

September - December 2024

What's on at Biggleswade Children's Centre

To book or for more information please call us 0300 300 8134 or text 07435775975

email sandy.childrenscentre@centralbedfordshire.gov.uk

or Facebook message [@Sandy and Biggleswade Locality Children's Centre](https://www.facebook.com/SandyandBiggleswadeLocalityChildrensCentre)

TUESDAY

Session	Time	Date	Location	For information and booking	Information
Self- Weigh	09.00-12.00	First and Third Tuesday of every month Starting 03.09.24	Biggleswade Children's Centre SG18 0LL	DROP IN	No appointment necessary. Drop in Self Weigh. A member of staff will be on site should you have any concerns.
SEND Stay & Play in your Own Way	13.30-15.00	10.09.24 08.10.24 12.11.24 10.12.24	Biggleswade Children's Centre SG18 0LL	karen.burton@centralbedfordshire.gov.uk DROP IN SESSION	A SEND stay and play session for children under 5 with their parents. Parents welcome without children to attend for support and advice from our Early Years SEND team.
Revive	09.30-10.30	Fortnightly from 10.09.24 TERM TIME ONLY	Biggleswade Children's Centre SG18 0LL	paula.murphy@centralbedfordshire.gov.uk karen.burton@centralbedfordshire.gov.uk DROP IN SESSION	Women's support group for those experiencing low mood or anxiety. A safe space to express your emotions, be heard and take part in our craft/activity session. Children and babies welcome.

WEDNESDAY

Session	Time	Date	Location	For information and booking	Information
SEND Forest School Session 1	10.00-11.30	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.
Session 2	12.30-14.00				
Baby Massage	14.00-15.00	06.11.24 (for 3 weeks)	Biggleswade Children's Centre SG18 0LL	paula.murphy@centralbedfordshire.gov.uk	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)

THURSDAY

Session	Time	Date	Location	For information and booking	Information
Baby Brasserie	13:30-15:00	Weekly from 05.09.23	Biggleswade Children's Centre SG18 0LL	jade.o'neill2@centralbedfordshire.gov.uk DROP IN SESSION	Drop-in social and support group for breastfeeding mums. Breastfeeding information and advice for parents to be.
Rhyme Time	13.30-14.00	Weekly from 05.09.24 Term Time	Biggleswade Library Centre SG18 0LL	kirsty-anne.beard@centralbedfordshire.gov.uk DROP IN SESSION	Singing session for babies up to 12 months.
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

FRIDAY

Session	Time	Date	Location	For information and booking	Information
Bouncing Bunnies	09:30 – 11:00	Weekly from 06.09.24 TERM TIME ONLY	Biggleswade Youth Centre SG18 8JU	kirsty-anne.beard@centralbedfordshire.gov.uk karen.burton@centralbedfordshire.gov.uk DROP IN SESSION	Play session focused on physical development and school readiness. Age 0-5 Includes a baby area.
Twins & Multiples Club	10.00-11.30	06.09.24 20.09.24 04.10.24 18.10.24 08.11.24 22.11.24 06.12.24 20.12.24	Biggleswade Children's Centre SG18 0LL	DROP IN SESSION biggleswadetwinsandmultiples@gmail.com Follow  Biggleswade Twins and Multiples Club	Stay and Play session for parents and carers of twins and multiples.
Baby Massage	13.30-14.30	13.09.24 (3 week session)	Biggleswade Children's Centre SG18 0LL	kirsty-anne.beard@centralbedfordshire.gov.uk 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)
Introducing Solids Virtual online	10.00-11.00	20.09.24 15.11.24	VIRTUAL	kirsty-anne.beard@centralbedfordshire.gov.uk 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	alison.coats@centralbedfordshire.gov.uk BOOKING REQUIRED	Face to face advice and support around introducing solids to your 6 month old baby

FRIDAY continued

Baby Sign	13.30-14.30	11.10.24 (3 week course)	Biggleswade Children's Centre SG18 0LL	karen.burton@centralbedfordshire.gov.uk BOOKING REQUIRED	Suitable for baby's 6 months + A 3 week baby sign course, teaching basic signs. Baby sign encourages communication with your baby.
Baby Days	13.30-15.00	08.11.24 (5 week session)	Biggleswade Children's Centre SG18 0LL	karen.burton@centralbedfordshire.gov.uk kirsty-anne.beard@centralbedfordshire.gov.uk BOOKING REQUIRED	5 Week course for new parents and babies 0-4 months, covering sleep, feeding, baby brain development and childhood illnesses. The final session will also cover healthy relationships.

SATURDAY

Session	Time	Date	Location	For information and booking	Information
First Aid for Parents	09.00-11.00	19.10.24	Sandy Children's Centre SG19 1HQ	BOOKING RQUIRED	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
	09.00-11.00	14.12.24	Biggleswade Children's Centre SG18 0LL		
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**

REGISTER WITH THE CHILDREN’S CENTRE	REQUEST FOR SERVICES APPLICATION	WE WOULD LOVE YOUR FEEDBACK ON OUR SERVICES
		