



Sandy & Biggleswade Locality Children's Centre

# Biggleswade Venues

September 22 – December 22

0300 300 8134 / 0300 300 8114

[Sandy.ChildrensCentre@centralbedfordshire.gov.uk](mailto: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](mailto:Paula.Murphy@centralbedfordshire.gov.uk) for further information

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

NB: This service is for children pre-school age and younger who are **NOT** already known to or haven't been referred to the Speech and Language Therapy Service and live within Central Bedfordshire.

To book complete the online form here

<https://childspeechbedfordshire.nhs.uk/how-to-refer/early-advice-sessions/>

During these short 15-minute phone or video consultation we will discuss your concerns and provide advice and strategies to try. Face to face appointments can be offered following this consultation if needed.



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## 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](mailto:ccs.bedsandlutonchildrenshealthhub@nhs.net)

Social Media: @BedsCHS

@BedsCHS

@BedsCYP

Website: [www.cambscommunityservices.nhs.uk/luton/childrens/services](http://www.cambscommunityservices.nhs.uk/luton/childrens/services)

Children's Centres: Central Bedfordshire: [www.centralbedfordshire.gov.uk/info/12/childcare/113/childrens\\_centres](http://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](http://www.bedford.gov.uk/schools-education-and-childcare/early-years-and-childcarechildrens-centres)



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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 6 Sept	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	14:00-15:00	4 Week course starting 27 Sept	Biggleswade Youth Centre SG18 8JU	<a href="mailto:karen.burton@centralbedfordshire.gov.uk">karen.burton@centralbedfordshire.gov.uk</a> <a href="mailto:paula.murphy@centralbedfordshire.gov.uk">paula.murphy@centralbedfordshire.gov.uk</a> Email, Call or Text 07585 888903/07471 025519	Play, have fun & get ready for pre-school. For children starting pre-school in January 2022.
	Parent Puzzle	18:30-20:30	4 Week Course Starting 14 Sept	Biggleswade Youth Centre SG18 8JU	<a href="mailto:Catherine.brighton@centralbedfordshire.gov.uk">Catherine.brighton@centralbedfordshire.gov.uk</a> <a href="mailto:paula.murphy@centralbedfordshire.gov.uk">paula.murphy@centralbedfordshire.gov.uk</a> 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.
	Baby Days	13:30-15:00	5 Weeks starting 1 Nov	Biggleswade Youth Centre SG18 8JU	<a href="mailto:karen.burton@centralbedfordshire.gov.uk">karen.burton@centralbedfordshire.gov.uk</a> <a href="mailto:paula.murphy@centralbedfordshire.gov.uk">paula.murphy@centralbedfordshire.gov.uk</a> 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.
WEDNESDAY	Revive	12:00-13:00	28 Sept, 12 Oct, 2 Nov, 16 Nov, 30 Nov, 14 Dec	Biggleswade Youth Centre SG18 8JU	<a href="mailto:paula.murphy@centralbedfordshire.gov.uk">paula.murphy@centralbedfordshire.gov.uk</a> <a href="mailto:kirsty-anne.beard@centralbedfordshire.gov.uk">kirsty-anne.beard@centralbedfordshire.gov.uk</a> 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
	Parent Puzzle	12:45 – 14:45	4 Week Course starting 9 Nov	Biggleswade Youth Centre SG18 8JU	<a href="mailto:karen.burton@centralbedfordshire.gov.uk">karen.burton@centralbedfordshire.gov.uk</a> <a href="mailto:kirsty-anne.beard@centralbedfordshire.gov.uk">kirsty-anne.beard@centralbedfordshire.gov.uk</a> 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	Face to Face 7 Sept, 5 Oct, 2 Nov, 7 Dec	Biggleswade Youth Centre SG18 8JU	<a href="mailto:karen.burton@centralbedfordshire.gov.uk">karen.burton@centralbedfordshire.gov.uk</a> 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.
	Birth Bump & Baby Stuff	9:00-11:30 Week 1 – 9:30-11:30 Weeks 2 & 3	3 Week Course Starting 5 October  3 Week Course Starting 7 Dec	Biggleswade Youth Centre SG18 8JU	<a href="mailto:karen.burton@centralbedfordshire.gov.uk">karen.burton@centralbedfordshire.gov.uk</a> <a href="mailto:Lucy.rice@centralbedfordshire.gov.uk">Lucy.rice@centralbedfordshire.gov.uk</a> Email, Call or Text 07585 888903/07471 025519	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.
	Bump, Birth & Baby Stuff Virtual	9.30-13.00	28 Sept	Virtual	Book online at <a href="https://tinyurl.com/23cttsxs">https://tinyurl.com/23cttsxs</a>	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.
THURSDAY	Baby Brasserie	13:30-15:00	Weekly  <b>(No session on 10 November)</b>	Biggleswade Youth Centre SG18 8JU	<a href="mailto:karen.burton@centralbedfordshire.gov.uk">karen.burton@centralbedfordshire.gov.uk</a> Email, Call or Text 07585 888903/07471 025519 Drop in Session	Drop-in social and support group for breastfeeding mums and mums to be.

