

September - December 2024

What's on at Sandy Children's Centre

To book or for more information please call us 0300 300 8114 or text 07585888903

email sandy.childrenscentre@centralbedfordshire.gov.uk

or Facebook message [@Sandy and Biggleswade Locality Children's Centre](#)

MONDAY

Session	Time	Date	Location	For information and booking	Information
Sandy Childminders Group	10.00-11.30	2 nd and 4 th Monday of each month	Sandy Children's Centre SG19 1HQ	daisyoatham@hotmail.co.uk DROP IN SESSION including October half term and Christmas holidays	For Childminders and children in their care from Sandy and surrounding villages.

TUESDAY

Session	Time	Date	Location	For information and booking	Information
Bumps 2 Babes	09.30-11.00	Weekly from 03.09.24	Sandy Children's Centre SG19 1HQ	DROP IN SESSION term time only	A Stay and Play session for parents to be and parents/carers of children 0-12 months. Make friends and share tips. Self Weigh will be available.
Baby Brasserie	11.00-12.30	Weekly from 03.09.24	Sandy Children's Centre SG19 1HQ	DROP IN SESSION	Breast Feeding drop in, social and support group for parents and parents to be. Self Weigh will be available.
SEND Stay & Play in your Own Way	13.30-15.00	24.9.24 22.10.24 26.11.24	Sandy Children's Centre SG19 1HQ	DROP IN SESSION Tamsin.Osborn@centralbedfordshire.gov.uk	A SEND Stay and Play session for children under 5 with their parents. Support and advice from our Early Years SEND team. Parents of school aged children also welcome.
Top Up Shop	11.00-12.30	Weekly	Sandy Baptist Church	DROP IN SESSION In partnership with the Need Project.	Store cupboard staples with a selection of fresh items to boost your store cupboard for those experiencing hardship.

WEDNESDAY

Session	Time	Date	Location	For information and booking	Information
Emotions and Behaviour workshop for Parents	09.15-12.45	13.11.24	Sandy Children's Centre SG19 1HQ	https://events.teams.microsoft.com/event/3b19e39e-0c50-40b4-9a85-efc3bf9fb7b7@21d8a1ee-0787-4374-b259-4e87058aff15	Workshop for parents/carers: Understanding Emotions and Behaviour of Children that are Neurodiverse (Special Educational Needs and/or Disabilities)
Chattertots	10.30-11.30	11.09.24 18.09.24 25.09.24 (3 week course)	Sandy Children's Centre SG19 1HQ	tamsin.osborn@centralbedfordshire.gov.uk karen.burton@centralbedfordshire.gov.uk BOOKING REQUIRED	A 3 week course. Speech Language and Communications session for children 18 months to 3 years. Strategies to help support a child's early language skills
Baby Days	13.30-15.00	Starts 18.09.24 for 6 sessions	Sandy Children's Centre SG19 1HQ	BOOKING REQUIRED	6 Week course for new parents and babies 0-4 months, covering sleep, feeding, baby brain development and childhood illnesses. The final sessions will also cover healthy relationships.
Communication Tots	10.30-11.30	02.10.24 09.10.24 16.10.24	Sandy Children's Centre SG19 1HQ	tamsin.osborn@centralbedfordshire.gov.uk karen.burton@centralbedfordshire.gov.uk BOOKING REQUIRED	A 3 week course for non verbal children aged 18 months to 3 years delivered by Early Years SEND team and CC Staff.
SEND Forest School	10.00-11.30 or 12.30-14.00	30.10.24	Robert Peel Forest School Dapifer Drive, Sandy SG19 1QJ	karen.burton@centralbedfordshire.gov.uk BOOKING REQUIRED	Forest School Session for SEND children aged 3-12. Entrance is via the school car park. Join us in this wonderful outside space. Please wear appropriate outdoor clothing.
Parent Puzzle – evening course	18.00-20.00	Starting 25.09.24 (4 week course)	Sandy Children's Centre SG19 1HQ	BOOKING REQUIRED	4 week course for parents/carers. Tips and strategies for parenting in a positive way - giving praise, time to calm down, handling anger and stress. For parents/carers of children 2 -5 years.
NHS Children's catch up vaccination clinics	13.00-16.00	25.9.24 27.11.24	Sandy Children's Centre SG19 1HQ	DROP IN NO APPOINTMENT NECESSARY	All vaccinations held for children 0 – 5. No appointment necessary

