

January - March 2025

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)



Donations towards resources and refreshments gratefully received. Donations Box available at each session.

TUESDAY

Session	Time	Date	Location	For information and booking	Information
SEND Stay & Play in your Own Way	13:30-15:00	14.01.25 11.02.25 11.03.25	Biggleswade Children's Centre SG18 OLL	karen.burton@centralbedfordshire.gov.uk DROP IN SESSION. Term time only.	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 14.01.25 TERM TIME ONLY	Biggleswade Children's Centre SG18 OLL	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 & babies welcome.
Baby Sign	13:30-14:30	18.03.25 (3 week course)	Biggleswade Children's Centre SG18 OLL	karen.burton@centralbedfordshire.gov.uk BOOKING REQUIRED	Suitable for babies 0 - 12 months A 3 week baby sign course, teaching basic signs. Baby sign encourages communication with your baby.

WEDNESDAY

Session	Time	Date	Location	For information and booking	Information
Chattertots	13:30-14:30	08.01.25 15.01.25 22.01.25 (3 week course)	Biggleswade Children's Centre SG18 OLL	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
Parent Puzzle	10:30-12:30	Starting 15.01.25 (11 week course)	Biggleswade Youth Centre SG18 8JU	paula.murphy@centralbedfordshire.gov.uk jade.o'neill2@centralbedfordshire.gov.uk BOOKING REQUIRED No session on 19.02.25. Creche available.	11 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 -7 years.

Communication Tots	13:30-14:30	29.01.25 05.02.25 12.02.25	Biggleswade Children's Centre SG18 OLL	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.
Baby Days	13:30-15:00	26.02.25 (6 week course)	Biggleswade Children's Centre SG18 OLL	Alison.coats@centralbedfordshire.gov.uk karen.burton@centralbedfordshire.gov.uk BOOKING REQUIRED	6 week course for new parents and babies 0-4 months, covering sleep, feeding, baby brain development, childhood illnesses and healthy relationships.

THURSDAY

Session	Time	Date	Location	For information and booking	Information
T.O.A.S.T Stay and Play session run by local parents	9:30-11:00	Weekly from 09.01.25	Pavilion, Mill Lane, Potton SG19 2PG	T.O.A.S. T (Thursday's Opportunity for Activities, Stories and Toys) DROP IN. Small fee charged of £2 per child and £1 per additional child. Cash only	CC staff will attend TOAST on 4 th Thursday of each month for self weigh.
Breastfeeding Support and Social Group	13:30-15:00	Weekly from 02.01.25	Biggleswade Children's Centre SG18 OLL	jade.o'neill2@centralbedfordshire.gov.uk DROP IN SESSION	Breast Feeding drop in previously known as Brasserie, social and support group for parents and parents to be. Self Weigh will be available.
Rhyme Time	13:30-14:00	Weekly from 09.01.25 TERM TIME ONLY	Biggleswade Library Centre SG18 OLL	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	16.01.25 20.03.25 20.02.25	Sandy Children's Centre SG19 1HQ 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
Self- Weigh	12:30-16:00	Weekly from 02.01.25	Biggleswade Children's Centre SG18 OLL	DROP IN SESSION	No appointment necessary. Drop in Self Weigh. A member of staff will be on site should you have any concerns.

FRIDAY

Session	Time	Date	Location	For information and booking	Information
Bouncing Bunnies	09:30– 11:00	Weekly from 10.01.25 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	17.01.25 31.01.25 14.02.25 28.02.25 14.03.25 28.03.25	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 13:30- 14:30	10.01.25 (4 week course) 07.03.25 (4 week course)	Biggleswade Children's Centre SG18 0LL	kirsty-anne.beard@centralbedfordshire.gov.uk BOOKING REQUIRED jade.o'neill2@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	17.01.25 21.03.25	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	21.02.25	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

SATURDAY

Session	Time	Date	Location	For information and booking	Information
First Aid	09:00- 11:00	15.03.25	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
Dad's Club	10:00- 11:30	1 st Saturday of each month (excluding January)	Robert Peel Forest School Dapifer Drive Sandy SG19 1QJ	DROP IN (entrance via school carpark)	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/SandyBiggleswadeChildrensCentre>

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>
		