

What's on at Biggleswade Children's Centre 0300 300 8134

April - July 2024

Tuesday

Session	Time	Date	Location	For information and booking	Information
Self- Weigh	09.00-12.00	First and Third Tuesday of every month 02.04.24	Biggleswade Children's Centre SG18 OLL	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	16.04.24 14.05.24 11.06.24 09.07.24	Biggleswade Children's Centre SG18 OLL	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	13.30-14.30	Fortnightly from 23.04.23 TERM TIME ONLY	Biggleswade Children's Centre SG18 OLL	paula.murphy@centralbedfordshire.gov.uk Maxine.johnson@centralbedfordshire.gov.uk DROP IN SESSION	Women's support group for those experiencing low mood or anxiety. This is a safe space to express your emotions and be heard as well as taking part in our craft/activity session. Children and baby's welcome.
LGBTQ+ Pop-Up	10.30-11.30	09.07.24	Biggleswade Children's Centre SG18 OLL	Paula.murphy@centralbedfordshire.gov.uk DROP IN SESSION	A pop up Stay and Play session for LGBTQ+ Parent/Carers.
Time for Twos	10.00-11.30	04.06.24 18.06.24 02.07.24 16.07.24	Biggleswade Children's Centre SG18 OLL	karen.burton@centralbedfordshire.gov.uk BOOKABLE 4 WEEK COURSE	Play, have fun & get ready for pre-school. For children starting pre-school/Nursery September 2024.
Parents with special educational needs and disability Pop-Up	10.30-11.30	30.04.24	Biggleswade Children's Centre SG18 OLL	karen.burton@centralbedfordshire.gov.uk DROP IN SESSION	A coffee morning for parent/carers who have a SEND need or disability. A safe place to share experiences and make friends. Children welcome.

Wednesday

Session	Time	Date	Location	For information and booking	Information
Communication Tots	13.30-14.30	05.06.24 12.06.24 19.06.24	Biggleswade Children's Centre SG18 OLL	karen.burton@centralbedfordshire.gov.uk tamsin.osborn@centralbedfordshire.gov.uk BOOKING REQUIRED	For non verbal children aged 18 months to 3 years. Call centre for additional details.
Chattertots	13.30-14.30	26.06.24 03.07.24 10.07.24	Biggleswade Children's Centre SG18 OLL	karen.burton@centralbedfordshire.gov.uk tamsin.osborn@centralbedfordshire.gov.uk BOOKING REQUIRED	A Speech and language and Communications session for children 18 months to 3 years. Strategies to help support a child's early language skills.
Parents with special educational needs and disability Pop-Up	14.00-15.00	17.07.24	Biggleswade Children's Centre SG18 OLL	karen.burton@centralbedfordshire.gov.uk DROP IN SESSION	A coffee morning for parent/carers who have a SEND need or disability. A safe place to share experiences and make friends. Children welcome

SEND Forest School	Session 1 10.00-11.30 Session 2 12.30-14.00	29.05.24 (Robert Peel Forest School)	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.
Baby Sign	13.30-14.30	3 Week Session 01.05.24 08.05.24 15.05.24	Biggleswade Children's Centre SG18 OLL	sophie.ireton2@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.

Thursday

Session	Time	Date	Location	For information and booking	Information
Baby Brasserie	13:30-15:00	Weekly from 04.04.24	Biggleswade Children's Centre SG18 OLL	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 18.04.24 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	23.05.24 20.06.24 18.07.24	Sandy Childrens Centre SG19 1HQ Virtual	https://www.eventbrite.com/o/cbc-childrens-centres-bump-birth-amp-baby-stuff-33937171841 BOOKING REQUIRED by clicking link above. 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.
Parent Puzzle	09.30-11.30	11 Week Course 25.04.24 – 18.07.24 (No session on 2 and 30 May)	Biggleswade Youth Centre SG18 8JU	paula.murphy@centralbedfordshire.gov.uk kirsty-anne.beard@centralbedfordshire.gov.uk BOOKING REQUIRED	Tips and strategies for parenting in a positive way, including giving praise, time to calm down, handling anger and stress. Aimed at parents with children aged 2 years to 7 years. Creche available.

Friday

Session	Time	Date	Location	For information and booking	Information
Bouncing Bunnies	09:30 – 11:00	Weekly from 19.04.24 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	26.04.24 10.05.24 07.06.24 21.06.24 05.07.24 19.07.24	Biggleswade Children's Centre SG18 OLL	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	19.04.24 (3 week session) 21.06.24 (3 week session)	Biggleswade Children's Centre SG18 OLL	kirsty-anne.beard@centralbedfordshire.gov.uk karen.burton@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	10.00-11.00	19.04.24	Face to Face Sandy	alison.coats@centralbedfordshire.gov.uk kirsty-anne.beard@centralbedfordshire.gov.uk BOOKING REQUIRED	Advice and support around introducing solids to your 6 month old baby.
	11.30-12.30	17.05.24	VIRTUAL		
	12.30-13.30	21.06.24	Face to Face Sandy		
	13.30-14.30	19.07.24	VIRTUAL		
Grand Union Housing – Tea & Talk	10.00-12.00	12.04.24 17.05.24 14.06.24 12.07.24	Biggleswade Children's Centre SG18 OLL	natalie.blake@guhg.co.uk DROP IN SESSION	Health Drop In – Promoting health and well-being for adults covering Mental Health, Addiction, Weight Management, Smoking Cessation and much more.
Baby Days	13.30-15.00	10.05.24 (5 week session)	Biggleswade Children's Centre SG18 OLL	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	20.04.24	Biggleswade Children's Centre SG18 OLL	maxine.johnson@centralbedfordshire.gov.uk BOOKING RQUIRED	A first aid course for new parents covering CPR, choking, burns, scalds and childhood illnesses. £10 per adult non-refundable to be paid at time of booking to secure place. (cash only please)
		15.06.24	Sandy Children's Centre SG19 1HQ		
Dads Club	10:00-11:30	06.04.24 11.05.24 01.06.24 06.07.24	Robert Peel Forest School Dapifer Drive Sandy SG19 1QJ (entrance via school carpark)	catherine.brighton@centralbedfordshire.gov.uk BOOKING REQUIRED	A fun and friendly outdoor forest session for dads, grandads, stepdads, male carers and children 0-12 years. Please wear warm (old) outdoor clothing as you will get muddy!



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ADDITIONAL INFORMATION

To find out more

visit www.centralbedfordshire.gov.uk/childrens-centres or follow us on Facebook at www.facebook.com/sandyandbiggleswadelocalitychildrenscentre

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
		

