

Family Hubs & Children's Centre Autumn Timetable

2 Sep - 20 Dec 2024



Bedford Borough
Family Hubs
& **Children's Centres**



Baby Brasserie

Our baby brasseries are a place for breastfeeding parents to meet others and receive support in a friendly, relaxing environment. We also welcome anyone who is pregnant who would like to find out more about breastfeeding before embarking on their feeding journey.



Play & Learn Cruiser

Our Cruiser groups are for those babies who are not yet walking and follows a nationally recognised programme called 'Five to Thrive' which provides ideas to support baby brain development.

Each session also has a set of scales for parents to self-weigh their baby.



Play & Learn Toddler

These sessions are for mobile toddlers, giving them the opportunity to stretch their imagination and develop the skills they will need as they leave the toddler age and become pre-schoolers.

There is an area for younger siblings at these sessions.



Family Stay & Play

Come and join us for our Saturday Stay & Play. There will be lots of fun activities for you and your children to enjoy as well as a light snack.

This group runs on the 4th Saturday of the month.

EAL Story Time Fun

This group is for children with English as an Additional Language. Come and enjoy your favourite stories each week as well as lots of fun activities to enhance your child's learning and development.



Young Parents Group

This group is for parents or carers who are under the age of 21. You can ask for advice and guidance from our friendly staff, alongside a play session for children. Parents and carers can attend from 22 weeks pregnant with children up to the age of 5.



Dad's Group

Calling all dads, grandads and uncles, come and join our under 5s Saturday play sessions. There will be lots of fun activities for you and your children to enjoy, as well as snack and bacon sandwiches (veggie option available). The group runs on the 2nd Saturday of the month.



Coffee Mornings

An opportunity to drop-in and find out about our services and meet other local parents and carers. Coffee mornings are run jointly with schools and nurseries within the area for local families.





Toby's Tall Tales

Join in with your child as Toby brings stories to life through reading, actions, puppets, bubbles and more!

For children aged up to 7, must be accompanied by an adult.



Sling Library

The NCT Sling Library attend our Family Hubs at Queens Park and Pine Cones monthly for you to try different slings and carriers. NCT staff will teach you how to use them safely and comfortably, and hire is available at a charge.



Successful Transitions

Come and find out how to support your child when they begin their learning journey at pre-school, nursery or school. Our Children's Centre teacher will be on hand with practical, fun activities to support your child's development.

Self-weigh your baby at any Play & Learn Cruiser Session



MONDAY

QUEENS PARK

Play & Learn Toddler 1.30 - 2.30pm *Weekly*

DAISY HILL

Play & Learn Cruiser 9.30 - 11am *Weekly*

Baby Brasserie 9.30 - 11.30am *Weekly*

LAKEVIEW

Play & Learn Toddler 9.30 - 11am *Term time*

1st & 3rd Monday of the month - 02, 16 Sep, 07, 21 Oct, 04, 18 Nov, 02, 16 Dec



I attended a parenting workshop and was surprised how much I learnt. It was great to meet other parents in similar situations to me, we could talk openly and share ideas. Most importantly, I didn't feel judged.



Bedford Borough Parent

TUESDAY

QUEENS PARK		
Play & Learn Cruiser	9.30 - 11am	Weekly
Baby Brasserie	9.30 - 11.30am	Weekly
NCT Sling Library	9.30 - 11am	Monthly

10 Sep, 22 Oct, 19 Nov, 17 Dec

DAISY HILL		
Play & Learn Toddler	1.30 - 2.30pm	Weekly
Successful Transitions	1.30 - 2.30pm	Term time
Toby's Tall Tales	2.30 - 3.15pm	Weekly
Toby's Tall Tales	3.45 - 4.30pm	Weekly

Eastcotts		
Play and Learn Cruiser	1.30 - 3pm	Weekly

PETER PAN		
Play & Learn Toddler	9.30 - 10.30am	Term time

Kingsbrook		
Community Cafe	9am - 12pm	Weekly

“My daughter absolutely loves The Good Life Garden sessions.”
Bedford Borough Parent

WEDNESDAY

PINE CONES		
Play & Learn Toddler	1.30 - 2.30pm	Term time

CHERRY TREES		
Play & Learn Cruiser	1.30 - 3pm	Weekly
Baby Brasserie	1.30 - 3pm	Weekly

GOLDINGTON		
Play & Learn Toddler	9.30 - 10.30am	Weekly

Kingsbrook		
Play & Learn Toddler	11am - 12pm	Weekly

PETER PAN		
Coffee Morning	8.30 - 9.30am	Term time

QUEENS PARK COMMUNITY CENTRE		
Cafe Connect	12.15 - 2.15pm	Fortnightly

2 Oct, 16 Oct, 6 Nov, 20 Nov, 4 Dec

“I didn't think Family Hubs would be for me but it was so welcoming and the staff very friendly, they really are for everyone.”
Bedford Borough Parent

