

Family Hub at Kinson and West Howe – Timetable

Spring Term 2024

Family Hub at Kinson and West Howe

Moore Avenue, West Howe, Bournemouth BH11 8AU

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	Monday		Tuesday		Wednesday		Thursday		Friday	
am	8.30 to 4.30	Midwives clinic: appointments only	8.30 to 4.30	Midwives clinic: appointments only	8.30 to 4.30	Midwives clinic: appointments only	8.30 to 4.30	Midwives clinic: appointments only	8.30 to 4.30	Midwives clinic: appointments only
	10.00 to 11.30	Come talk with me: term time only	9.30 to 11.30	Parenting puzzle 4 week course: 9, 16, 23, 30 January (creche available)	9.30 to 11.00	Baby massage (DorPip): 10 January to 7 February	9.30 to 11.00	Health clinic: drop in	9.00 to 4.00	SALT: Speech and Language Therapists
			10.00 to 11.30	Bournemouth Churches Housing Association (BCHA): weekly drop in	9.30 to 11.00	We are with you (drug and alcohol service drop in): 10 January, 7 February, 6 March, 10 April	9.30 to 11.30	Building positive relationships: 11 January to 22 February and 14 March to 2 May	10.30 to 12.00	Breastfeeding network: support group
					10.00 to 12.00	SENDiass4BCP support and advice for young people: 14 February and 3 or 10 April (TBC)	12.30 to 4.00	Health clinic: appointments only		
pm	1.00 to 2.30	Two year old party (by invite only): 22 April	1.00 to 2.00	Let's talk with your baby: weekly	12.30 to 2.30	Triple P primary: 10 January to 21 February and 13 March to 1 May	1.00 to 2.30	Stay and play (0 to 5 years): weekly	1.00 to 2.00	Save a baby's life: 26 January
			3.15 to 4.15	Early help navigator family drop in: (last Tuesday of the month)	1.00 to 2.30	Ready, steady, go!: term time only				
					4.00 to 6.00	Living with teens: 10 January to 7 February and 6 March to 1 M				

- Please check with your local family hub what groups are running over February half term.
- Please check with your child's school for Early Help Navigator drop-ins.

Early help navigators
 Pre-birth and babies, toddlers and pre-school
 5 to 11 Primary school age
 11 to 16 Secondary school age
 Young adults, parents and carers

