

**Biggleswade & District Children's Centre - 24th February-3rd April 2020**

Day	Activity	Time	When	For	Booking Required	Where
Tuesday	*NEW* Parent Pals	10.30am-11.30am Term Time Only	Weekly starting 25th February	Coffee morning for parents/carers with babies aged 0-9 months. Mums-to-be welcome.	No Drop In Session	Biggleswade Youth Centre, Mead End, SG18 8JU
	Baby Days	Invitation Only	5 week course	Post natal nurturing course for parents and babies from birth to 14 weeks	Yes Register your interest by calling the Centre on 0300 300 8134	Biggleswade Youth Centre, Mead End, SG18 8JU
	Baby Sign	Invitation Only	3 week course	For babies from 6 months. An introduction to Baby Sign with basic signs that fit in with your daily routines	Yes Register your interest by calling the Centre on 0300 300 8134	Biggleswade Youth Centre, Mead End, SG18 8JU
	ChatterTots	Invitation Only	3 week course	Speech and Language group to learn tips to help support communication 18months-3 years	Yes Register your interest by calling the Centre on 0300 300 8134	Biggleswade Youth Centre, Mead End, SG18 8JU
Wednesday	Bouncing Bunnies	10.30am-11.30am	Weekly Term time only	Toddler singing and play session suitable from walking	No Drop In Session	Biggleswade Youth Centre, Mead End, SG18 8JU
	Baby Massage	Invitation Only	4 week course	For babies from 8 weeks until they are on the move	Yes Register your interest by calling the Centre on 0300 300 8134	Biggleswade Youth Centre, Mead End, SG18 8JU
	Baby Brasserie	1.30pm - 3pm	Weekly	Café for expectant and breastfeeding mothers who would like support with feeding from Sarah Banks your local NCT Breastfeeding Supporter	No Drop in session	Biggleswade Youth Centre, Mead End, SG18 8JU
	Bumps, Birth & Baby Stuff (Ante Natal Class)	9.15am - 4.45pm	1 full day course every 2nd Wednesday of the month	Expectant parents from 30 weeks pregnant	Yes Visit <a href="http://www.bumpbirthandbaby-cbc.eventbrite.com">www.bumpbirthandbaby-cbc.eventbrite.com</a> or contact 01462 730623	Biggleswade Health Centre, Saffron Road, SG18 8DJ
	Introducing Solids Talk	1.30pm-2.30pm	1st Wednesday of the month	Families who would like more information on the weaning process. For babies from 19 weeks old	Yes Please phone The Children's Centre on 0300 300 8134 to book on	Biggleswade Youth Centre, Mead End, SG18 8JU
Thursday	Pop Ins	1.30pm - 2.45pm	2nd & 4th Thursday of the month	0-5 years Drop in to speak to a Health Visitor or Community Nursery Nurse from the 0-19 Team Self weigh will also be available	No Drop in session	The Orchard Centre, Sullivan Court, Kings Reach, SG18 8SZ
	Bumps & Beyond Baby Singing	1.30pm - 2.30pm	1st, 3rd & 5th (if applicable) Thursday of the month (alternating with Pop Ins)	Baby Singing for pre walkers with stay and play/chat after	No Drop in session	The Orchard Centre, Sullivan Court, Kings Reach, SG18 8SZ
Friday	Baby Massage	Invitation Only	4 week course	For babies from 8 weeks until they are on the move	Yes Register your interest by calling the Centre on 0300 300 8134	Biggleswade Youth Centre, Mead End, SG18 8JU

**Concerned about you child's speech and language development?**

Drop in to see our Speech & Language Therapist on:

Wednesday 4th March, Biggleswade Youth Centre, 10.30-11.30am

Tuesday 10th March, Sandy Children's Centre, 10-11.30am

See our Facebook page for up to date information

**Freedom**

The Freedom Programme is a 12 week rolling programme which has been designed to help any woman who has experienced or is affected by domestic abuse. It is a nurturing and supportive environment where help and support can be found. Contact The Children's Centre for information that will be held in confidence.



**Healthy Start Scheme**

We can exchange your Healthy Start vouchers for vitamin drops/tablets.

If you are not eligible for this scheme they can be purchased from us

Children's drop s - £2

Tablets for mums-to-be and breastfeeding mums - £1



For stop smoking support and advice contact Claire Racher at

The Children's Centre

# Biggleswade & District Children's Centre



**Central  
Bedfordshire  
Council**

## Timetable

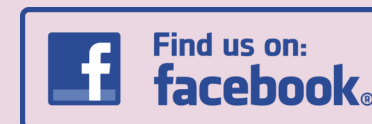
### 24th February-3rd April 2020

For further information or to book onto one of our courses  
please call

0300 300 8134

or

visit our Facebook page



We look forward to welcoming you to at our groups and sessions.