

# January - March 2026

## What's on at Sandy Children's Centre

To book or for more information please call us 0300 300 8114 or text 07585 888903  
 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.*

*Parents / Carers must attend all our sessions with their children.*

Please note - There is no parking on the road outside Sandy Children's Centre. Please park on the public part of Laburnum Road or Robert Hunt Gardens. Thank you.

### MONDAY

Session	Time	Date	Location	For information and booking	Information
<b>Sandy Childminders Group</b>	10.00-11.30	2 <sup>nd</sup> & 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>Self-Weigh</b>	09.30-12.30	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of each month	Sandy Children's Centre SG19 1HQ	DROP IN SESSION Self weigh is also available on the 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of each month 09.30-12.30 at the Biggleswade Children's Centre	No appointment necessary. A member of staff will be available should you have any concerns.
<b>Bumps 2 Babes</b>	09.30-11.00	Weekly from 06.01.26 (term time only)	Sandy Children's Centre SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> 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 for those attending the group.

<b>Breastfeeding Support and Social Group</b>	11.00-12.30	Weekly	Sandy Children's Centre SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> DROP IN SESSION	Breastfeeding drop in. Social and support group for parents and parents to be. Self Weigh will be available for those attending the group.
<b>SEND Stay &amp; Play in your Own Way</b>	13.30-15.00	27.01.26 24.02.26 24.03.26	Sandy Children's Centre SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> DROP IN SESSION	A SEND Stay and Play session for children under 5 with their parents/carers. Parents welcome to attend without children for support and advice from our Early Years SEND team.
<b>Top Up Shop</b>	11.00-12.30	Weekly from 06.01.26	Sandy Baptist Church SG19 1EL	DROP IN SESSION Run by the Need Project.	Fresh fruit, vegetables and bread when available for those experiencing hardship. To request a food parcel please contact the Children's Centre for referral.
<b>Chattertots</b>	10.00-11.00	Week 1 27.01.26 ONLINE	ONLINE  Sandy Children's Centre SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	A 3 week speech, language, and communication course for children 18 months to 3 years. Strategies to help support early language skills. Please note - week 1 is online and weeks 2 and 3 are face to face at the children's centre. All 3 sessions must be attended.
	13.30-15.00	Week 2 03.02.26 FACE TO FACE			
	13.30-15.00	Week 3 10.02.26 FACE TO FACE			
<b>WEDNESDAY</b>					
Session	Time	Date	Location	For information and booking	Information
<b>Baby Days</b>	14.00-15.30	07.01.26 (6 week course)	Sandy Children's Centre SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@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>Communication Tots</b>	10.00-11.00	25.02.26 (3 week course)	Sandy Children's Centre SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	3 week course for non verbal children aged 18 months to 3 years delivered by Early Years SEND team and Children's Centre staff.

<b>Baby Massage</b>	13.00-14.00	04.03.26 (4 week course)	Sandy Children's Centre SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Bond with your baby through baby massage. This course is for babies 6 weeks to 6 months. Non-refundable course fee of £25.00 to be paid when booking (cash only).
<b>Half Term Outdoor Play Session for all</b>	10.00-11.30	18.02.26	Robert Peel Forest School, Dapifer Drive SG19 1QJ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> BOOKING REQUIRED Entrance is via school carpark	Outdoor play session for children up to 12 years. Please wear appropriate outdoor clothing.

## THURSDAY

Session	Time	Date	Location	For information and booking	Information
<b>Introducing Solids Online session</b>	10.00-11.00	15.01.26 19.03.26	ONLINE	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Online advice and support around introducing solids to your 6 month old baby.
<b>Bumps, Birth and Baby Stuff</b>	09.00-17.00	15.01.26	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.	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.
	09.00-17.00	19.02.26	Sandy Children's Centre SG19 1HQ	Please bring your lunch with you.	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>	09.30-11.00	22.01.26 26.02.26 26.03.26	Pavillion, 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. Term time only.	Children's Centre staff will attend TOAST 09.30-10.30am on dates listed for self-weigh.

## FRIDAY

Session	Time	Date	Location	For information and booking	Information
<b>Introducing Solids Face to Face session</b>	10.00-11.00	13.02.26	Sandy Children's Centre SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> 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
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<b>First Aid for Parents</b>	09.00-11.30	31.01.26	Laburnum Primary School SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	<p>A first aid course for new parents covering CPR, choking, burns, scalds and childhood illnesses.</p> <p>Non-refundable course fee of £20 per adult to be paid when booking (cash only).</p> <p>Adults only please due to space restrictions.</p>
	09.00-11.30	18.04.26	Biggleswade Children's Centre SG18 0LL		
<b>Dad's Club</b>	10:00-11:30	07.02.26 07.03.26	Robert Peel Forest School, Dapifer Drive SG19 1QJ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> BOOKING REQUIRED Entrance is via school carpark	<p>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!</p> <p><b>Bacon rolls available for a £1 donation.</b></p>

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://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-childrens-speech-and-language-therapy-service/early-advice-session/>
- 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

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

