



Sandy & Biggleswade Locality Children's Centre

Biggleswade Venue

18 April 22 – 22 July 2022

0300 300 8134 / 0300 300 8114

Sandy.ChildrensCentre@centralbedfordshire.gov.uk



Support & Advice

The Centre staff are able to offer support and advice on breast feeding, parenting, choosing childcare, FREE 2 year funded pre-school places, introducing solid food, toilet training, stop smoking, oral health, training/education, home safety and lots more. Please ask a member of the team or contact us by phone or email.

Freedom

The Freedom Programme is a 12 week rolling programme, which can be joined at any time. It aims to help women who have experienced domestic abuse to make sense of and understand what has happened or is happening to them. It is a nurturing environment, where help and support can be found and friendship and confidence is built. Please contact Paula.Murphy@centralbedfordshire.gov.uk for further information



Bedfordshire
Community
Health Services



**Worried about your child's talking,
listening, interaction or
stammering?**

Book a face to face appointment with the Speech & Language Therapist - please contact lisa.mitchell26@nhs.net



Sandy and Biggleswade Locality Children's Centre

Bedfordshire 0-19 Service - Health Visiting Team



Telephone: 0300 555 0606 Health Hub : available 9am – 5pm Monday to Friday - 0-5 years

Email: ccs.bedsandlutonchildrenshealthhub@nhs.net

Social Media: @BedsCHS

@BedsCHS

@BedsCYP

Website: www.cambscommunityservices.nhs.uk/luton/childrens/services

Children's Centres: Central Bedfordshire: www.centralbedfordshire.gov.uk/info/12/childcare/113/childrens_centres

Bedford Borough: www.bedford.gov.uk/schools-education-and-childcare/early-years-and-childcarechildrens-centres

- Health HUB -
A single contact point making it
easier for you to get in contact
with us (scan QR code)

Day	Session	Time	Date	Location	For information and booking	Information
TUESDAY	Self-Weigh	9:30 – 11:45	Fortnightly From 19 Apr	Biggleswade Youth Centre SG18 8JU	Appointment only - Call or Text 07585 888903/07471 025519	Appointment only for weighing babies when recommended by health professionals.
	Time for Twos	10:00-11:30	4 Week course starting 26 Apr– 17 May	Biggleswade Youth Centre SG18 8JU	karen.burton@centralbedfordshire.gov.uk paula.murphy@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Play, have fun & get ready for pre-school. For children starting pre-school in January 2022.
	Baby Days	13:30-15:00	5 Week Course starting 19 Apr – 17 May	Biggleswade Youth Centre SG18 8JU	karen.burton@centralbedfordshire.gov.uk paula.murphy@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	5 sessions for new parents and babies 0 – 3 months covering, sleep, feeding, baby brain, development and childhood illnesses.
	Baby Days	13:30-15:00	5 Week Course starting 7 Jun – 5 Jul	Biggleswade Youth Centre SG18 8JU	karen.burton@centralbedfordshire.gov.uk paula.murphy@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	5 sessions for new parents and babies 0 – 3 months covering, sleep, feeding, baby brain development and childhood illnesses.
	Chattertots	10:00-11:00	28 Jun, 5 Jul, 12 Jul, 19 Jul	Biggleswade Youth Centre SG18 8JU	karen.burton@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	A speech language and communications session for children 18mths to 3 years. Strategies to help support a child's early language skills.
WEDNESDAY	Parent Puzzle	12:45 – 14:45	11 Week Course starting 27 Apr – 13 Jul (not incl ½ term 1 June)	Biggleswade Youth Centre SG18 8JU	claire.racher@centralbedfordshire.gov.uk shelly.collins@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Tips and strategies for parenting in a positive way including Giving Praise, Time out to Calm Down, Handling Anger and Stress. For parents/carers of children 3 – 5 years Creche available.
	SEND Coffee Break	13:30-14:30	27 Apr, 25 May, 22 Jun, 13 Jul 11 May, 8 Jun,	Virtual Face 2 Face	karen.burton@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Virtual coffee break for parents/carer's of children with SEND. Advice and support available from professionals.
	Speech and Language Advice	09:00-15:30 09:00-12:00 09:00-15:30	27 Apr 11 May 8 Jun, 13 July	Biggleswade Youth Centre SG18 8JU	lisa.mitchell26@nhs.net Contact Lisa Mitchell - Speech and Language Specialist to book your appointment.	Speech and Language advice - If your child is pre school age or younger and you are worried about your child's talking, listening, interaction or stammering.
THURSDAY	Baby Brasserie	13:30-15:00	Weekly	Biggleswade Youth Centre SG18 8JU	karen.burton@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Drop-in social and support group for breastfeeding mums and mums to be. Run in conjunction with the NCT.
	Rhyme Time	13.30-14.30	Weekly (term time only)	Biggleswade Youth Centre SG18 8JU	kirsty-anne.beard@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Singing session for babies up to 12 months

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	Speech and Language Advice	09:00-15:30 09:00-12:00 09:00-15:30	27 Apr 11 May 8 Jun, 13 July	Biggleswade Youth Centre SG18 8JU	lisa.mitchell26@nhs.net Contact Lisa Mitchell - Speech and Language Specialist to book your appointment.	Speech and Language advice> If your child is pre school age or younger and you are worried about your child's talking, listening, interaction or stammering.

