



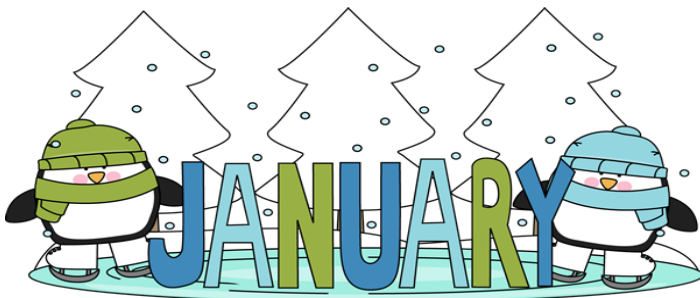
# Dunstable North (The Beehive) Sure Start Children's Centre

Westfield Road, Dunstable, LU6 1DW

*'Working in harmony with the community'*

(Open Mon-Thurs 8.30am-4.30pm, Fri 9.00am-4.00pm)

## Timetable of Events - January & February 2019



Email: [enquiries@beehivecc.com](mailto:enquiries@beehivecc.com) Telephone: 01582 699092

Alternatively, view and like our Facebook page: [Dunstable North - The Beehive Sure Start Children's Centre](#)

*Do you have any questions or need any advice about your child's speech and language, development or school readiness?*

*Then why not come along to see our specialist staff at their relaxed and friendly drop-in sessions as detailed below. No need to book, just call in to see them at the relevant venue.*

*Our Speech and Language Therapist will be available for any questions and advice during the Bumble Bees stay and play group at the Salvation Army on Monday 14<sup>th</sup> January 2019.*

*Some of our groups and sessions change regularly according to the needs of the community, venue or staff availability. To ensure you are kept up to date please make sure we have your current email address, postal address and/or telephone number. Email us to [enquiries@beehivecc.com](mailto:enquiries@beehivecc.com), call us on 01582 699092 or pop in to the Centre – we are open Mondays to Thursday 8.30am-4.30pm and Friday 9.30am-4.00pm.*



**Sure Start Children's Centres**



Making a Difference in Central Bedfordshire

Central Bedfordshire

## Monday



### 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**

### Empowering Parents Empowering Communities (EPEC) 'Being a Parent' course

14<sup>th</sup> January – 18<sup>th</sup> March (No session 11<sup>th</sup> Feb) 1.00pm-3.00pm

A **FREE** 9 week parenting programme that offers positive strategies to manage behaviour. The course is delivered by trained parents who know what it is really like to look after children and have tried the strategies taught. *Crèche available.*

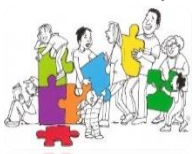
**Booking essential**

## Tuesday

### The Nurture Programme (Parent Puzzle) 22<sup>nd</sup> January – 2<sup>nd</sup> April

9.30am- 11.30am (No session 12<sup>th</sup> Feb)

A **FREE** ten week parenting course focussing on positive parenting strategies. Aimed at all parents/carers who wish to



improve on family relationships. Lots of hints and tips ideally for families with children aged three years and above. *Crèche available.*

**Booking essential**

### Baby Massage with Gemma 15<sup>th</sup> January – 5<sup>th</sup> February

1.30pm-2.30pm

Four week infant massage courses for babies over eight weeks old run by our



Family Support Worker (and fully qualified Infant Massage Instructor) Gemma. Great for improving parent and child bonding as well as helping with colic and digestive problems. **Booking essential**

3.00pm-4.30pm 'Baby Box' collections and Two year Old funding applications  
Weekly from 8<sup>th</sup> January

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](http://babyboxuniversity.com) website for more details on how to apply for your **FREE** box.

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.

## Wednesday



### Toast & Tales 8.45am-9.30am (Term time only - from January 9<sup>th</sup> 2019)

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**



### Bump, Birth & Baby Stuff (BBBS) antenatal course 9.15am – 4.30pm 2<sup>nd</sup> January or 6<sup>th</sup> February

For those who are 30+ weeks pregnant, this **FREE** one day course for expectant parents is run by Children's Centre staff and health professionals. Lots of useful info & advice for pregnancy & birth!

**Booking essential** via the 'Eventbrite' website.

### Moving on to Solids Baby Led Weaning Talks

16<sup>th</sup> January & 20<sup>th</sup> February 2019  
9.30am-10.30am

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**

### 'Music & Movement'

16<sup>th</sup> January 2019  
10.00am-10.45am



A new **FREE** weekly group full of stories, songs, movement and rhymes for under twos and their mums, dads or carers.

**Booking essential**

### Pop-In Clinic 1.00pm-3.30pm

16<sup>th</sup> January & 20<sup>th</sup> February  
**FREE** drop-in session every **third** Wednesday of the month. Health Visitor and/or Nursery Nurse present to provide health related

information including minor illness advice. No appointment necessary – just 'Pop-in' !!



## Thursday

### Little Bees

1.30pm-2.30pm

Stay & play session ideal for children under one year old and their



mums, dads & carers. A fantastic easy way to get to know local parents with similar aged children.

**Booking essential £1.00 per family.**

**At St Fremunds Church Hall, Westfield Road, Dunstable, LU6 1DR**

### Baby Massage with Katie 21<sup>st</sup> February – 14<sup>th</sup> March 2019 1.30pm-2.30pm

Four week infant massage course for babies over eight weeks old run by our fully qualified Infant Massage Instructor Katie. Great for improving parent and child bonding as well as helping with colic and digestive problems. **Booking essential.**



## Friday

### Weigh & Play

10.00am-11.30am

**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.

10.00am-11.30am Baby Box collections and Two year Old funding applications  
Weekly from 11<sup>th</sup> January

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](http://babyboxuniversity.com) website for more details on how to apply for your **FREE** box.

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

1.30-3.00 One Stop Parent Shop  
January 11<sup>th</sup> 1.30pm-3.00pm

Lots of useful hints and tips for parents focussed around positive parenting.

Ideal for those with children aged 2-5 years old.

1.30pm-3.00pm Baby Days  
22<sup>nd</sup> February – 15<sup>th</sup> March

A fantastic four-week postnatal course ideally suited for those with babies 0-3 months old and an excellent way to meet other new parents.

**BOOKING ESSENTIAL.**

