

Dunstable Locality Children's Centre 11/9/23 – 15/12/23

Day	Session	Date	Time	Location	Info & Booking	Further Information
Monday	Fit & Active Together	18th Sept - 18th Dec	10:30 – 12:00	Downside Community Centre	BOOKING REQUIRED 01582 891434 e-mail: grovecorner@dunstable.gov.uk	13-week programme for 16–34-year-olds with a mixture of workshops and support on fitness, nutrition, mental health. A free lunch and creche is also available.
	Baby Massage 4 Week Course	18th Sept-16th Oct OR 30th Oct-20th Nov	2:30 – 3:30	Dunstable South Children's Centre, Oakwood Ave, LU5 4AS	BOOKING REQUIRED £20 for the 4-week course Call 0300 300 8104/8106 or Facebook Message	Suitable for babies 8 weeks up to pre-crawling You will be added to our waiting list that is prioritised by age. This course focuses on building your bond with your baby & learning about the health benefits of massage.
Tuesday	Chatter-Tots 4 Week Course	12th Sept-3rd Oct	9:30 – 11:00	Dunstable South Children's Centre, Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	Suitable 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.
	Communication-Tots 4 Week Course	10th Oct-7th Nov	9:30 – 11:00	Dunstable South Children's Centre, Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	Suitable for children aged 18 months-3 years If you have concerns about your child's speech and language development, your child may also have other additional needs or had a referral to other support services.
	Time for Two's 4 Week Course	14th Nov - 12th Dec	9:30 – 10:30	Dunstable South Children's Centre, Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	Suitable for 2–3-year-old children A school readiness programme focusing on key developmental areas: Mark Making, Mathematics, Emotional Wellbeing & Healthy Choices, Literacy and Communication, and Physical Activity.
	Baby Days Next Steps 4 Week Course	10 th Oct-7 th Nov	10:00-11:00	Dunstable North Westfield Rd, LU6 1DW	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	Suitable for babies aged 6-12 months A 4-week course covering schemas, safety, child development, toileting and more.
	Parent Puzzle 10 Week Course	Starting on the 12th Sept	12:45 – 2:45	Dunstable South Children's Centre, Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	Suitable for parents with children aged 2-5 years. A parenting course focusing on strategies for managing children's behaviour with positive parenting, leading to good emotional wellbeing within the family. Free creche available

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Wednesday	Stay & Play in Our Own Way	Weekly	10:00 – 11:30	Dunstable South, Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	For children with SEND , siblings welcome: No need of a formal diagnosis; a safe space where you can meet other parents.
	Music Makers	13th Sept-18th Oct	10:30-11:30	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED £1 Donation Call 0300 300 8104/8106 or Facebook Message	Suitable for children 18 months + Come and enjoy our sensory garden followed by singing, musical instruments and rhymes.
	Music Makers	1st Nov-13th Dec	10:30-11:30	St Fremund's Church Westfield Rd, LU6 1DR	BOOKING REQUIRED £1 Donation Call 0300 300 8104/8106 or Facebook Message	Suitable for children 18 months + Come and enjoy our sensory garden followed by singing, musical instruments and rhymes.
	Starting Solids Workshop	20th Sept 18th Oct 15th Nov 13th Dec	1:30-2:30	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	Giving information with slides & videos on how to introduce your baby to solid foods when they are 6 months. With opportunities for parents to ask questions.
	Keeping your child in mind 4 week course	15th Nov-6th Dec	1:15-3:15	TBC	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	These workshops will explore key strategies for maintaining and improving parenting skills. We will look at communicating clearly, managing difficult feelings and working together to positively support our growing children and enjoy a calmer family life.
Thursday	Mini Explorers	Starting on 28th Sept-Weekly	9:30-10:30	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED £1 Donation Call 0300 300 8104/8106 or Facebook Message	Suitable for children who are crawling to walking Group full of exciting activities and play opportunities to support your child's development and learning.
	Westfield Little Explorers	Starting on 21st Sept-Term Time Only	1:00-2:30	Westfield Nursery Westfield Rd, LU61D	NO BOOKING REQUIRED £1 Donation Call 0300 300 8104/8106 or Facebook Message	Suitable for children walking to 5 years Group full of exciting activities and play opportunities to support your child's development and learning.

