



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 - November & December 2017



Opening hours Mon-Thu 8.30am-4.30pm & Fri 9.30am-4.00pm

Email: enquiries@beehivecc.com Telephone: 01582 699092

Or view our Facebook page: Dunstable North - The Beehive Sure Start Children's Centre



Making a Difference in Central Bedfordshire



Essex Partnership University
NHS Foundation Trust



**Sure Start
Children's Centres**



Meet The Beehive Children's Centre Team

Michelle Hart (Centre Coordinator)

Michelle manages the day-to-day running of the centre and coordinates the staff to meet the needs of the local community. Michelle is responsible for coordinating services alongside other local agencies and organisations, in order to provide universal early childhood services and support for parents and families from all backgrounds. Michelle plays a key role in the Centre's self-evaluation, strategic planning, monitoring of services and the updating of policies and procedures. Michelle also offers a range of individualized family support work including advice for housing, parenting, adult learning/further education and returning to work.



Emma Tasker (Receptionist and Administrator)

Emma is the first point of contact at The Beehive and deals with a range of matters, including general enquires from all visitors and callers. Emma processes the Centre's registration forms and bookings for activities and also deals with a variety of other clerical duties for the Centre and other members of the team.



Sue Soraghan (Receptionist)

As the Children's Centre Receptionist, Sue is the first point of contact and deals with a range of matters including general enquiries from visitors and callers and the processing of registration forms and bookings for activities.



Katie Soraghan, Katie Jeeves and Gemma Finan (Family Support Workers)

As Family Support Workers, Katie, Katie and Gemma help local families in a variety of ways. Some examples of the kind of support available are: advice for positive parenting and managing children's behaviour, meeting with families face to face, at home or at the Children's Centre, guidance for parents wishing to return to education, employment or training, and running a variety of activities underpinned by the 'Early Years Foundation Stage' (EYFS) to support the learning of children under 5 – socially, emotionally, physically & academically.



Kayleigh McAllister (Early Years Worker)

Kayleigh is our newly appointed Early Years Worker. Kayleigh's role will predominantly be supporting the Centre's extended team at sessions such as Chattertots, as well managing the running of our Stay and Playgroups and Crèche provision for some sessions both at The Beehive and in other venues across the community.



Hayley Simmons (Play worker)

Hayley's role is mainly focused around supporting staff, children and parents both at The Beehive and out in the community throughout stay and play sessions and during the Creche provision offered for some of the Centre's groups.



Helen Hircock (Early Years Teacher)

Helen is our Early Years Professional working both here at the Beehive and at Houghton Regis Children's Centre. Helen has a vital role guiding us with planning our Early Years Foundation Stage focused stay and play groups, which is enabling us to help children with school readiness. Helen also takes the lead on our ever-popular Forest School sessions.



Kate Eden (Speech & Language therapist)


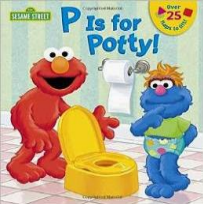

Kate's role is to support staff and parents at The Beehive to develop language skills for children under five years old. Kate visits some of the centre's groups to offer advice to parents and also runs sessions on different aspects of communication and ways to help children develop their language skills.



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 Call us on 01582 699092 or pop in to the Centre Monday to Thursday 8.30 am-4.30pm and Friday 9.30am-4.00pm.



All our sessions are at 'The Beehive' and are free of charge unless otherwise stated. For booking events, finding out further information regarding any of our activities or to enquire about other exciting sessions that are currently being planned, please just contact our friendly staff on 01582 699092, Monday to Thursday 8.30am – 4.30pm, Friday 9.30am – 4.00pm.

Monday	Tuesday	Wednesday
<p>Bumble Bees Stay & Play group 9.45am-11.15am A great drop-in session for children aged 0 to 36 months old and their parents/carers. Games, crafts, songs, and lots of fun for everyone! COST: £1.00 per child per session. The Salvation Army, Bullpond Lane, Dunstable, LU6 3AH Baby Daze Postnatal Group 1.30pm-3.00pm 13th November – 11th December A fantastic five-week postnatal course run by Children's Centre staff. Ideally suited for those with babies 0-3 months old and an excellent way to meet other new parents whilst getting some great hints and advice regarding sleeping, feeding and child development. Plus, there is tea & cake too!</p>  	<p>'Baby Signing' 28th November – 12th December 9.15am-10.00am A FREE three week course for parents/carers of babies 6-12 months old to introduce signing in a supportive group setting. BOOKING ESSENTIAL</p>  <p>'Christmas Crafts' 21st November – 12th December 11.00am-11.45am Four weeks of fun filled Christmas crafts and activities for children aged 18-36 months old and their parents/carers. Guaranteed to bring a bit of sparkle to the season! COST: £1.00 per child per session BOOKING ESSENTIAL</p> 	<p>8.45am-9.30am 'Toast & Tales' Come and enjoy a light breakfast and a story together every Wednesday. Suitable for children aged 6 - 36 months old and their mums, dads & carers BOOKING ESSENTIAL. FREE!</p>  <p>'Pop-in' Clinic 9.15am-11.15am FREE weekly drop-in session. An ideal opportunity for a chat with other parents, a health visitor or children's centre staff. In addition, there is now a self-weighing option available too - with support if needed.</p>  <p>'Breastfeeding Baby Brasserie' 10.30am-11.30am FREE weekly drop-in for mums, dads, & babies offering support and information on breastfeeding your baby, and a great opportunity to meet up with other breastfeeding parents. Light refreshments always provided!</p> 
<p>BOOKING ESSENTIAL 'Moving on to Solids' Baby Led Weaning Talk 18th December 9.30am-10.30am</p>  <p>A FREE session for parents/carers of babies aged between 4 & 6 months old with Information & advice from a local health professional. BOOKING ESSENTIAL</p> <p>Toileting Advisory Talk 18th December 11.00am-12.00pm Are you unsure of how to get your child out of nappies and onto a toilet? Then come to our FREE session to get some advice and tips from a local Health Professional. BOOKING ESSENTIAL</p> 		<p>'Bump, Birth & Baby Stuff' 8th November -6th December 4.30pm-6.30pm For those who are 26+ weeks pregnant, this FREE five week course for expectant parents is run by children's centre staff and health professionals. Lots of useful info & advice about pregnancy, birth & babies! BOOKING ESSENTIAL via the 'Eventbrite' website.</p> 