THURSDAY

GOLDINGTON

Play & Learn Cruiser 9.30 - 11am *Weekly*

Baby Brasserie 9.30 - 11.30am *Weekly*

CERRY TREES

EAL Story Time 9.15 - 10.15am *Term time*

Last session 24 October

Young Parents Group 11 - 12pm *Weekly*

EASTCOTTS

Play & Learn Toddler 11 - 12pm *Weekly*

Successful Transitions 11 - 12pm *Term time*

CLOSURE DAY - 28 November 2024

All centres will be closed on this day

FRIDAY

PINE CONES

Play & Learn Cruiser 9.30 - 11am *Weekly*

Baby Brasserie 9.30 - 11.30am *Weekly*

Play & Learn Toddler 1.30 - 2.30pm *Weekly*

CERRY TREES

Play & Learn Toddler 9.30 - 10.30am *Weekly*

CLOSURE DAY - 6 September 2024

All centres will be closed on this day

SATURDAY

DAISY HILL

Dad's Group 10 - 11.30am *2nd Sat*

2nd Saturday of the month - 14 Sep, 12 Oct, 09 Nov, 14 Dec

QUEENS PARK

Family Stay & Play 10 - 11.30am *4th Sat*

4th Saturday of the month - 28 Sep, 26 Oct, 23 Nov

FREE DROP IN SESSIONS

FREE DROP IN SESSIONS

“
I would definitely recommend the Bumps, Birth and Baby Stuff antenatal class to people
”
Bedford Borough Parent



The Good Life Garden

Spend time with your children in our community garden! Learn to grow your own food and flowers, look for wildlife and explore the outdoors together.

We offer two sessions per week, one for under 5s on Thursdays and one for 5-11 year olds on the second and fourth Saturday of the month.



Queens Park Family Hub



Starts Thu 5 Sep



1.30 - 2.30pm



FREE



Queens Park Family Hub



Starts Sat 7 Sep



10 - 11.30am



FREE



Wiggles & Jiggles

Wiggles and Jiggles is a 6 week music and movement group to help children burn off some energy and support their speech and language. There are lots of action songs and rhymes, fun with the parachute and a chance to explore the instruments.



Daisy Hill Children's Centre



Starts 13 September



1.30 - 2.30pm



£12.50 + booking fee



Kingsbrook Children's Centre



Starts 8 November



1.30 - 2.30pm



£12.50 + booking fee



Potty Training

Are you ready to start potty training your little one? Not sure where to start?

Come and join our online workshop for tips and advice on how to get started. This course is aimed at parents and carers of children 18 months plus.



Online



10 September or 12 November



10am - 11am



FREE



ChatterTots

ChatterTots is a course offering parents advice and strategies to support their child's early communication skills. The course is beneficial for children with emerging language aged between 18 months and 3 years who need support for listening, understanding and talking.



To find out more or book your place call us on **0300 323 0245** or complete the enquiry form.









Introducing Solid Foods

Are you ready to start introducing solid foods to your little one? Come and join us for an interactive, online session by trained Children's Centre staff. We can help you with first foods, milk and more.









For parents and carers with babies no younger than 20 weeks.

-  Online
-  3 Sep, 1 Oct, 5 Nov or 3 Dec
-  10am - 11am
-  FREE



Bumps, Birth & Baby Stuff

This antenatal class will help prepare you for your new arrival, find out more about birth, caring for and feeding your baby. The course is run by Children's Centre practitioners alongside midwives and health visitors. We encourage partners to join you and offer both in-person and online sessions.

-  Queens Park Family Hub
-  4, 18 Sep, 2, 16 Oct, 6, 13 Nov, 4, 18 Dec
-  9am - 4pm
-  FREE
-  Online
-  24 Sep, 22 Oct, 26 Nov or 17 Dec
-  9am - 12.30pm
-  FREE



Makaton

This course is for parents, family members or carers who would like to sign or use Makaton symbols with babies and young children in their care and have no previous experience of Makaton.

We offer courses for 0-12 and 12-24 month old children.



-  Queens Park Family Hub
-  Starts 10 Sep
-  9.30am (0-12m)
11am (12-24m)
-  FREE



-  Eastcotts Children's Centre
-  Starts 5 Nov
-  9.30 (0-12m)
11am (12-24m)
-  FREE

Sensory Room Hire

Come and enjoy our Sensory Room with your child. Bookings will be for an hour and the room will be exclusively yours.

You are welcome to bring along one other adult and their child/ren to enjoy this sensory experience.



-  Pine Cones Family Hub
-  Various
-  Various
-  £11 + booking fee





Baby Massage

Baby Massage is a 4-week course for babies aged 8 weeks to 6 months. The course offers a wonderful opportunity to bond and communicate with your baby. As part of the course, you will learn massage strokes to support relaxation and relief from colic and constipation.



