

## Monday

### **Little Explorers @ Astral Park Community Centre 9:30-11:00**

A group full of exciting activities and play opportunities to support your child's development and learning

**Children 0-5 years  
Drop In - £2 per family  
(NOT Running on 10<sup>th</sup> June)**

### **Ragdolly Anna's Term Time Only 11:00-11:45**

A music and rhyme group  
Venue- School Hall  
Not running on the 29<sup>th</sup>  
April OR 24<sup>th</sup> June  
**Children 0-5 years  
Drop In  
£2 per family**

### **\*Chattertots\* 13:30-15:00**

Starting on 3<sup>rd</sup> June  
3 Week Course  
**Booking Only**

## Tuesday

### **\*Revive\* Term Time Only 13:30-15:00**

A small friendly women's group for those experiencing low mood and anxiety, to improve mental wellbeing  
**Booking Only**

### **Bumps & Babies 13:00-14:30**

**Term Time Only**  
A group ran by the NCT volunteers  
**Drop In**  
**Donations welcome to cover cost of refreshments**



## Wednesday

### **Baby Brasserie 10:30-12:00** Breastfeeding Support & Café **Drop In FREE**

### **Starting Solid Food Workshop 9:30-10:30**

Delivered by health team  
1<sup>st</sup> May, 5<sup>th</sup> June  
OR 3<sup>rd</sup> July  
**Children 3 months +  
Drop In  
FREE**

### **\*Wellies In The Woods\***

**10:00-11:30**  
15<sup>th</sup> 22<sup>nd</sup> 29<sup>th</sup> May  
5<sup>th</sup> & 19<sup>th</sup> June  
**Children 2-5 years  
Booking Only  
FREE**

### **\*Baby Days\* 14:00-16:00** 5 Week Course **Booking Only FREE**

## Thursday

### **Little Explorers 10:00 -11:30**

A group full of exciting activities and play opportunities to support your child's development and learning

**Children 0-5 years  
Drop In - £1 per family  
(NOT Running on 9<sup>th</sup> May)**



## Friday

### **Being A Parent 09:30-11:30**

Starting on 3<sup>rd</sup> May  
A nine week parenting programme  
Crèche available  
**Booking Only-  
Call Home-Start on  
01582660061  
FREE**

### **Baby Explorers 13:30-15:00**

A group for parents and carers with pre-crawling babies  
**Drop In  
£1 per family**

### **Baby Cakes 13:30-15:00**

26<sup>th</sup> Apr, 31<sup>st</sup> May,  
OR 28<sup>th</sup> June

Come and find out about the sessions we offer and meet other families  
**For new parents  
Drop In**

### **Baby Massage 13:30-15:00**

4 Week Course  
**Booking Only  
£20 fee for course**

## Saturday

### **Sling Library 9:30-11:00**

18<sup>th</sup> May, 15<sup>th</sup> June, 20<sup>th</sup> July  
Advice & Support Free  
£10 for one month hire  
£60 Deposit  
**Drop In**

### **Family First Aid 9:30-11:30**

18<sup>th</sup> May, 15<sup>th</sup> June, 20<sup>th</sup> July  
**Booking Only  
£15 per person  
£20 per couple**

## Support & Advice

### **\*Speech and Language Drop In\***

24<sup>th</sup> April 10:00-11:30  
15<sup>th</sup> May 13:30-15:00  
19<sup>th</sup> June 13:30-15:00  
For Advice & Support

### **SEND Drop In**

10:00-11:30  
5<sup>th</sup> April, 3<sup>rd</sup> May,  
7<sup>th</sup> June @ 19<sup>th</sup> July  
Support service regarding  
Special Educational Needs &  
Disability

### **Health Team Drop In @ Little Explorers**

16<sup>th</sup> May, 4<sup>th</sup> July  
3<sup>rd</sup> June (Astral Park)  
For advice and support on  
sleep, toileting and more

\*Further information on the back page\*

### **Birth, Bump & Baby Stuff Antenatal Course**

8<sup>th</sup> May, 12<sup>th</sup> June, 10<sup>th</sup> July  
09:30-16:00  
1 Day  
OR  
2<sup>nd</sup> 9<sup>th</sup> & 16<sup>th</sup> July  
16:00-18:00  
3 Week Course  
**Booking Only  
On Eventbrite**

### **Pop-In @ Children's Centre**

**12:00-15:00**  
On the first Wednesday of the month

### **Pop-In @ Astral Park Community Centre**

**9:30-11:15**  
On the third Friday of the month

An opportunity to weigh baby and talk to the Health and Children's Centre Team

**All Sessions  
are held at the  
children's  
centre unless  
stated  
otherwise**

### **\* Further Information\***

#### ***Freedom***

An 11 week course that is delivered in various locations around Bedfordshire. This course is for women who are in or have experienced domestic abuse. Call 0300 300 4360 to find out more information and book onto a course that best meets your needs. The children's centre can help you in making this call, please ask any member of the team.

#### ***Parent Puzzle***

A five week course for parents with children aged 18 months-5 years, crèche is available. Children are rewarding and fun but looking after them can be stressful and challenging. This course helps deal with those challenges, so that you can have a calmer, happier life. Please call the centre to find out dates and times for this course.

#### ***Chattertots***

A three Week Course for children aged 18 months-3 years. If you have concerns about your child's speech and language this is a fun group to develop your child's listening and talking skills with our Speech And Language Therapist.

#### ***Wellies In The Woods***

Join us for a morning of active outdoor play. These sessions encourage children to play together outdoors and include activities such as story time, nature art, den making, bug hunting and treasure hunts. Come dressed for all weathers.

#### ***2 Year Funding***

Funding is available for upto 15 hours of childcare per week for families who meet set criteria. Give the centre a call to see if you are eligible.

#### ***Baby Days***

A five week course for parents and babies 0-3 months covering: sleep, feeding, baby brain development and childhood illnesses. Your baby will stay with you.

#### ***Revive***

This is a small support group for those experiencing low mood and anxiety. You will have the opportunity to take part in easy, relaxing craft activities and information will be given around self-help and other provisions available locally. Children are welcome to attend with you.

**Telephone: 01525 384368 Email: [lbcc@centralbedfordshire.gov.uk](mailto:lbcc@centralbedfordshire.gov.uk)**



# Leighton Buzzard Children's Centre

## Activity Timetable

Tuesday 23<sup>rd</sup> April 2019 –  
Friday 19<sup>th</sup> July 2019

The Rushmere Park Academy  
East Street  
LU7 1EW