

What's on at Dunstable Children's Centre 0300 300 8104

Central
Bedfordshire

07/09/2026 – 18/12/2026

Monday

Session	Time	Date	Location	For information and booking	Information
Baby Massage 4-week course	10.00-11.00	21 st September- 12 th October	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED £25 for the course Call 0300 300 8104 or Facebook Message	Suitable for babies 8 weeks to pre- crawling Focusing on building your bond with your baby & learning about the health benefits of massage.
Westfield Little Explorers	1.00-2.30	Term Time Only	Westfield Nursery Westfield Road LU6 1DL	NO BOOKING REQUIRED £1 Donation	Suitable for children walking to 5 years Full of exciting activities and play opportunities to support your child's development & learning.
Communication Tots 3-week course	9.30-10.30	28 th September- 12 th October	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message	Suitable for children aged 18 months-3 years If you have concerns about your child's speech & language, your child may also have other additional needs, this fun group can support your child's needs.
Starting Solids	10-11:30	19 th October and 7 th December	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message	Suitable for parents and babies. Come along for tips, advice and information on preparing and introducing solid food to your little one
Baby Massage 4-week course	10.00-11.00	2 nd -23 rd November	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED £25 for the course Call 0300 300 8104 or Facebook Message	Suitable for babies 8 weeks to pre- crawling Focusing on building your bond with your baby & learning about the health benefits of massage.
Chattertots 3-week course (week 1 is a virtual session- Tuesday 10 th Nov 9.30-10.45)	10-11:30	16 th & 23 rd November	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message	3 week speech, language & communication course for children 18 mths to 3 years. Strategies to help support early language skills. Please note- week 1 is online and weeks 2 & 3 are face to face at the children's centre. All 3 sessions must be attended.

Tuesday

Session	Time	Date	Location	For information and booking	Information
Stay and Play in Our Own Way	9:30-10:30	Weekly	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message £1 Donation	For children with SEND siblings welcome: No need of a formal diagnosis; a safe space where you can meet other parents.
Starting Solids	1.00-2.30	15 th September	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message	Suitable for parents and babies. Tips, advice & information on preparing & introducing solid food to your little one.
Parent Puzzle 4-week course	6.00-8.00pm	29 th September-20 th October	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message	Suitable for families with children 5 and under. Discover strategies for positive discipline, play & communication.
Music Maestros	9.30-10.30	Weekly from 27 th October	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message £1 Donation	Suitable for babies crawling to walking confidently. where your little one explores making sounds and music

Wednesday

Session	Time	Date	Location	For information and booking	Information
Breastfeeding Support & Social Group	10.30-12.00	Weekly (No session on 4 th November)	Dunstable South Oakwood Ave, LU5 4AS	NO BOOKING REQUIRED	A breastfeeding support group. Advice available from one of our Family Workers. Refreshments provided.
Music Maestros	1.00-2.00	Weekly until 21 st October	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message £1 Donation	Suitable for babies crawling to walking confidently. where your little one explores making sounds and music
Bump, Birth and Baby	9.15-4.00	9 th September 14 th October 11 th November	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED CBC <u>South Children's Centre Antenatal Events Eventbrite</u>	Our antenatal course for expectant parents We advise booking on one session to take place once you are 32 weeks. An in-person course.
Baby Days	1.00-2.30	16 th September-21 st October And 11 th November-16 th December	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message	Suitable for babies aged 0-4 months A 6-week course for parents and babies, covering sleep, feeding, baby brain development and childhood illness.
Parent Puzzle 4 week course	12.45-2.45	18 th November-9 th December	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message	Suitable for families with children 5 and under. Discover strategies for positive discipline, play & communication.

