

Chesil Locality Timetable: January to March 2024

	The Mulberry Children's Centre	Westham Children's Centre	Bincombe Valley Children's Centre	Portland Outlooks Children's Centre
Monday	<p>*Baby IY (6 weeks course) Venue TBC 1pm – 3pm</p> <p>Breast Feeding Network 10am – 11:30am</p>			<p>Under Ones 10am - 11:30am</p>
Tuesday	<p>Under Ones 10am - 11:30am</p>		<p>Parenting Skills & Strategies 11am – 1pm 2nd Tuesday of the month</p> <p>Musical Play 1pm – 2pm</p>	<p>Musical Play 9:30am – 10:30am</p>
Wednesday	<p>Mini Explorers (6 weeks course) 10am - 11:30am</p> <p>Young Parents to Be Drop-in 1pm - 2:30pm 1st Weds of month</p>			
Thursday	<p>*Incredible Years Parenting Programme TBC</p> <p>Parenting Skills & Strategies 9am – 11am / 1pm – 3pm 1st / 3rd Thurs of the month</p>		<p>Under Ones 9:30am – 11am</p>	
Friday	<p>FAB Breast Feeding Support 10am – 12pm</p>		<p>Mini Explorers (6 weeks course) 10am - 11:30am</p>	<p>Mini Explorers (6 weeks course) 10am - 11:30am</p>



To Book Sessions Please Contact Us:

 **01305 762400**

 **chesillocality@dorsetcouncil.gov.uk**

Chesil Locality: Core Sessions & Groups

Baby Incredible Years Parenting Courses

For parents who are pregnant or with their babies up to 6 months. Come and learn how to promote your baby's social, emotional and language development at the earliest stage in your baby's life. The course has a proven track record of supporting family life. It is fun and you will benefit from the support of like-minded parents to be and new parents.

Families & Babies: Breastfeeding Support (F.A.B)

FAB provide breastfeeding peer support services offering evidenced based information and support to help improve health and wellbeing within families. For more information email:

info@familiesandbabies.org.uk Tel: 07833 051723

Healing Together Programme*

Healing Together nurtures children and young people impacted by domestic abuse and trauma. The programme is aimed at children and young people aged 9-16 years which supports and encourages young people in keeping safe and finding coping strategies. The programme runs for 6 sessions.

Incredible Years Parenting Courses*

Are you looking for support with parenting? Would you like to learn some positive tools to help you? Incredible Years Parenting Course is a 12-14-week programme, which focuses on promoting positive relationships and behaviours. It has a proven track record of supporting family life. It is fun and you will benefit from the support of like-minded people.

Living with Teenagers Parenting Courses*

Living with Teenagers Parenting Course is a relaxed 6-week course for parents and carers of teenagers. We will recognise that *you* are the real experts in your lived experiences and these sessions give you the opportunity to share those experiences with others. You will feel supported and will develop skills and confidence.

Musical Play

A weekly group for children up to 3 years old, where you and your child can play musical instruments, sing songs, and explore the world of sound.

Mini Explorers

Mini Explorers is a new 6-week group for children aged 1 to 3 years. Sessions focus on learning through play, communication, early counting, early writing, physical development, and our community.

Parenting Skills and Strategies

Parenting Skills and Strategies is an advice session for parents to gain practical and friendly support around any aspect of looking after children aged 2-19 or family life. Parenting Skills and Strategies is bookable for either face to face sessions held locally, virtually or over the phone.



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Under Ones Group

A baby's first year will be full of adventures and wonder and of course, will not be without its challenges. Come and join our friendly weekly group, meet other parents and carers and their babies. Here you can learn practical ideas that will support you and your baby to feel confident. You will be warmly welcomed.

Babigloo

Babigloo is a non-verbal music and arts programme that has music and babies 0-12 months as the focus. You might say, you can't work with babies that young?! Well you can! Our themed sessions build on babies' sensory perceptions. We use music, sound, baby conversation and listening skills to tune into babies' amazing ability to hear changes of volume, pitch, vibration, rhythm and tone. Babigloo is a creative world of colour, movement, music and touch.

Young Parents to Be (YPTB)

This group is run by a multi-agency team as 1-1 and group support for all young parents aged 23 and under. We aim to offer consistent support focussing on all aspects of life during pregnancy up until your baby turns 1 year old.

Breast Feeding Network

Are you expecting? Breastfeeding? Pumping? Combi-feeding? Free breastfeeding peer support is available at the Health Visitor drop-in clinic. No need to book, everyone is welcome. Facilitated by Public Health Dorset. Visit www.breastfeedingnetwork.org.uk/dorset for further information.

* This session/course is referral only via School/Early Years Setting/Health Professional/Social or Family Workers. You can also self-refer, please contact the Chesil Locality on 01305 762400



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Information, Advice and Guidance



Dorset Family Information Service

Dorset Family Information Service is a free, impartial information service for parents and carers of children and young people aged up to 19, or up to 25 years for those with special educational needs.

Contact the Family Information Service for advice, [sign up to the newsletter](#) for details about services near you, and use [the directory](#) to search for information about schools, activities, and childcare.



Like Family Information Service on Facebook

www.facebook.com/groups/chesillocality



Contact Family Information Service

01305 221066



familyinfo@dorsetcouncil.gov.uk



dorsetcouncil.gov.uk/family-information-service



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