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Thursday	Baby & Me	Weekly	1:00-2:30	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED £1 Donation Call 0300 300 8104/8106 or Facebook Message	Suitable from new-born to just crawling. A warm, welcoming group where you can make new friends and your baby will have opportunities to explore, sing
	Breastfeeding Brasserie	Weekly	1:00-2:30	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	A breastfeeding support group , where you can gain advice from a member our Family Workers. Refreshments for parents.
	Self-Weigh	Weekly	1:00-2:30	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	Please note there is no access to a health visitor, scales are available for parent / carer to weigh their baby.
Friday	Bump, Birth & Baby Stuff	22nd Sept 27th Oct 22nd Dec	9:15 – 16:00	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED CBC South Children's Centre Antenatal Events Eventbrite	Our antenatal course for expectant parents. We advise booking on to a course that will start once you are 32 weeks. On Eventbrite you will also see our virtual monthly offer.
	Little Explorers	Weekly	9:30-11:00	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED £1 Donation Call 0300 300 8104/8106 or Facebook Message	Suitable for children walking to 5 years A group full of exciting activities and play opportunities to support your child's development and learning.
	Baby Sign 3 Week Course	17th Nov- 1st Dec	10:30-11:15	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	Suitable for babies aged 6-12 months Come along to learn everyday signs and find out how to use them in songs and everyday activities.
	Baby Days 6 Week Course	29th Sept- 10th Nov	10:30-11:30	Dunstable North Westfield Rd, LU6 1DW	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	Suitable for parents and babies 0-3 months. 6-week course covering sleep, feeding, baby brain, development, and childhood illness.
	REVIVE 5 Week Course	6th Oct- 10th Nov & 17th Nov- 15th Dec	1:30 – 3:00	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104/8106 or Facebook Message	Small support group for women experiencing low mood and anxiety. You will have the opportunity to talk to family workers and meet other parents, refreshments provided and information around self-help and other provisions available locally. Children are welcome to attend.



Dunstable Locality Children's Centre
dunstablechildrenscentres@centralbedfordshire.gov.uk
North: Westfield Road, LU6 1DW South: Oakwood Avenue, LU5 4AS
0300 300 8106 0300 300 8104



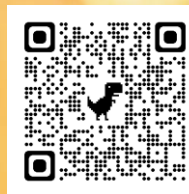
Support & Advice

The children's centre staff are able to offer support and advice on breastfeeding, parenting, FREE 2-year funded pre-school places, introducing solid food, toilet training, training/education, home safety and lots more. Please ask a member of the team or contact us by phone or email.

Register For Your Local Children's Centre



Family Information Directory



Speech & Language support

Worried about your child's talking, listening, interaction or stammering? Book an early advice session with a speech and language therapist here: <https://childspeechbedfordshire.nhs.uk/how-to-refer/early-advice-sessions/>



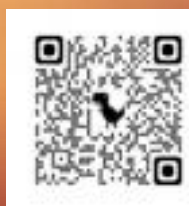
Development Reviews

Children's Community HEALTH HUB
Open Monday – Friday, 9am – 5pm
Telephone: 0300 555 0606
Email: ccs.bedsandlutonchildrenshealthhub@nhs.net

Request For Support from Children's Centre



Children's Centre Feedback Form



Food Bank Parcels

Please contact the children's centre for further information and support in accessing food parcels.

NEW GROUP: Dad & Me

This group is for all dad's and all male carers who are important in your child's life. A stay and play session for you to attend with children under 12 years old. Come along and meet other male carers and grab a pastry on 2/9/23, 7/10/23, 4/11/23 & 2/12/23

Domestic Abuse Support

REBUILD is a new programme supporting women:
It is a 12-week group programme looking at relationships.
It's designed for women living with domestic abuse in Central Bedfordshire. Call the centre or use QR code to request further information.