	The Mulberry, Weymouth	Bincombe Valley, Littlemoor	Outlooks, Portland	Westham, Weymouth
Monday	**9.45 – 11.15** **Little Explorers** From 15 April to 8 July Babies aged from 12 months to 2 ½ years **1.00 – 2.30** **Babies want to have fun** From 15 April to 8 July Babies aged from birth to 12 months	**9:30 – 11:00** **One World Play & Learn** Starting 22 April Do you or your children speak another language other than English? Drop in group for families with children under 5 for peer support and stay and play! **1:30 – 3:30** **Child Health Clinic** Littlemoor Health Centre	**10:00 – 11:00** **Baby Massage *** Enhancing positive attachment with infant touch and soothing techniques **9:30 – 10:45** **Babies want to have fun** From 15 April to 8 July Babies aged from birth to 12 months **2:00 – 3:30pm** **Incredible Edibles** Starts 23 April 4 weeks covering weaning support and guidance for cooking for your little ones	**10.00 – 11.00** **Making Sense *** Learning about child development and how to best support your child's individual learning
Tuesday	**9:00 – 10:00** **Tea and Toast** Drop in for a cup of tea and some toast for breakfast and informal chat with any of the team at the centre to discuss any issues. **9:30 – 10:30** **Babbling Babies** 15 April for four weeks Singing and signing for your babies up to 12 months old **9:00 – 12:00** **Pattern Changing*** Starts 23 April 12 week course for women looking to change their lives for the future.	**9:15 – 10:15** **Making Sense *** Learning about child development and how to support your child's learning **9:30 – 11:00** **Breastfriends Littlemoor** Breastfeeding group with peer supporters, information and advice at St Francis of Assisi Church **11:15 – 12:00** **Library Gets Lively** Stories, songs and fun at Littlemoor Library **1:30 – 3:00** **Bumps to Babies** For bumps to babies up to 12 months	**9 :00 – 10:00** **Health Visitor Clinic *** **10:30 – 1:00** **Baby Sensory** Starts 30 April for six weeks Half hour taster sessions of the very popular Baby Sensory classes, first one is free, £20 for the five week block after that. Book with the centre or with Dorchester@babysensory.co.uk **10:00 – 11:30** **Play and Learn** Come along to have fun, learn new songs and activities to support your child's development at **The Kimberlin Club, Blacknor Road.** **2:15 – 3:00** **Time to Rhyme at Tophill Library, Portland** Drop in at the library to share and enjoy stories and songs with your children	**9:30 – 11:30** **Child-minder Group** Drop in for any registered child-minders across the area plus DQIS (Liz Elmore) attending monthly **12:15 – 2:30** **Incredible Years Parenting Course*** Starting 23 April for 12 weeks Informative, interactive course to help understand your child's behaviours and development. Crèche provided.
Wednesday	**10:00 – 12:00** **Dorset Multiples** First Weds of every month, for families with twins/triplets **1:30 – 3:00** **Play and Learn** Come along, learn new songs and activities to share with your children under 5 years old	**9:30 – 11:30** **Little Lambs** At St Francis of Assisi Church, Littlemoor **2:30 – 3:30** **Chatter Matters with Bookstart Trust** 24 April for four weeks Enjoy reading with your children, learn new rhymes and activities and take away free books and resources – a free book pack for each child.	**9:30 – 11:30** **DQIS Childminding Monthly Drop In** Drop in for any local childminders with support and information from DQIS (Liz Elmore)	**10:00 – 12:00** **Child Health Clinic** Open drop in to see a Health Visitor, feeding advice, weighing **12:30 – 2:30** **Breastfriends** Stay and play, drop in breastfeeding group with peer supporters, information and advice – at Westham Children's Centre
Thursday	**9:00 – 12:00** **Ante natal Clinic *** Please book via your Midwife **9:30 – 11:30** **Out of the Blue*** Starts 11 April - Practical help and support for parents diagnosed with post natal depression with free crèche provided **10:00 – 1:00** **Young Parents 2 Be** **1:00 – 2:30** **Young Parents Drop In** For parents under 25 years and their children	**9:30 – 11:00** **Little Explorers** From 16 April to 9 July A fun active play session for toddlers and children of all ages and parents **1:30 – 3:00** **Out & About** From 19 April Visiting local venues and locations, exploring and having fun! *Contact the centre or the website for an up to date venues list so you can meet us there!*	**9:30 – 11:30** **Breastfriends Portland** Breastfeeding group with peer supporters, information and advice at Outlooks Children's Centre. **3.00 – 5.00** **Bright Stars** First and Third Thursday of the month Peer support for children with additional needs – healthy snack included (April 4 and 18, May 2 and 16, June 6 and 20, July 4 and 18)	**10:00 – 11:30** **Bumps to Babies** For bumps to babies up to 12 months **2:30 – 3:30** **Babbling Babies** 25 April for four weeks Singing and signing for your babies up to 12 months old **1:30 – 3:00** **Out & About** (See Bincombe Valley for more detail)
Friday	**10:00 – 12:00** **Breastfriends Weymouth** Stay and play, drop in breastfeeding support group for friendship and advice. **1:30 – 3:00** **Young Parents Group** Parents under 20, play opportunities and information about your child's development	**9:30 – 11:00** **Messy Monkeys** Child development through messy and fun play activities With **Citizens Advice Bureau (CAB)** Drop in 9 – 1pm (12th & 26th April, 10th & 24th May, 7 & 21st June)	**10:00 – 12:00** **Muddy Fingers** Outdoor themed play session for children under five years	**9:30 – 11:00** **Play and Learn** Come along, learn new songs and activities to share with your children under 5 years old With **Citizens Advice Bureau (CAB)** Drop in 9 – 1pm (15 & 29 April, 13 May, 10th & 24th June)