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	Rhyme Time	13.30-14.30	Weekly (term time only)	Biggleswade Youth Centre SG18 8JU	kirsty-anne.beard@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Singing session for babies up to 12 months
FRIDAY	Bouncing Bunnies	9:30 – 11:00	Weekly (term time only)	Biggleswade Youth Centre SG18 8JU	kirsty-anne.beard@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Play session focused on physical development and school readiness. Age 0-5 Includes a baby area.
	Introduction to Solids	13.30 -14.30	22 Apr, 20 May, 17 Jun, 15 Jul	Virtual	kirsty-anne.beard@centralbedfordshire.gov.uk alison.coats@centralbedfordshire.gov.uk	Advice and support around introducing solids to your 6 month old baby.
SATURDAY	First Aid for Parents	09:30-11:30	23 Apr & 16 Jul	Sandy Children's Centre	Maxine.johnson@centralbefordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	A first aid course for new parents covering CPR, choking, burns and scalds and childhood illnesses £10 per adult non refundable and must be paid before session to secure place. (cash only please)
	Dads Club	10:00-11:30	First Saturday of Every Month	Robert Peel Forest School (entrance via school carpark)	Call or Text 07585 888903/07471 025519	A fun and friendly forest school session for dads and male carers and children 0-12 years. Please wear warm (old) outdoor clothing as you will get muddy!



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MONDAY	Revive	13:30-14:30	Weekly (term time only) starting 25 Apr	Sandy Children's Centre	claire.racher@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Women's support group for those who are experiencing low mood or anxiety. It is a safe space to express your emotions and be heard. Children and babies welcome
	Baby Massage	10.00-11.30	4 Week course 25 Apr, 9 May, 16 May, 23 May	St Swithun's Church Rooms Sandy	Shelly.collins@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Bond with your baby through baby massage. This course is for babies 6 weeks to 6 months.
TUESDAY	Self-Weigh	9:30 – 11:45	Fortnightly 26 Apr	Sandy Children's Centre	Appointment only - Call or Text 07585 888903/07471 025519	Appointment only for weighing babies when recommended by health professionals.
	Brasserie	13:00-14:30	Weekly	Sandy Baptist Church	alison.coats@centralbedfordshire.gov.uk shelly.collins@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Drop-in social and support group for breastfeeding mums and mums to be.
	Top-up Shop	11:00–12:30	Weekly	Sandy Baptist Church	0300 300 8134 / 0300 300 8114	In partnership with The Need Project. Fresh Bread, Fruit and Vegetable available to top up for those in need.
WEDNESDAY	Bump, Birth & Baby Stuff	09:30-15:00	1 Day Course 6 Apr 4 May 1 Jun 6 Jul Refresher 29 Jun	Virtual	Book online at https://tinyurl.com/23cttsxs	One day antenatal class for mums-to-be from 30 weeks pregnant. Partners welcome. Come and find out about labour, feeding, caring for your baby and preparing for family life.
	Grow it, Cook It, Share it	13.00-14.30	7 week course 4 May – 22 Jun (not Incl ½ term)	Sandy Children's Centre	Maxine.johnson@centralbefordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Learn how to grow fresh fruit and vegetables and make healthy snacks
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FRIDAY	Introduction to Solids	10.00-11.00	22 Apr, 20 May 17 Jun 15 Jul	Virtual	alison.coats@centralbedfordshire.gov.uk Kirsty-anne.beard@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Advice and support around introducing solids to your 6 month old baby.
	An Introduction to Working in an Early Years Setting	09:30-12:00	4 Week course 29 Apr– 20 May	Sandy Children’s Centre	Application form from https://forms.centralbedfordshire.gov.uk/offices/forms/SocialWorkEarlyIntervention.ofml	Course covering communication, child development, EYFS. Learners will be offered 2 x 2 hours volunteering/shadowing sessions in an early years setting. Suitable for those wishing to develop skills for working with children.
	Parent Puzzle	13.00-15.00	4 Week course starting 1 Jul – 22 Jul	Sandy Children’s Centre	Karen.burton@centralbedfordshire.gov.uk Kirsty-anne.beard@centralbedfordshire.gov.uk Email, Call or Text 07585 888903/07471 025519	Tips and strategies for parenting in a positive way including giving praise, time out to calm down, handling anger and stress, For parents/carers of children 3-5 years. Creche available.
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