



# DUNSTABLE LOCALITY CHILDREN'S CENTRE 17<sup>TH</sup> APRIL – 21<sup>ST</sup> JULY 2023

**All sessions  
require **BOOKING****

DAY	ACTIVITY	TIME	WHEN	FOR	BOOKING REQUIRED	WHERE
MONDAY	Time for Two's	10:00-11:00	12th June – 10th July	2-3-year-olds	Yes	DSCC
	Mark Making	10:00-11:00	22nd May	Suitable for walkers	Yes	DSCC
	Mark Making	1:30-2:30	19th June	Suitable for walkers	Yes	DSCC
	Baby Sign	1:00-1:45	5th June – 19th June	For 6-12 months	Yes	DSCC
	Baby Sign	1:00-1:45	26th June – 10th July	For 6-12 months	Yes	DSCC
	Baby Messy Play	1:30-2:30	15th May	For 6 months to walking	Yes	DSCC
	Baby Messy Play	1:30-2:30	12th June	For 6 months to walking	Yes	DSCC
TUESDAY	Chattertots	10:00-11:30	2nd May – 23rd May	18 months – 3 years	Yes	DSCC
	Mini Music Makers	9:15 - 10:00	Term Time Only	2–5-year-olds	Yes	SAC
	Mini Music Makers	10:15 - 11:00	Term Time Only	2–5-year-olds	Yes	SAC
	Baby Days	10:30-11:30	13th June – 4th July	0-4 months	Yes	DNCC
	Baby Massage	10:30-11:30	6th June – 27th June	8 weeks – pre-crawling £20 charge	Yes	DSCC
	Baby Days Next Steps	1:00-2:00	13th June – 4th July	6-12 months	Yes	DNCC
	Brasserie Stay & Play	1:00-2:30	Weekly	Breast Feeding Support Group	Yes	DSCC
WEDNESDAY	Stay and Play In Our Own Way	10:00-11:30	Weekly	Suitable for children with SEND	Yes	DSCC
	Baby Self-Weighing	1:15-2:45	Weekly	6 weeks +	Yes	DSCC
	Revive	1:30 - 3:00	26th Apr - 24th May	Low Mood & Anxiety Support Group	Yes	DSCC
	Revive	1:30 - 3:00	7th June - 5th July	Low Mood & Anxiety Support Group	Yes	DSCC
THURSDAY	Parent Puzzle & Creche	10:00 - 12:00	27th April – 13th July	2–5-year-olds	Yes	DSCC
	Baby Massage	1:30 - 2:30	13th April - 4th May	8 weeks – pre-crawling £20 charge	Yes	DSCC
	Baby Massage	1:30 - 2:30	11th May - 1st June	8 weeks – pre-crawling £20 charge	Yes	DSCC
	Toddler Group	1:00 - 2:30	Weekly	2–5-year-olds	No	WN
	Baby and Me	1:30-2:30	Weekly	0-pre-walking	Yes	DSCC
FRIDAY	Little Explorers	10:00-11:30	Weekly	Suitable for walkers	Yes	DSCC
	Birth, Bump & Baby	9:15-4:00	28th April	Antenatal Workshop	Yes	VIRTUAL
	Birth, Bump & Baby	9:15-4:00	26th May & 23rd June	Antenatal Workshop	Yes	DNSS
	Starting Solids Workshop	Contact for days/times	Monthly	4 month +	Yes	VIRTUAL



**Family Information  
Directory QR code**

DSCC = Dunstable South: Oakwood Ave, LU5 4AS: 0300 300 8104    SAC = St Augustine's Church, Oakwood Ave    VIRTUAL = Will be held on TEAMS  
 DNCC = Dunstable North: Westfield Road, LU6 1DW: 0300 300 8106    WN = Westfield Nursey, Westfield Rd, LU61DL



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Dunstable North: Westfield Road, LU6 1DW 0300 300 8106

Dunstable South: Oakwood Ave, LU5 4AS 0300 300 8104

## **Bump, Birth and Baby – Antenatal class**

Come and find out more about caring for your baby and preparing for family life. This runs once a month for a whole day in person and virtually every third month. See the Eventbrite link for more details.

<https://www.eventbrite.co.uk/o/cbc-south-childrens-centre-antenatal-34058962449>

## **Baby Days**

A 4-week course for parents and babies aged 0-4 months, covering sleep, feeding, baby brain development and childhood illness.

## **Baby Days Next Steps**

A 4-week course for parents and babies aged 6-12 months, covering schemas, safety, child development, toileting and more.

## **Self Weighing**

Baby self-weighing sessions for babies from 6 weeks . Please note there will not be access to a Health Visitor. For any health or weight concerns, please contact the Children's Community Health Hub on 0300 555 0606.

## **Brasserie Stay & Play**

A breastfeeding support group, advice available from our trained Family Workers.

## **Baby Massage**

A 4-week course focusing on building the bond with your baby, learning about health benefits and to meet with other parents. Suitable for babies aged 8 weeks old up to pre-crawling.

## **Baby Sign**

Come along to learn everyday signs and find out how to use them in songs and everyday activities. Suitable for babies aged 6-12 months.

## **Speech & Language Drop-in**

Please contact Sue Rogers on [sue.rogers1@nhs.net](mailto:sue.rogers1@nhs.net)

## **Parent Puzzle**

A course for parents with children aged 2-5 years old. This course focuses on strategies for behaviour, positive parenting and emotional wellbeing.

## **Little Explorers**

A group full of exciting activities and play opportunities to support your child's development and learning. Suitable for children who are walking up to 5 years.

## **Time for Two's**

A 5-week school readiness programme focused on key developmental areas: Mark Making, Mathematics, Emotional Wellbeing & Healthy Choices, Literacy and Communication, and Physical Activity. Suitable for 2–3-year-olds.

## **Revive**

A women's mental wellbeing support group. A small friendly group for women experiencing low mood and anxiety. You are welcome to bring children along with you.

## **Chattertots**

A 4-week course for children aged 18 months-3 years. If you have concerns about your child's speech and language, this is a fun group to develop your child's listening and talking skills with our 0-19 Team and Family Workers.

## **Stay and Play In Our Own Way**

This is a group for parents and carers of SEND children and their siblings. You do not need to have a formal diagnosis; we just want to create a space where you can chat to other parents in a similar situation.

## **Baby and Me**

Come along to our welcoming group where you make new friends and your baby has opportunities to explore, sing and learn. Suitable for 0-pre-walking.

## **Baby Messy Play & Mark Making**

A range of sensory play and mark making experiences.

**Facebook: Dunstable Locality Children's Centre's**

**Email: [dunstablechildrenscentres@centralbedfordshire.gov.uk](mailto:dunstablechildrenscentres@centralbedfordshire.gov.uk)**