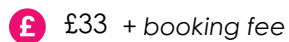
Queens Park Family Hub



23 September



10am - 11am



£33 + booking fee



Pine Cones Family Hub



18 November



10am - 11am



£33 + booking fee



Tiny Explorers

Tiny Explorers is a course for babies to explore the natural world around them through Treasure Baskets. The baskets contain a collection of household and natural objects that your baby can investigate using all their senses. Each week you will be given an object to build up your own Treasure Basket.



Pine Cones Family Hub



17 September



1.30 - 2.30pm



£12.50 + booking fee



Queens Park Family Hub



5 November



1.30 - 2.30pm



£12.50 + booking fee



Healthy Parent Carer

The Bedford Parent Carer Forum's 'Healthy Parent Carer Programme' is designed to improve the health and wellbeing of parent carers of children with additional needs or disabilities by promoting emotional balance through understanding, empowerment, confidence and resilience.



Queens Park Family Hub



Every Thursday 10 Oct - 21 Nov
(with a break in the half term week)



9.30am - 12.30pm



FREE

Mini Movers

Mini Movers is a group allowing your mobile toddler to explore body awareness and physical development in our new room at Peter Pan. There is lots of new equipment for your child to try, allowing them to find out what their body can do.

Younger siblings welcome.



Peter Pan Children's Centre



9 September (Term time only)



1.30 - 2.30pm



£2 per session + booking fee



Mind the Bump

Mind the Bump is a weekly, women only wellbeing group offering emotional support in a safe environment to address low mood, anxiety and/or depression during pregnancy.

- Queens Park Family Hub
- Wednesdays *(Weekly)*
- 10 - 11am
- FREE

To find out more or book your place call us on **0300 323 0245** or complete the enquiry form.



Journey of Parenting Toddler

This is a 4-week course for parents with children aged 18 months to 3 years. The course will support you on your parenting journey, offering tips and guidance on behaviour, sleep, routines and much more! Bring your children along, we have some activities to keep them entertained.



- Daisy Hill Children's Centre
- 9, 16, 23 or 30 Sep
- 1 - 2pm
- FREE

- Kingsbrook Children's Centre
- 4, 11, 18 or 25 Nov
- 1 - 2pm
- FREE



Mind the Baby

Mind the Baby is a weekly wellbeing group offering emotional support in a safe environment to address low mood, anxiety and/or depression from the birth of your baby up to 1 year old.

- Queens Park Family Hub
- Mondays *(Weekly)*
- 1-2pm
- FREE

To find out more or book your place call us on **0300 323 0245** or complete the enquiry form.



My Choice

This 10 week course enables women who are victims of domestic abuse to think about their own choices and help them understand the complexities of relationships. With skilled staff and peer group support you will have the opportunity to explore these feelings further and learn more about healthy relationships.



To find out more or book your place call us on **0300 323 0245**.

- Online
- Starts 19 September *(No group on 31 October)*
- 10 - 11am
- FREE



Triple P Baby

Are you pregnant or have a baby under 12 months old? Meet other parents and prepare yourself for parenthood. Staff are on hand to answer any queries and guide you through your parenting journey. The course runs over 4-weeks, with 4 follow up calls. You are welcome to bring your baby along with you and a light lunch will be provided.

Queens Park Family Hub

Starts on 9 Oct

10am - 12pm

FREE

Cherry Trees Children's Centre

Starts on 22 Oct

1 - 3pm

FREE

BOOK NOW



Triple P Baby Online

We also offer an online course for anyone pregnant or with a baby under 12 months old. The course includes 7 modules which will support you on your parenting journey, preparing you for parenthood. The course can be completed in your own time in the comfort of your own home!

Online

Complete at your own pace

Not applicable

FREE

BOOK NOW

Triple P Workshops

We offer a range of online workshops to support you on your parenting journey, which are designed for children aged 18 months to 5 years.

BOOK NOW

Hassle-free Meal Times

Are mealtimes a nightmare?

Find ways to support your child with good eating habits and make meal times fun.

Online 8 Nov 1 - 3pm FREE

BOOK NOW

Hassle-free Shopping

Struggling to get out of the house with the kids, let alone go shopping?

Find clever ways to make it easier for you.

Online 4 Oct 1 - 3pm FREE

BOOK NOW

Managing Bedtime Routines

Struggling at bedtime?

Make your evenings calmer, your child happier and get back time for yourself.

Online 15 Oct 10am - 12pm FREE

BOOK NOW

Dealing with Disobedience

Pulling your hair out with behaviour?

Find ways to limit meltdowns, support your child's emotions and feel more Zen.

Online 27 Nov 10am - 12pm FREE

BOOK NOW

Fighting and Aggression

Is your child aggressive?