Thursday

8.45am-9.30am
'Toast & Tales'
From 16th November

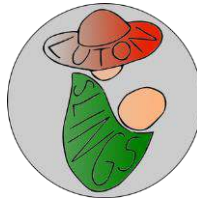


Come and enjoy a light breakfast and a story together every Thursday. Suitable for children aged 6 - 36 months old and their mums, dads

& carers **BOOKING ESSENTIAL. FREE!**

SLING LIBRARY
10.30-11.30am
(Fortnightly)

Have you thought about buying a sling for you and baby? Why not come along to our brand new fortnightly 'Sling Library' service starting from 28th September 2017. A great opportunity to get more information, a demonstration and a 'try before you buy' opportunity!



Minimal hire costs apply.

Rhyme time 11.00am-11.45am
Lots of fun songs & rhymes plus musical instruments for children aged 0-12 months old and their parents/carers



FREE.

BOOKING ESSENTIAL

'Mini Chefs'
23rd November – 14th December
1.30- 2.30pm

A seasonal themed four week course for all the budding 2-4 year olds and their parents/carers. Great fun with tips for breakfasts, lunches and dinners, plus healthy eating and budgeting ideas.



Cost £4.00 for the course
BOOKING ESSENTIAL

Friday

Explorer Bees
9.45am-10.45am
FREE stay



& play session for more mobile babies aged approximately 6-12 months old and their parents/carers.

BOOKING ESSENTIAL

(Please see our separate leaflet for details of focussed themed weeks for Baby Bees and Explorer Bees e.g. sensory play & messy play!)

Baby Bees

11.15am-12.15pm



FREE stay & play session – an ideal opportunity for babies under

six months old and their parents/carers to get to know each other.

BOOKING ESSENTIAL

'Teens & Tots' 12.00pm-1.30pm

Stay & play group for all local young parents under 21 years old and their children. Games, crafts & activities including baby signing, infant massage & messy play. Lunch provided. **Cost:** £1 per family per week to help with the cost of food and resources for activities.

The Salvation Army, Bullpond Lane, Dunstable, LU6 3AH

Additional Activities

Baby Massage

A five-week infant massage courses run by one of our Family Support Workers and fully qualified Infant Massage Instructors Katie, Gemma and Katie. Great for improving parent and child bonding as well as helping with colic



and digestive problems. **PLEASE CONTACT THE CENTRE TO BE ADDED TO THE WAITING LIST FOR FUTURE COURSES**

'Parents Together' 15th & 29th November, 13th December
12.00-1.00pm

Are you a mum, dad or carer who would like to meet other parents/carers in the area? Then come along once a fortnight to meet other families that may be new to the area or



want to make new friends. Children welcome. Refreshments provided. **FREE!**

'Christmas Party'

1.30-2.30pm
Monday 18th December

A wonderful afternoon of Christmas games, crafts and activities. Ideal for children aged 12 -36 months and their parents/carers



BOOKING ESSENTIAL
COST: £1.00 per child

Other 'Beehive' news and information ...

Do you have any questions or need any advice about your language, development or school readiness?

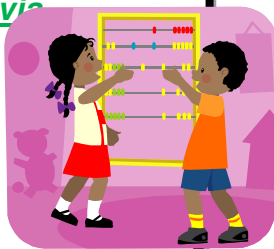
Then why not come along to see our specialist staff at Their relaxed and friendly drop-in sessions as detailed below. No need to book, just call in to see them at the relevant venue.

Our Speech and Language Therapist Kate will be available for any questions and advice during the Bumble Bees stay and play group at the Salvation Army on Mondays 27th November and 18th December.

Our Early Year's Teacher Helen will be available for advice and a chat at Bumble Bees on Monday 4th December.



Do you have a child who is nearly two? Would you like to apply for a two-year-old funded nursery place for 15 hours of free education per week? Then come along to our Centre or any one of our community-based sessions and our friendly staff will give you any advice needed and/or complete the application paperwork for you. PLUS – There is a free gift for each child that has applied via a Children's Centre which is not available from anywhere else!



We are always keen to hear any comments or suggestions from our service users so if you have any feedback about any of the groups or activities that we offer, or that you would like to see on our future timetables, please just speak to a member of staff either at the Centre or whilst attending a session. Your feedback is very important and helps us to offer the most needed services. Alternatively, you can call us on 01582 699092 or send us an email to enquiries@beehivecc.com



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The holiday season is fast approaching and we here at The Beehive are all very much looking forward to the festivities (and a little well-earned rest!)

With that in mind, we would like to advise you all that the Beehive will be closed from 4.00pm on Friday 22nd December 2017 through until 8.30am on Tuesday 2nd January 2018.



We will be back in January (and for the other 51 weeks of the year!) running all of our regular groups plus some new sessions which may include some adult learning courses or new stay and play groups so do ensure we have your contact details so we can keep you informed about all the services we offer.

We would like to take this opportunity to wish you all a very Merry Christmas and a happy, prosperous and most of all healthy New Year.