

# January – March 2025

## 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](mailto:sandy.childrenscentre@centralbedfordshire.gov.uk)

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



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

### MONDAY

Session	Time	Date	Location	For information and booking	Information
<b>Sandy Childminders Group</b>	10:00-11:30	2 <sup>nd</sup> and 4 <sup>th</sup> Monday of each month	Sandy Children's Centre SG19 1HQ	<a href="mailto:daisyoatham@hotmail.co.uk">daisyoatham@hotmail.co.uk</a> DROP IN SESSION including school holidays.	For Childminders and children in their care from Sandy and surrounding villages.

### TUESDAY

Session	Time	Date	Location	For information and booking	Information
<b>Bumps 2 Babes</b>	09:30-11:00	Weekly from 07.01.25	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.
<b>Breastfeeding Support and Social Group</b>	11:00-12:30	Weekly from 07.01.25	Sandy Children's Centre SG19 1HQ	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.
<b>Self- Weigh</b>	09:00-12:30	Weekly	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.
<b>Top Up Shop</b>	11:00-12:30	Weekly	Sandy Baptist Church, SG19 1EL	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.

<b>SEND Stay &amp; Play in your Own Way</b>	13:30-15:00	28.01.25 25.02.25 25.03.25	Sandy Children's Centre SG19 1HQ	<a href="mailto:tamsin.osborn@centralbedfordshire.gov.uk">tamsin.osborn@centralbedfordshire.gov.uk</a> 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.
<b>SEND Forest School</b>	10:00-11:30	18.02.25	Robert Peel Forest School Dapifer Drive, Sandy SG19 1QJ	<a href="mailto:karen.burton@centralbedfordshire.gov.uk">karen.burton@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Forest School Session for children with SEND needs aged 3-12. Entrance is via the school car park. Please wear appropriate outdoor clothing.
<b>Inbetweenies</b>	13:30-14:30	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of each month	Sandy Children's Centre SG19 1HQ	DROP-IN SESSION. TERM TIME ONLY.	A Stay and Play session for parents/carers and children toddling to 2 years focussing on Physical Development
<b>WEDNESDAY</b>					
Session	Time	Date	Location	For information and booking	Information
<b>Baby Days</b>	14:00-15.30	08.01.25 (6 week course)	Sandy Children's Centre SG19 1HQ	<a href="mailto:alison.coats@centralbedfordshire.gov.uk">alison.coats@centralbedfordshire.gov.uk</a> <a href="mailto:lucy.rice@centralbedfordshire.gov.uk">lucy.rice@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	6 week course for new parents and babies 0-4 months, covering sleep, feeding, baby brain development, childhood illnesses and healthy relationships.
<b>NHS Children's vaccination clinics</b>	13:00-16:00	29.01.25 26.02.25 26.03.25	Sandy Children's Centre SG19 1HQ	DROP IN NO APPOINTMENT NECESSARY	Catch up clinic for those who have missed vaccinations. For children 0 – 5 years. No appointment necessary
<b>THURSDAY</b>					
Session	Time	Date	Location	For information and booking	Information
<b>Births, Bumps and Baby Stuff</b>	09:00-16:00	16.01.25 20.03.25  20.02.25	Sandy Children's Centre SG19 1HQ  Biggleswade Youth Centre SG18 8JU	<a href="https://www.eventbrite.com/o/cbc-childrens-centres-bump-birth-amp-baby-stuff-33937171841">https://www.eventbrite.com/o/cbc-childrens-centres-bump-birth-amp-baby-stuff-33937171841</a> BOOKING REQUIRED by clicking link above. Please book one place per person attending. Please bring your lunch	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
<b>T.O.A.S.T Stay and Play session run by local parents</b>	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 <sup>th</sup> Thursday of each month for self weigh.

<b>FRIDAY</b>					
Session	Time	Date	Location	For information and booking	Information
<b>Time for Twos</b>	09:30-11:00	17.01.25 (4 week course)	Sandy Children's Centre SG19 1HQ	<a href="mailto:tamsin.osborn@centralbedfordshire.gov.uk">tamsin.osborn@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Play, have fun & get ready for pre-school. For children starting pre-school/Nursery at Easter 2025, and 2 year olds not in an Early Years setting.
<b>Carers in Beds Drop in</b>	9:30-12:30	31.01.25 28.02.25 28.03.25	Sandy Children's Centre SG19 1HQ	DROP IN <a href="http://www.carersinbeds.org.uk">www.carersinbeds.org.uk</a>	Drop in to talk to a Carers in Bedfordshire support worker
<b>Introducing Solids Virtual online</b>	10:00-11:00	17.01.25 21.03.25	VIRTUAL	<a href="mailto:kirsty-anne.beard@centralbedfordshire.gov.uk">kirsty-anne.beard@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Online advice and support around introducing solids to your 6 month old baby.
<b>Introducing Solids Face to Face</b>	10:00-11:00	21.02.25	Sandy Children's Centre SG19 1HQ	<a href="mailto:alison.coats@centralbedfordshire.gov.uk">alison.coats@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Face to face advice and support around introducing solids to your 6 month old baby
<b>Baby Sign</b>	13:30-14:30	17.01.25 (3 week course)	Sandy Children's Centre SG19 1HQ	<a href="mailto:jade.o'neill2@centralbedfordshire.gov.uk">jade.o'neill2@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Suitable for babies 0 - 12 months A 3 week baby sign course, teaching basic signs. Baby sign encourages communication with your baby.
<b>Baby Massage</b>	13:00-14:00	07.02.25 (4 week course)	Sandy Children's Centre SG19 1HQ	<a href="mailto:alison.coats@centralbedfordshire.gov.uk">alison.coats@centralbedfordshire.gov.uk</a> 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)
<b>SATURDAY</b>					
Session	Time	Date	Location	For information and booking	Information
<b>First Aid</b>	09:00-11:00	15.03.25	Sandy Children's Centre SG19 1HQ	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
<b>Dad's Club</b>	10:00-11:30	1.2.25 1.3.25 5.4.25 (No meeting in 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](http://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](mailto:paula.murphy@centralbedfordshire.gov.uk) or [alison.coats@centralbedfordshire.gov.uk](mailto:alison.coats@centralbedfordshire.gov.uk) for further information**
- **Bedfordshire & Luton Children’s Community Health Hub for 0 -19 years – YOUR ONE STOP CONTACT POINT ....TEL 0300 555 0606 email [ccs.bedsandlutonchildrenshealthhub@nhs.net](mailto: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
		