Learn how to manage big emotions, support sibling squabbles and have a calmer home.

Online 17 Sep 7 - 9pm FREE



Carers in Bedfordshire

Carers in Bedfordshire and Young Carers will be available to meet with and chat to families who would like to find out more about the support they can offer Parent Carers and Young Carers on the first Tuesday of the month, 9am-12.30pm.

-  Queens Park Family Hub
-  First Tuesday of the month
-  9am - 12.30pm
-  FREE

To book a slot please email young.team@carersinbeds.org.uk or sara.albon@carersinbeds.org.uk



PEEP Ready Together

Ready Together is a 6 week course to help parents make the most of learning opportunities in everyday life, supporting their child's learning through play. With an emphasis on communication and language, this group is offered to support 3-4 year olds who are starting school and are not currently attending nursery.

-  Pine Cones Family Hub
-  Starts 7 November
-  9.30 - 10.30am
-  FREE

To find out more or book your place call us on **0300 323 0245**

Wellbeing in the Wild

Join our wellbeing sessions for new parents or parents-to-be for a chance to get to know others while enjoying some gentle seasonal nature-based activities. Including natural mindfulness, art and crafts. For parents, parents-to-be and babies up to 1 year old.



-  Queens Park Family Hub
-  Starts on 6 September
-  9.30 - 11.30am
-  FREE

FACES – Dad's Group

Dads@FACES is a service to support dads in Bedford Borough. It is a combination of 1-1 support in the home, 8 week workshops and play sessions. Dads can access one or all of these services.



To find out more contact Mia on **01234 270601** or email mia@facesbedford.org

These are the school term and holiday dates set by Bedford Borough Council.

Please check with your child's school or academy as some may make minor changes to school term dates.

September 2024

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October 2024

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2024

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2024

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- Term Time
- School Holiday
- Weekend

What Family Hubs Do

Family Hubs act as one-stop shops where families can access a wide variety of services designed to meet their everyday needs. These hubs offer support with health care, education and more, all under one roof.

The Role of Children's Centres

Children's Centres focus primarily on helping young children thrive. They offer programs and resources tailored to promote early childhood development, including activities that support learning, health, and emotional well-being.

How They Work Together

By teaming up, we create a network of support that makes life a little easier for families. We share resources, coordinate programs, and often even share space, ensuring that families can get all the help they need in one place.

Benefits for Families

This close collaboration brings many benefits to families:

- **Easier Access:** With services available in one place or through coordinated referrals.
- **Holistic Support:** Families receive more comprehensive support that addresses a range of needs.
- **Better Outcomes:** When services are integrated and coordinated, children and families tend to experience better outcomes.

By working together, Family Hubs and Children's Centres create a nurturing environment where children can flourish, and families can thrive. Their combined efforts ensure that every family has access to the resources, support, and guidance they need to build a strong foundation for the future.

- 1
QUEENS PARK FAMILY HUB
 Marlborough Road MK40 4LE
- 2
PINE CONES FAMILY HUB
 Slade Walk MK41 7SA
- 3
CHERRY TREES CHILDREN'S CENTRE
 Hawkins Road MK42 9LS
- 4
DAISY HILL CHILDREN'S CENTRE
 Hillgrounds Rd, Kempston MK42 8QH
- 5
PETER PAN CHILDREN'S CENTRE
 Edward Road MK42 9DR
- 6
EASTCOTTS CHILDREN'S CENTRE
 65 Beauvais Sq, Shortstown MK42 0GG
- 7
GOLDINGTON CHILDREN'S CENTRE
 28 Meadway MK41 9HU
- 8
KINGSBROOK CHILDREN'S CENTRE
 Canvin Way MK42 0HL
- 9
LAKEVIEW VILLAGE HALL
 Brooklands Ave, Wixams MK42 6AB





Would you like to improve your maths skills in a fun and engaging way through arts, crafts and games?

Then come along to a free Multiply course. Courses are held regularly around the borough.

Search 'Multiply' on **Eventbrite**.



Get your free Healthy Start vitamins here.

For more details please ask at reception or call **0300 323 0245**

Café Connect Queens Park

**All welcome for fun, friendship
and home-cooked food!**

**Wednesdays from 12.15pm to 2.15pm,
fortnightly during term time**

- Free craft activities
- Free support and advice
- Meet local services
- Free coffee/tea/biscuits
- Free wifi
- Free charging point



A variety of home-cooked food available to buy on a first come, first served basis.



**Where: Queen's Park Community Centre
52 Marlborough Road, Bedford MK40 4LF**



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Contact Us

0300 323 0245 | familyhubs@bedford.gov.uk

PLEASE NOTE: When room capacity is reached for drop in sessions, we will have to stop entry due to health and safety.



BEDFORD
BOROUGH COUNCIL