Day	Session	Time	Date	Location	For information and booking	Information
THURSDAY	Rhyme Time	13.30-14.30	Weekly (term time only)  <b>(No session on 10 November)</b>	Biggleswade Youth Centre SG18 8JU	<a href="mailto:kirsty-anne.beard@centralbedfordshire.gov.uk">kirsty-anne.beard@centralbedfordshire.gov.uk</a> Email, Call or Text 07585 888903/07471 025519	Singing session for babies up to 12 months
	Baby Days	10:00-12:00	4 week Course starting 15 September	Biggleswade Youth Centre SG18 8JU	<a href="mailto:karen.burton@centralbedfordshire.gov.uk">karen.burton@centralbedfordshire.gov.uk</a> <a href="mailto:kirsty-anne.beard@centralbedfordshire.gov.uk">kirsty-anne.beard@centralbedfordshire.gov.uk</a> Email, Call or Text 07585 888903/07471 025519	4 Sessions for new parents and babies 0-3 months, covering sleep, feeding, baby brain development and childhood illnesses.
FRIDAY	Bouncing Bunnies	9:30 – 11:00	Weekly (term time only)	Biggleswade Youth Centre SG18 8JU	<a href="mailto:kirsty-anne.beard@centralbedfordshire.gov.uk">kirsty-anne.beard@centralbedfordshire.gov.uk</a> Email, Call or Text 07585 888903/07471 025519 Drop In session	Play session focused on physical development and school readiness. Age 0-5 Includes a baby area.
	Introduction to Solids	10:00-11:00 13.30 -14:30	16 Sept 21 Oct, 18 Nov, 16 Dec	Virtual	<a href="mailto:alison.coats@centralbedfordshire.gov.uk">alison.coats@centralbedfordshire.gov.uk</a> <a href="mailto:kirsty-anne.beard@centralbedfordshire.gov.uk">kirsty-anne.beard@centralbedfordshire.gov.uk</a> Email, Call or Text 07585 888903/07471 025519	Advice and support around introducing solids to your 6 month old baby.
	Baby Massage	13:30-14:30	4 Week course starting 9 Sept 4 week course starting 14 Oct (no ½ term session) 4 Week course starting 25 Nov	Biggleswade Youth Centre SG18 8JU	<a href="mailto:kirsty-anne.beard@centralbedfordshire.gov.uk">kirsty-anne.beard@centralbedfordshire.gov.uk</a> <a href="mailto:karen.burton@centralbedfordshire.gov.uk">karen.burton@centralbedfordshire.gov.uk</a> 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.
SATURDAY	First Aid for Parents	09:30-11:30	24 Sept, 19 Nov, 11 Feb 2023	Sandy Children's Centre	<a href="mailto:Maxine.johnson@centralbefordshire.gov.uk">Maxine.johnson@centralbefordshire.gov.uk</a> 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)	Drop in Session	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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**During** these short 15-minute phone or video consultation we will discuss your concerns and provide advice and strategies to try. Face to face appointments can be offered following this consultation if needed.



