

**What's on at Dunstable  
Children's Centre**  
**0300 300 8104 or 0300 300 8106**  
**15/07/2024 – 30/08/2024**

**Central  
Bedfordshire**

## Monday

Session	Time	Date	Location	For information and booking	Information
Baby Massage 4 Week Course	9:30-10:30	15th July to 12th August (Not running 29th July)	Dunstable South Oakwood Ave, LU5 4AS	<b>BOOKING REQUIRED £20 for the 4-week course</b> Call 0300 300 8104/8106 or Facebook Message	<b>Suitable for babies 8 weeks up to pre-crawling.</b> This course focuses on building your bond with your baby & learning about the health benefits of massage.
Baby Messy Play	10.00-11.00	19th August	Dunstable South Oakwood Ave LU5 4AS	<b>BOOKING REQUIRED</b> Call 0300 300 8104/8106 or Facebook Message	<b>Suitable for babies 6 - 12 months.</b> We will have a range of sensory play and mark making experiences for littles ones to explore. Old clothes recommended.

## Tuesday

Session	Time	Date	Location	For information and booking	Information
Forest School	1.00-2:30	23rd July	Dunstable North Westfield Road LU6 1DW	<b>BOOKING REQUIRED</b> Call <b>0300 300 8104/8106</b> or <b>Facebook Message</b>	<b>Suitable for children aged 2-8 years old.</b> Join our fun filled Forest School session where your children can explore the natural environment.
Picnic in the Park	11:30-12:30	6th August 13th August 20th August 27th August	Bennett's Rec, LU6 3AQ Grove Park, opp. Asda, LU6 1NF Brewers Hill Rec, LU6 1AE Mentmore Crescent Rec, LU6 3NW	<b>BOOKING REQUIRED</b> Call 0300 300 8104/8106 or Facebook Message	<b>Suitable for children walking-5 years, siblings welcome.</b> Bring along a picnic and blanket, join us in the park for story and rhyme fun. We will be there in most weathers but will contact you if we need to cancel, so please remember to book.
Baby Days 6 Week Course	10.00-11.00	6th August to 10th September	Dunstable North Westfield Road, LU6 1DW	<b>BOOKING REQUIRED</b> Call <b>0300 300 8104/8106</b> or <b>Facebook Message</b>	<b>Suitable for parents and babies 0-3 months.</b> 6-week course covering sleep, feeding, baby brain, development, and childhood illness.

## Wednesday

Session	Time	Date	Location	For information and booking	Information
Stay and Play in Our Own Way	9:30-10:30	Weekly	Dunstable South Oakwood Ave, LU5 4AS	<b>BOOKING REQUIRED</b> Call 0300 300 8104/8106 or Facebook Message	<b>For children with SEND</b> siblings welcome: No need of a formal diagnosis; a safe space where you can meet other parents.
Let's Play	11.00-2.00	7th August	Downside Rec Suffolk Road, LU5 4ES	<b>No Need to book, just turn up!</b>	<b>Run by Dunstable Town Council.</b> Supported by the Children's Centre, suitable for 0-5 years old.
Bump, Birth and Baby	9.00-4.00	14 <sup>th</sup> August	This is a virtual session	<b>BOOKING REQUIRED</b> <a href="#">CBC South Children's Centre Antenatal Events   Eventbrite</a>	<b>Our antenatal course for expectant parents</b> We advise booking on to a course that will start once you are 32 weeks. On Eventbrite you will also see our face to face offer.
Starting Solids Workshop	1.00-2.00	21 <sup>st</sup> August	Dunstable South Oakwood Ave, LU5 4AS	<b>BOOKING REQUIRED</b> Call 0300 300 8104/8106 or Facebook Message	<b>Suitable for parents and babies.</b> Come along for tips, advice and information on preparing and introducing solid food to your little one.
Nature and Buggy Walk	1:30-2:30	24th July 28th August	Dunstable North Westfield Road, LU6 1DW	<b>No Need to book, just turn up!</b>	<b>Suitable for babies in buggies and walkers.</b> Come along and meet other parents, enjoy a walk and your little one can enjoy nature too.



