



# Family Hub at Kinson and West Howe – Summer holiday

24 July to 1 September 2023

**Family Hub at Kinson and West Howe** (Children's Centre)  
Moore Avenue, West Howe, Bournemouth BH11 8AU

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	Monday		Tuesday		Wednesday		Thursday		Friday	
am	8.30 to 4.30	Midwives appointments: pre-booked only	8.30 to 4.30	Midwives appointments: pre-booked only	8.30 to 4.30	Midwives appointments: pre-booked only	8.30 to 4.30	Midwives appointments: pre-booked only	8.30 to 4.30	Midwives appointments: pre-booked only
	10.00 to 11.30	Come Talk with Me: 31 July to 24 August	10.00 to 11.00	Sleep workshop for parents: 1 August and 22 August	9.30 to 11.00	Ready Steady Go!: 2 August to 23 August	9.00 to 4.30	Health clinic: drop in	10.30 to 12.00	FAB breastfeeding support group
					9.30 to 11.00	Early help navigator family drop in: 16 August and 30 August	10.00 to 11.30	Starting School Together: weekly from 27 July		
										SALT: Speech and Language Therapists: appointment only
pm	1.00 to 2.30	Childminder weekly drop-in sessions	1.00 to 2.00	Let's talk with your baby: 1 August to 22 August			1.00 to 2.30	Stay and Play: weekly from 27 July		

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