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|  | **Sturminster Newton** **Outreach Base**  | [**Blandford Forum Children’s Centre**](https://www.dorsetcouncil.gov.uk/children-families/activities-for-children-young-people-and-families/childrens-centres/your-childrens-centre/blandford-childrens-centre) | [**Sherborne Children’s Centre**](https://www.dorsetcouncil.gov.uk/children-families/activities-for-children-young-people-and-families/childrens-centres/your-childrens-centre/sherborne-childrens-centre) | [**Gillingham Children’s Centre**](https://www.dorsetcouncil.gov.uk/children-families/activities-for-children-young-people-and-families/childrens-centres/your-childrens-centre/gillingham-childrens-centre) | [**Shaftesbury** **Children’s Centre**](https://www.dorsetcouncil.gov.uk/children-families/activities-for-children-young-people-and-families/childrens-centres/your-childrens-centre/shaftesbury-childrens-centre) |
| **Monday** |  | **Parenting Skills and Strategies Workshop**9.30am-12.00am For ages 3-10yrs **21st June**  | **Parenting Skills and Strategies Workshop**9.30am-12.00am For ages 3-10yrs **23RD May**  | **Learning Together** (Marlowe’s Makes Imaginative Play Centre):**10.00-11.30am 18 months+** **Baby and Me** at Gillingham Library: **1.30pm-2.30pm** | **Open Garden/Play Session coming soon June 2022** **An Open/Drop-in Session to get support while you play** **0-5yrs 1.30-3.00pm**  |
| **Tuesday** | **Virtual Singing Together****1:30 -2:30pm**  | **Virtual Singing Together****1:30- 2:30pm****Incredible Years Parenting** Course: 6.00pm-8.30pm **School Age 6-11yrs** Starting April 22**Living with Parents Day** June 14th (Year 7 upwards)9.30am-3.00pm  | **Virtual Singing Together****1:30- 2:30pm** | **Virtual Singing Together****1:30- 2:30pm**Parenting Skills and Strategies Workshop at St Mary’s The Virgin School Gillingham 24TH May **9.30am-12.00am** For ages 3-10yrs  | **Messy Mites** (Under 2’s): **10:00-11:30am** |
| **Wednesday** |  | Buggy Walk: **10:00am-11:00am** **Learning Together** (2-5 years): **10:00-11:30am**  |  | **Incredible Years Parenting** Course: **9:30am-12:00pm School Age 6-11yrs** Starting March 22 Gillingham Primary School **Healing Together** **Pm Group session** Gillingham Primary School | **Living with Parents Day** June 8th (Year 7 upwards)9.30am-3.00pm **Living with Teenagers** (Year 7 upwards **9-30am-11.30am** 6-week course starting 15th June |
| **Thursday** | **Baby Music Session** Starting June 2022 (under 2’s) **10am-11am** By Rural Dorset Music Red Cross Building | **Baby Group (Baby and Me) 10-11am** **Baby Bigaloo 1.30pm-2.15pm** under 1s 7-week course months | **Messy Mites** (Under 2’s): **10:00-11:30am**  |  |  |
| **Friday** |  | **Baby Massage** (Non-movers): **10am-11am 0-12 months** |  |  | **Baby Music Session** Starting june 2022 (under 2’s) **10am-11am**By Rural Dorset Music |

**North Locality Timetable: 25th April – July 2022**

**North Locality: Core Sessions & Groups**

## 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 6-16 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

## Living with Parents Parenting Day Year 7 upwards

Living with Parents Parenting Day is an activity-based day for the parent/carer and young person/teenager. The aim of the course is to encourage and rebuild communication in a fun and exciting way! This all happens in one day and has an amazing track record of improving family life.

## Parenting Skills and Strategies

Parenting Skills and Strategies is an advice session for parents to gain practical and friendly support around any aspect of Challenging Behavior aged 3-16 or. Parenting Skills and Strategies is bookable for Virtually over the phone or held as Workshops in local Schools

## Baby Groups) Baby and ME/ Baby Bigaloo /Baby Music

A baby’s first year will be full of adventures and wonder and of course, will not be without it challenges. This is an 6–8-week course, to meet other parents and carers and their babies and learn practical ideas that will support you and your baby to feel confident. You will be warmly welcomed.

**Open Garden/Play Drop-in Session** **(coming soon June 2022) Shaftesbury Only**

Come and play in our new purpose build family garden, Open to all families with children 0-5 yrs. Mainly based outdoors /but hall available if wet.

 Support will be on hand for those that need some extra support from a Family Worker or Family Advisors

**\***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 Locality on 01258 474036

**Information, Advice and Guidance**

**Baby Massage\***

**North Locality: Other Sessions & Groups**

Baby Massage is for babies 0-6 months, who need support with bonding. This course is referral only through Health Visitors

**Learning Together 18 months plus**

Learning Together supports speech development and school readiness skills which is based on evidenced-based programme,

 We have fun exploring much loved books and stories. Gillingham Group is Soley an outdoor venue and so please dress for all weathers

**Virtual Singing Together\***

Suitable 0-5 to have an interactive Song/Rhyme time to support early language

**Messy Mites (Under 2’s)**

Messy Mites is aimed at Children who are aged 2 and under. These sessions are filled with messy activities and fun, aimed at improving brain development skills and social skills, through exploring materials. Home activities and child topics are discussed. Please bring a towel.

**Buggy Walk**

Talk and walk in our wonderful countryside, an opportunity to socialise and meet parents. Activities are given each week to try at home with toddler or baby. There will be an opportunity to talk to a supportive worker.

**\*** 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 Locality on 01258 474036

**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**](https://www.dorsetcouncil.gov.uk/children-families/get-help-for-your-family/sign-up-to-get-family-newsletters)for details about services near you, and use

[**the directory**](https://familyinformationdirectory.dorsetforyou.gov.uk/kb5/dorset/fsd/home.page) to search for information about schools, activities, and childcare

**Contact Family Information Service**

01305 221066

familyinfo@dorsetcouncil.gov.uk

[dorsetcouncil.gov.uk/family-information-service](https://www.dorsetcouncil.gov.uk/children-families/get-help-for-your-family/family-information-service)

****Like Family Information Service on Facebook for Updates

 [**Dorset Family Information Service**](https://www.facebook.com/dorsetfis)

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**COVID-19 Information and Guidance**

All sessions/groups run by Dorset Council follow the Government COVID-19 guidance and latest regulations.

**All sessions/groups must be booked in advance** to adhere to required maximum numbers and to maintain social distancing. Sessions/Groups are liable to change due to COVID-19 at short notice