Thursday

Session	Time	Date	Location	For information and booking	Information
Baby & Me	10.11.30	Weekly	Dunstable South Oakwood Ave, LU5 4AS	NO BOOKING REQUIRED £1 Donation	Suitable from new-born to just crawling. A warm, welcoming group where you can make new friends and your baby will have opportunities to explore and sing.
Self-weigh	10-11.30	Weekly	Dunstable South Oakwood Ave, LU5 4AS	NO BOOKING REQUIRED	Please note there is no access to a health visitor, scales are available for parent/carer to weigh their baby.
Welcome to the World	10-11.30	First Thursday of every month	Dunstable South Oakwood Ave, LU5 4AS	NO BOOKING REQUIRED	Have you just had a baby? Come and join us at the Children's Centre to meet other new parents that have had babies in the last 6 weeks
Revive 6-week course	1-2.30	17 th September-22 nd October and 5 th November-10 th December	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message	Small support group for women experiencing low mood and anxiety. An opportunity to share ideas for self-help and information about services within the community. Refreshments available and children welcome.
Starting Solids	10-11.30	19 th November	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message	Suitable for parents and babies. Come along for tips, advice and information on preparing and introducing solid food to your little one.



Friday

Session	Time	Date	Location	For information and booking	Information
Little Explorers	09.30-11.00	Weekly	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED Call 0300 300 8104 or Facebook Message £1 Donation	Suitable for children walking to 5 years. A group full of exciting activities and play opportunities to support your child's development and learning.

Saturday

Session	Time	Date	Location	For information and booking	Information
Dad and Me	10:00-11:30	5 th September 3 rd October 7 th November 5 th December	Dunstable South Oakwood Ave, LU5 4AS	NO BOOKING REQUIRED £1 Donation	Suitable for dad's and all male carers. A stay and play session for you to attend with children under 12 years old.
First Aid	10.00-12.00	5 th December	Dunstable South Oakwood Ave, LU5 4AS	BOOKING REQUIRED £20 per person 0300 300 8104 or Facebook message	Basic first aid For parents/carers of babies & young children, choking & CPR covered



ADDITIONAL INFORMATION: To find out more

visit www.centralbedfordshire.gov.uk/childrens-centres, follow us on Facebook at Dunstable Locality Children's Centre, or you can email us at dunstablechildrenscentres@centralbedfordshire.gov.uk
Our site addresses and phone number is;

South: Oakwood Avenue, LU5 4AS 0300 300 8104

North (**Midwives**): Westfield Road, LU6 1DW 07769 364385

Useful Information

Speech & Language support

Worried about your child's talking, listening, interaction or stammering? For information and support visit [Home - Children's Speech and Language Therapy for Luton and Bedford \(childspeechbedfordshire.nhs.uk\)](http://Home-Children's Speech and Language Therapy for Luton and Bedford (childspeechbedfordshire.nhs.uk))

Support & Advice

The children's centre staff can offer support and advice on breastfeeding, parenting, FREE 2-year funded pre-school places, introducing solid food, toilet training, training/education, home safety and lots more. Please ask a member of the team or contact us by phone or email.

Domestic Abuse Support

REBUILD is a programme supporting women: It is a 12-week group programme looking at relationships. It's designed for women living with domestic abuse in Central Bedfordshire. Call the centre to request further information.

Development Reviews

Children's Community HEALTH HUB **Scan QR Code for more information**

Open Monday – Friday, 9am – 5pm Telephone: 0300 555 0606

Email: ccs.bedsandlutonchildrenshealthhub@nhs.net



Food Bank Parcels

Please contact the Children's Centre for further information and support in accessing food parcels.

English and ESOL (English for Speakers of Other Languages) courses

For details, please visit https://www.centralbedfordshire.gov.uk/info/205/english_and_esol_courses

The Local Offer

The Central Bedfordshire Local Offer website is a 'one stop shop' for all local SEND (Special Educational Needs and Disabilities) advice, guidance and support services for children and young people.

Scan QR code for the Local Offer website.



Dunstable Library

Open 7 days a week and has different activities for babies and children every day, visit them to find out what they have going on. Court Drive, Dunstable LU5 4JD 0300 300 8056 [Dunstable Library: Information - About Bedfordshire Libraries - The Virtual Library](#)

FAMILY INFORMATION DIRECTORY	REGISTER WITH THE CHILDREN'S CENTRE	REQUEST FOR SERVICES APPLICATION	WE WOULD LOVE YOUR FEEDBACK ON OUR SERVICES
			