

Chesil Locality

parenting groups and activities

group timetable

autumn term 2026

	Weymouth		Littlemoor		Portland	
Monday	9:30am to 11:30am	Health Visitor drop-in				
	10am to 11.30am	Breast Feeding Network (Fortnightly)				
Tuesday	10am to 11.30am	Under Ones (4 weeks)	11am to 1pm	Parenting Skills & Strategies (PSAS) (2 nd Tuesday of the month)		
	6.30pm to 8pm	Living with Teens (6 weeks)	1pm to 2pm	Musical Play (Term-time drop-in)		
Wednesday	10am to 11.30am	Mini Explorers (4 weeks)			10am to 11:30am	Mini Explorers (5 weeks)
	1pm to 2.30pm	Young Parents To Be drop-in (1 st Weds of the month)				
Thursday	10am to 12pm	Incredible Years (12 weeks)	9:30am to 11am	Under Ones (4 weeks)		
	1pm to 3pm	Parenting Skills & Strategies (PSAS) (1st/3rd Thursday of the month)	1pm to 2.30pm	Mini Explorers (5 weeks)		
Friday					10am to 11:30am	Under Ones (4 weeks)



Under 5s group



Parenting course/session



Support group



External provider

Baby Incredible Years Parenting Course*

For first-time parents with babies up to 6 months old. Come and learn how to promote your baby's social, emotional and language development at the earliest stage in your baby's life. The course has a proven track record of supporting family life. It is fun and you will benefit from the support of like-minded new parents.

Incredible Years Parenting Course*

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. Ages 3 to 11.

Musical Play Group

A weekly group for children up to 3 years old, where you and your child can play musical instruments, sing songs, and explore the world of sound. Term-time only, just turn up!

Mini Explorers Group

Mini Explorers is a 5-week group for children aged 1 year to 3 years. Sessions focus on learning through play, communication, early counting, early writing, physical development, and our community. Booking essential.

Parenting Skills & Strategies Session (PSAS)

The opportunity to meet 1:1 with a Family Support Worker to discuss any concerns you may have about your child. These sessions are for parents/carers to gain practical and friendly support around any aspect of looking after children aged 0-19 or family life. Dates and times of sessions available are listed. Please feel free to drop in. However we advise that you book a time slot, which can be held face to face, locally, virtually or over the phone. Booking essential.

Living with Teens*

An evidence-based course for parents and carers of children aged 11 to 16. This program helps families understand teenage behaviour, learn strategies to increase positive behaviour, manage unwanted behaviour, and improve communication and confidence. It also covers self-care for parents and sharing experiences with other families to solve challenges together.

Under Ones Group

A baby's first year will be full of adventures and wonder and of course, will not be without its challenges. Come and join our friendly weekly group, meet other parents and carers and their babies. Here you can learn practical ideas that will support you and your baby to feel confident. You will be warmly welcomed. Booking essential.

* These sessions/courses are referral only via School/Early Years Setting/Health Professional/Social or Family Workers. You can also self-refer, please contact the Chesil Locality on 01305 762400

Chesil Locality

groups provided by external agencies

group information

Young Parents to Be (YPTB)

This group is run by a multi-agency team as 1-1 and group support for all young parents aged 23 and under. We aim to offer consistent support focussing on all aspects of life during pregnancy up until your baby turns 1 years old.

Breast Feeding Network**

Are you expecting? Breastfeeding? Pumping? Combi-feeding? Free breastfeeding peer support is available at the Health Visitor drop-in clinic. No need to book, everyone is welcome. Facilitated by Public Health Dorset. Visit www.breastfeedingnetwork.org.uk/dorset for further information.

Health Visiting Drop in Clinics**

Health Visiting Drop in clinics provide you with advice and support on a range of health matters including transition to parenthood and early weeks of maternal mental health, breastfeeding, healthy weight, and nutrition and physical activity. Health Visiting Duty Line: 01305 361071

Midwife Clinics/Appointments**

Midwife Clinics are booked appointments for patients to see their midwife and access treatment and support before their baby is born.
01305 762683
chesilmidwives@dchft.nhs.uk

**Dorset Council are *not* responsible for the above groups, clubs and activities. If you would like to book or find out more information, please see contact details above for each external agency

Chesil Locality

contact information & where to find us



Mulberry Family Hub Network Point, 2 Newstead Road, Weymouth, DT4 8JE

Weymouth Family Hub (WOEC), Knightsdale Road, Weymouth, DT4 0HS

Littlemoor Family Hub, Louviers Road, Littlemoor, DT3 6AY

Outlooks Family Hub Network Point, Castle Road, Portland, DT5 1AU



01305 778294 / 01305 762400



chesilfamilyhubs@dorsetcouncil.gov.uk



www.facebook.com/groups/chesillocality

Visit our virtual Family Hub

A free, impartial, information and signposting 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?

www.dorsetcouncil.gov.uk/children-families/family-hub