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**Social Media:**  @BedsCHS

 @BedsCHS

 @BedsCYP

**Website:** [www.cambscommunityservices.nhs.uk/luton/childrens/services](http://www.cambscommunityservices.nhs.uk/luton/childrens/services)

**Children's Centres:** Central Bedfordshire: [www.centralbedfordshire.gov.uk/info/12/childcare/113/childrens\\_centres](http://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](http://www.bedford.gov.uk/schools-education-and-childcare/early-years-and-childcarechildrens-centres)



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Day	Session	Time	Date	Location	For information and booking	Information
MONDAY	Baby Massage	13:30-14:30	4 Week course Starting 12 Sept 4 Week Course Starting 17 Oct 4 Week Course starting 21 Nov	Sandy Children's Centre	<a href="mailto:Shelly.collins@centralbedfordshire.gov.uk">Shelly.collins@centralbedfordshire.gov.uk</a> 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.
	Baby Sign	10:00-11:00	3 Week course starting 7 Nov	Sandy Children's Centre	<a href="mailto:Shelly.collins@centralbedfordshire.gov.uk">Shelly.collins@centralbedfordshire.gov.uk</a> Email, Call or Text 07585 888903/07471 025519	A 3 week course designed to introduce you and your baby to signing in a supportive group setting. Age 6 months+
TUESDAY	Self-Weigh	9:30 – 11:45	Fortnightly from 13 Sept	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 Children's Centre	<a href="mailto:alison.coats@centralbedfordshire.gov.uk">alison.coats@centralbedfordshire.gov.uk</a> <a href="mailto:shelly.collins@centralbedfordshire.gov.uk">shelly.collins@centralbedfordshire.gov.uk</a> 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  <b>This may be subject to change</b>	In partnership with The Need Project. Fresh Bread, Fruit and Vegetable available to top up your groceries if needed.
	Chattertots	10:00-11:00	4 Week Course starting 27 Sept	Scout Hut Sandy SG19 1QT	<a href="mailto:alison.coats@centralbedfordshire.gov.uk">alison.coats@centralbedfordshire.gov.uk</a> <a href="mailto:Karen.burton@centralbedfordshire.gov.uk">Karen.burton@centralbedfordshire.gov.uk</a> Email, Call or Text 07585 888903/07471 025519	A speech language and communications session for children 18 months to 3 years. Strategies to help support a child's early language skills.
WEDNESDAY	Bump, Birth & Baby Stuff	09:00-11:30 for week 1 – 9:30-11:30 weeks 2 & 3	3 Week course starting 7 September  3 Week Course starting 2 Nov	Scout Hut Sandy SG19 1QT	<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> Email, Call or Text 07585 888903/07471 025519	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.
	Bump, Birth & Baby Stuff Virtual	9.30-13.00	28 Sept	Virtual	Book online at <a href="https://tinyurl.com/23cttsxs">https://tinyurl.com/23cttsxs</a>	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.

Day	Session	Time	Date	Location	For information and booking	Information
THURSDAY	Top-up Shop	11:00–12:30	Weekly	Sandy Baptist Church	0300 300 8134 / 0300 300 8114  <b>This may be subject to change</b>	In partnership with The Need Project. Fresh Bread, Fruit and Vegetable available to top up for those in need.
	Baby Days	13:00-14:30	5 Week course starting 22 Sept	Sandy Children's Centre	<a href="mailto:Lucy.rice@centralbedfordshire.gov.uk">Lucy.rice@centralbedfordshire.gov.uk</a> <a href="mailto:Shelley.collins@centralbedfordshire.gov.uk">Shelley.collins@centralbedfordshire.gov.uk</a> <a href="mailto:Catherine.brighton@centralbedfordshire.gov.uk">Catherine.brighton@centralbedfordshire.gov.uk</a> 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.
		13:00-14:30	5 Week course starting 17 Nov			
Time for 2's	10:00-11:00	4 Week course starting 17 Nov	Sandy Children's Centre	<a href="mailto:Lucy.rice@centralbedfordshire.gov.uk">Lucy.rice@centralbedfordshire.gov.uk</a> <a href="mailto:Shelley.collins@centralbedfordshire.gov.uk">Shelley.collins@centralbedfordshire.gov.uk</a> Email, Call or Text 07585 888903/07471 025519	Play, have fun & get ready for pre-school. For children starting pre-school in January 2022	
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