## Thursday

Session	Time	Date	Location	For information and booking	Information
Mini Explorers	09:30–10:30	Weekly	Dunstable South Oakwood Ave, LU5 4AS	<b>NO BOOKING REQUIRED</b> <b>£1 Donation</b>	<b>Suitable for children who are crawling to walking</b> Group full of exciting activities and play opportunities to support your child's development and learning.
Baby & Me	1:00-2:30	Weekly	Dunstable South Oakwood Ave, LU5 4AS	<b>NO BOOKING REQUIRED</b> <b>£1 Donation</b>	<b>Suitable from new-born to just crawling.</b> A warm, welcoming group where you can make new friends and your baby will have opportunities to explore and sing.
Breastfeeding Brasserie	1:00-2:30	Weekly	Dunstable South Oakwood Ave, LU5 4AS	<b>NO BOOKING REQUIRED</b>	<b>A breastfeeding support group.</b> Where you can gain advice from one of our Family Workers. Refreshments provided.
Self-Weigh	1:00-2:30	Weekly	Dunstable South Oakwood Ave, LU5 4AS	<b>NO BOOKING REQUIRED</b> Last weigh time is 2.15	<b>Please note there is no access to a health visitor, scales are available for parent / carer to weigh their baby.</b>

## Friday

Session	Time	Date	Location	For information and booking	Information
Little Explorers	09.30-11.00	Weekly	Dunstable South Oakwood Ave, LU5 4AS	<b>NO BOOKING REQUIRED</b> <b>£1 Donation</b>	<b>Suitable for children walking to 5 years, siblings up to 8 welcome.</b> A group full of exciting activities and play opportunities to support your child's development and learning.

## Saturday

Session	Time	Date	Location	For information and booking	Information
Dad and Me	10:00-11:30	First Saturday of every month 3 <sup>rd</sup> August 7 <sup>th</sup> September	Dunstable South Oakwood Ave, LU5 4AS	<b>NO BOOKING REQUIRED</b>	<b>Suitable for dad's and all male carers.</b> A stay and play session for you to attend with children under 12 years old.
First Aid	2.00–4.00	20 <sup>th</sup> July	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED £10 per person 0300 300 8104/8106 or Facebook message	<b>Basic first aid</b> For parents/carers of babies & young children, choking & CPR covered



## ADDITIONAL INFORMATION

### To find out more

visit [www.centralbedfordshire.gov.uk/childrens-centres](http://www.centralbedfordshire.gov.uk/childrens-centres), follow us on Facebook at [\(1\) Facebook](#), or you can email us at [dunstablechildrenscentres@centralbedfordshire.gov.uk](mailto:dunstablechildrenscentres@centralbedfordshire.gov.uk)

Our site addresses and phone numbers are;

North: Westfield Road, LU6 1DW 0300 300 8106

South: Oakwood Avenue, LU5 4AS 0300 300 8104

### Useful Information

#### Speech & Language support

Worried about your child's talking, listening, interaction or stammering? For information and support visit [Home - Children's Speech and Language Therapy for Luton and Bedford \(childspeechbedfordshire.nhs.uk\)](#)

#### 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.

#### 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 to request further information.

#### Development Reviews

Children's Community HEALTH HUB

Open Monday – Friday, 9am – 5pm

Telephone: 0300 555 0606

Email: [ccs.bedsandlutonchildrenshealthhub@nhs.net](mailto:ccs.bedsandlutonchildrenshealthhub@nhs.net)

**Scan QR Code for more information**



#### Food Bank Parcels

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

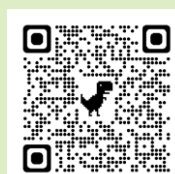
FAMILY  
INFORMATION DIRECTORY



REGISTER WITH THE  
CHILDREN'S CENTRE



REQUEST FOR SERVICES  
APPLICATION



WE WOULD LOVE YOUR  
FEEDBACK ON OUR  
SERVICES

