

Wellbeing Swanage

Timetable of activities

Monday

Session name	How to book	Venue	Time
'Growing Together' Baby Group (0-1 Years)	Please book on 01929 557000 or email purbecklocality@dorsetcouncil.gov.uk	Focus Centre	10.30 - 11.30
Community Larder, Citizens Advice Bureau and Digital Advisor	Drop in	Herston Village Hall	10.00 - 12.00
Reach Drug and Alcohol Service	Drop in and referrals	Focus Centre	09.00 - 17.00

Tuesday

Newborn Hearing	Referrals or drop-in to register	Focus Centre	09.00 - 13.00 1 st and 3 rd Tuesday of the month
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Wednesday

'Seahorses' Toddler Group	Drop-in (Term Time Only)	Herston Village Hall	09.30 - 11.00
Community Fareshare Van – Food Distribution	Register on 1 st day (bring ID) then drop in	Focus Centre	09.30 - 10.30
Health Visitor Drop-in Clinic, Baby weigh	Drop-in	Focus Centre	10.00 - 11.30
Speech and Language Therapy	Book an appointment 01202 443200 dhc.slt.queries@nhs.net	Focus Centre	12.00 - 14.00
'Babigloo' - Music Therapy (0-2 years) parents and babies session	Please book on 01929 557000 or email babigloomusic@gmail.com	Focus Centre	12.30 - 14.30

Thursday

'Marz' Childminder Group	purbecklocality@dorsetcouncil.gov.uk for more information	Focus Centre	09.00 - 12.00
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Friday

BFN Swanage Breastfeeding Support Group	Drop-in, no need to book.	Focus Centre	09.00 - 12.00
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Swanage Youth Club	Call 07523751886 for information and to book	Herston Village Hall	18.30 - 21.30
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Regular Activities Monday- Friday

'Explorers' Childminding and Wraparound Childcare (0-5 Years)	www.explorerschildcare.co.uk 01929 426355	The Centre (next to Focus Centre)	08.00 - 18.00
Adult Day Care	Referrals www.caredorset.co.uk	Focus Centre	09.30 - 15.30

Access

Please come to main reception (what3words: speedy.following.bound)

Parking

On-street parking (1 hour) nearby. Long-stay parking 3-4 minutes away

Location

Venue address: The Focus Centre, 107, High Street Swanage, BH19 2NB

Contact details

Phone number: 07938465062

Email address: focuscentre@sandpdt.org.uk