Sunshine Children’s Centre Programme

Services and support for families with under fives

Open Monday - Thursday 8.30am - 4.30pm
and Friday 8.30am - 4.00pm

Sunshine Reach Area:
Furzton, Emerson Valley, Knowlhill, Shenley Brook End, Shenley Lodge

www.milton-keynes.gov.uk/childrens-centre
### Monday

**Stay and Play**  
A fun play session for parents, carers and children aged 0-5 including a healthy snack and song and rhyme time. Contributions are greatly appreciated.  

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>10.00am - 11:30am</td>
<td>A fun play session for parents, carers and children aged 0-5 including a healthy snack and song and rhyme time. Contributions are greatly appreciated.</td>
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</table>

**LIP’S - Let’s Interact and Play**  
A 4 week course to support your child with speech and language. Contact the centre for information about booking.  

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<tbody>
<tr>
<td></td>
<td>A 4 week course to support your child with speech and language. Contact the centre for information about booking.</td>
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### Tuesday

**Music Bugs**  
Singing and music classes for children aged 6 months to 4 years. Contact Michelle to book: 08448221158  

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<tr>
<th>Time</th>
<th>Description</th>
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<tbody>
<tr>
<td>10.00am - 12.00 noon</td>
<td>Singing and music classes for children aged 6 months to 4 years. Contact Michelle to book: 08448221158</td>
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**Nurture Workshop**  
Starting 14th January  
A 4 week parenting course.  
Please ask staff for details  

<table>
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<tr>
<th>Time</th>
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</table>
| 12.30pm - 2.30pm | Starting 14th January  
A 4 week parenting course.  
Please ask staff for details |

### Wednesday

**Story and rhyme time**  
An interactive session to enjoy reading and singing with your child. Join our library to borrow books and story sacks to share with your child.  

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<tr>
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<tbody>
<tr>
<td>9.15am - 10.00am</td>
<td>An interactive session to enjoy reading and singing with your child. Join our library to borrow books and story sacks to share with your child.</td>
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**Language and Play**  
A 6 week course by Community Learning  
- Learn how language and communication skills are developed in pre-school children and babies and try different techniques with your child to promote good communication skills through play and sharing stories.  
Contact the centre for information about booking.  

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| 12.30pm - 2.30pm | A 6 week course by Community Learning  
- Learn how language and communication skills are developed in pre-school children and babies and try different techniques with your child to promote good communication skills through play and sharing stories.  
Contact the centre for information about booking. |

**Friends of Sunshine**  
Get involved in shaping services, raising funds and become the voice of your children’s centre. Speak to staff for details.  

**Sensory room**  
Is available, speak to staff to book. Contributions greatly appreciated.
### Thursday

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<tr>
<td><strong>Baby Group</strong></td>
<td>Come and meet other new parents. The session provides early play opportunities for babies and new walkers including songs and rhymes. Contributions are greatly appreciated.</td>
<td>10.00am - 11.15am</td>
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<tr>
<td><strong>Incredible Babies</strong></td>
<td>For parents and carers of babies up to 9 months. Learn how to support your baby’s developmental needs. Attend with your baby (also suitable for expectant parents). Booking required.</td>
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### Friday

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<tr>
<td><strong>Sunshine Café</strong></td>
<td>A family friendly space to drop in, have a cuppa and meet new people.</td>
<td>9.00am - 10.00am Term time only</td>
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<tr>
<td><strong>Development checks</strong></td>
<td>Appointment only. Contact your health visitor on 01908 725100 for more details.</td>
<td>9.15am - 1.00pm</td>
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### Saturday

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| **Dads Group** | The first Saturday of every month across Milton Keynes  
This is an opportunity for dads, grandads and male carers to play creatively with their children in a supportive environment.  
Please email strengtheningfamilies@milton-keynes.gov.uk or speak to reception for more information and monthly location. | 10.00am - 12.00 noon |

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**Did you know....**

...that our centres are available for private hire?  
Perfect for parties and meetings.  
Find out more by calling 01908 508566.
We offer support in the following areas

**Parenting programmes**
Supports families with practical ideas and advice on all aspects of parenting to support your child’s development.

**Support for work and training**
We have lots of volunteering opportunities at the centre to help build skills and confidence.

**Community Learning Courses**
Enrol in ‘English for Speakers of Other Languages (ESOL)’ or ‘Basic Skills’ courses.

**Family support for parents with 0 - 4 year olds**
Pop in and speak to our team about the support available.

**Healthy eating sessions**
Support and advice on healthy lifestyles for adults and children, including cooking sessions and recipes to try at home.

**Time for twos**
Support with funding for two year old childcare

**Distance learning courses**
Ask staff for information.

**Safeguarding Children and Vulnerable Adults**
Sunshine Children’s Centre is committed to the safeguarding of all children and adults who use the centre and follows local safeguarding board procedures.

Are you registered at your local children’s centre? If not, visit: www.milton-keynes.gov.uk/childrens-centres

Milton Keynes Council day nurseries provide quality, affordable and flexible childcare at
The Rowans Day Nursery and Playzone Day Nursery.
Our nurseries provide children with a caring, challenging and stimulating environment. The aim is to help every child to fulfil their or personal development and academic potential through early play opportunities.
Early Intervention Service through Playzone Day Nursery @ Hedgerows Children Centre and The Rowans Day Nursery @ Rowans Children Centre.
The Early Intervention Service provides a range of services planned to meet the diverse needs of vulnerable and disadvantaged children between the ages of 2 to 5 years in Milton Keynes. This is a unique resource which offers opportunities for each child to develop to their potential, with an emphasis on nurturing the personal, social and emotional development of children enabling increased confidence, self-esteem, independence and resilience in addition to essential pre-school skills.

Sunshine Children’s Centre
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Milton Keynes, MK4 1EZ
01908 508566

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