make new friends whilst exercising in the fresh air. There may even be a few songs and rhymes for the children whilst we are out & about! Bring a drink and a towel/small blanket. <u>£1.00 per family.</u></p> <p><u>Little Bees</u> <u>1.30pm-2.30pm</u> Our FREE 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. At St Fremunds Church Hall, Westfield Road, Dunstable, LU6 1DR</p>	<p><u>Teens & Tots</u> <u>12.00pm-1.30pm</u> <u>(Term time only)</u> A drop-in stay & play group for all local young parents under 21 years old and their children. Lunch provided. A baby weighing facility is available on the first Friday of every month too! <u>£1.00 per family.</u> At The Salvation Army, Bullpond Lane, Dunstable, LU6 3AH</p> <p><u>Chattertots</u> <u>15th - 29th June</u> <u>10.00am-11.15am</u> A FREE three week group run by our Speech and Language Therapist Kate Eden. Ideal for children aged 16-40 months old and their mums, dads & carers with lots of useful hints and tips for improving communication speech and language.</p> <p><u>Active Play</u> <u>1.30pm-2.30pm</u> <u>(Term time only)</u> A new physical and fun session for children aged 12-36 months old and their mums, dads & carers. FREE session.</p>

****Look out for our May Half Term activities****

Additional activities:

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.*

Bump, Birth & Baby Stuff

For those who are 26+ weeks pregnant, this FREE five week course for expectant parents is run by Children's Centre staff and health professionals. Lots of useful info & advice for pregnancy, birth & babies!

BOOKING ESSENTIAL via the 'Eventbrite' website.



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@behivecc.com

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

Our Speech and Language Therapist Kate will be available for any questions and advice during our Bumble Bees Stay and Play group at the Salvation Army on Mondays 21st May and 11th June.

Our Early Year's Teacher Helen will be available for advice and a chat at our Little Bees Stay and Play group on Thursdays 24th May and 21st June.



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