THURSDAY

Session	Time	Date	Location	For information and booking	Information
Self- Weigh	12.00-15.00	2 nd and 4 th Thursday of each month beginning 12.9.24	Sandy Children's Centre SG19 1HQ	DROP IN SESSION	No appointment necessary. Drop in Self Weigh. A member of staff will be on site should you have any concerns.
Births, Bumps and Baby Stuff	09.00-16.00	19.09.24 Face to face 19.12.24 Virtual online	Sandy Children's Centre SG19 1HQ	https://www.eventbrite.com/o/cbc-childrens-centres-bump-birth-amp-baby-stuff-33937171841 BOOKING REQUIRED by clicking link above. Please book one place per person attending. Please bring your lunch for the face to face sessions	Antenatal class for parents-to-be from 30 weeks pregnant. Come and find out about labour, feeding, caring for your baby and preparing for family life. Facilitated by Midwife, Children's Centre staff and Baby Friendly Team
Births, Bumps and Baby Stuff	09.00-16.00	17.10.24 Face to face	Biggleswade Youth Centre SG18 8JU	https://www.eventbrite.com/o/cbc-childrens-centres-bump-birth-amp-baby-stuff-33937171841 BOOKING REQUIRED by clicking link above. Please book one place per person attending. Please bring your lunch for the face to face sessions	Antenatal class for parents-to-be from 30 weeks pregnant. Come and find out about labour, feeding, caring for your baby and preparing for family life. Facilitated by Midwife, Children's Centre staff and Baby Friendly Team
Baby Massage	10.00-11.00	03.10.24 (3 week course)	Sandy Children's Centre SG19 1HQ	BOOKING REQUIRED	Bond with your baby through baby massage. This course is for babies 6 weeks to 6 months. £20.00 to secure your booking (cash only please)
Time for Twos	09.30-11.00	07.11.24 (4 week course)	Sandy Children's Centre SG19 1HQ	BOOKING REQUIRED	Play, have fun & get ready for pre-school. For children starting pre-school/Nursery in January 2025 and 2 year olds not in an early Years setting.

FRIDAY					
Session	Time	Date	Location	For information and booking	Information
Carers in Beds Drop in	9.30-12.30	27.09.24 25.10.24 29.11.24	Sandy Children's Centre SG19 1HQ	DROP IN www.carersinbeds.org.uk	Drop in to talk to a Carers in Bedfordshire Parent carers support worker
Introducing Solids Virtual online	13.30-14.30	20.09.24 15.11.24	VIRTUAL	BOOKING REQUIRED	Online advice and support around introducing solids to your 6 month old baby.
Introducing Solids Face to Face	10.00-11.00	18.10.24 13.12.24	Sandy Children's Centre SG19 1HQ	BOOKING REQUIRED	Face to face advice and support around introducing solids to your 6 month old baby
Baby Sign	13.30-14.30	08.11.24 (3 week course)	Sandy Children's Centre SG19 1HQ	BOOKING REQUIRED	Suitable for baby's 6 months + A 3 week baby sign course, teaching basic signs. Baby sign encourages communication with your baby.
SATURDAY					
Session	Time	Date	Location	For information and booking	Information
First Aid for Parents	09.00-11.00 09.00-11.00	19.10.24 14.12.24	Sandy Children's Centre SG19 1HQ Biggleswade Children's Centre SG18 0LL	BOOKING REQUIRED	A first aid course for new parents covering CPR, choking, burns, scalds and childhood illnesses. £10 per adult cash non-refundable to be paid at time of booking to secure place. Adults only please due to space restrictions
Dad's Club	10:00-11:30	1 st Saturday of each month	Robert Peel Forest School Dapifer Drive Sandy SG19 1QJ (entrance via school carpark)	BOOKING REQUIRED	A fun and friendly outdoor session for dads, grandads, stepdads, male carers and children 0-12 years. Please wear warm (old) outdoor clothing and footwear as you will get muddy!

To find out more

visit www.centralbedfordshire.gov.uk/childrens-centres or follow us on Facebook at <https://www.facebook.com/SandyBiggle.swa.deChildrensCentre>

Useful Information

- **Worried about your child's talking, listening, Interaction or Stammering - This service is for children pre-school age and younger who are NOT already known to us or haven't already been referred to the Speech and Language Therapy Service and who live within Central Bedfordshire. You can arrange a 15 minute consultation by contacting: https://childspeechbedfordshire.nhs.uk/how-to-refer/early-advice_sessions/**
- **Rebuild – Is a 12 week rolling programme. Supporting healthier relationships. Each week will have a slightly different focus and we will look at healthy and unhealthy relationships, conflict and how it can impact a relationship, signs to look out for within an abusive relationship and what we can do about them, where to get help and support and next steps. Contact: paula.murphy@centralbedfordshire.gov.uk or alison.coats@centralbedfordshire.gov.uk for further information**
- **Bedfordshire & Luton Children's Community Health Hub for 0 -19 years – YOUR ONE STOP CONTACT POINTTEL 0300 555 0606 email ccs.bedsandlutonchildrenshealthhub@nhs.net OPENS 9.00am-5.00pm Monday to Friday (excl bank hol) – Scan QR Code for more information**

<u>REGISTER WITH THE CHILDREN'S CENTRE</u>	<u>REQUEST FOR SERVICES APPLICATION</u>	<u>WE WOULD LOVE YOUR FEEDBACK ON OUR SERVICES</u>
		