* Indicates a group where it is useful to book on due to the nature of the support so please ring in advance, sessions may change at short notice and the timetable is updated regularly to reflect any changes

Calling all DADS!

Dads group

Meeting every first **Saturday** of the month, come along and join in the fun active, get moving, get going! Dates below – from 10 until 12, light breakfast included.

6 April - Fancy's Farm, Portland
4 May – Outside Art, Outlooks
1 June – Sensory Play, Mulberry
6 July – Physical Play, Outlooks

Registering with your centre – COMPETITION TIME

Update your details or register with the children's centre and be entered into a draw to win £60 worth of ASDA vouchers! Do you know anyone with a child under five years? We would LOVE to hear from them. All new registrations or information updates (for example single parent status, new addresses) up until 31 May 2013 will be entered into a draw to win this brilliant prize for your family. Recommend it to your friends. We would love to hear from all families to make sure we provide the right support and sessions you would like to see in the area but we can't do that without you!

Getting out and about!

Did you know we go on a children's centre visit EVERY WEEK?! Well we do! Each week on a Thursday afternoon, staff from the children's centre have arranged a venue and meeting place for groups of parents to meet with their children to take in local sites, play at the beach, go to the park, swim and much more! Dates coming up include –

11 April – Bowleaze Cove, 18 April – Greenhill Paddling Pool
25 April – Chesil Cove
For more information contact Becca on 01305 823794

How to get in touch

The Mulberry	Bincombe Valley	Outlooks	Westham
Commercial Road Weymouth DT4 8NG	Culliford Way Littlemoor, Weymouth DT3 6AW	Castle Road Portland DT5 1AU	Radipole Lane Weymouth DT4 0QF
01305 786367	01305 834718	01305 823794	01305 782549

wp.childrenscentres@actionforchildren.org.uk **or text 07843 642982**

Find us, like us and follow us on Facebook – keep up to date with all of our news, information and sessions! Facebook/Weymouth and Portland Childrens Centres

Weymouth and Portland Children's Centres

Activities Timetable

Spring 2013

Play, education and family support for children aged up to five years and their families in the Weymouth and Portland areas.

Where everyone is welcome

Safeguarding children - everyone's responsibility