



The Rowans Family Centre Programme

1st November – 17th December 2021

Services and support for families and the community

Open Monday – Thursday 8:30 – 17:00 and Friday 8:30 – 16:30

The Rowans Reach Area: Greenleys, Hodge Lea, Stacey Bushes, Fullers Slade, Stony Stratford, Galley Hill, Calverton, Kiln Farm and Fairfields.



13a Moorfoot, Fullers Slade, Milton Keynes, MK11 2BD

01908 565852

Email us at rowanscc@milton-keynes.gov.uk

You can register with your local Family or Children Centre online at: www.milton-keynes.gov.uk/childrens-centres



Like us on Facebook – Rowans Children Centre

- **Health Visitor Development Checks Monday-Thursday 1:00-4:00pm** Booking required through Health Visiting hub on 01908 725100.
- Please speak to a member of the team to find out more about our parenting course offer including baby incredible years, nurture programme, parental conflict, Just What We Need and Triple P as well as baby massage courses.
- We offer family support for parents/carers, if you have any worries with your home or family life, including child development or behaviour; or with your past or present partner, then please speak to a member of our team at The Rowans Family Centre. We can help you to access the support and help you may need.

Adult Learning courses – Please speak to a member of the team for more details and/or register your interest: -

Flip Your Thinking – Smile 😊 MK (Supporting Mental Health in a Learning Environment)

Monday 1st – 15th November 12.30–14.30

Our mindset can really impact how we approach problems and challenges in everyday life. This course will help you to recognise your own negative thought processes and help you to turn them around.

English for Speakers of Other Languages (ESOL) - CLMK (Community Learning MK)

Wednesday 3rd November – 8th December 11:00-13:00

This course is designed to improve and help you to gain confidence in your speaking English. This will then support you to find employment, get on at work, study at college or university and be involved in the community.

Coming soon:

Setting goals and dreaming dreams January 2022

We all have dreams we want to fulfil, sometimes they feel out of reach. Find out how to set yourself realistic and achievable goals to make those dreams come true!

Youth Offer – Please speak to a member of the team for more details, start dates to be confirmed: -

APA Fitness Youth Group

Start date to be confirmed

Wednesday evenings 5:00-6:00pm

Music Hub

Start date to be confirmed

Wednesday evenings 6:30-9:00pm

Soccercise for women aged 16+ – funded by Sports England

Starting Monday 8th November 6:00-7:00pm

FREE 10-week programme

Soccercise is a fun variety of exercise class, combining fitness with football along with some great music and can be tailored to all fitness levels. It is a great way to try something new, build up your skills or just have fun while getting fit.

This is a UEFA womens EURO 2022 legacy project. To inspire more women to improve their lives through football.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sensory Fun 9:00-4:00pm Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p>Drop in Café 9:00-4:00pm Our café is open daily for you to drop in for a cup of tea and play.</p> <p>Fun snacks and lunch boxes 10:00-12:00pm Booking required Would you like to try new recipes and ideas for healthy meals from fresh ingredients? Please get in touch to book.</p> <p>Physical Fun 9:30-11:00am Come and get active with us exploring bikes, balls and soft play with snack, story, and song time.</p> <p>Flip Your Thinking 12:30-2:30pm See adult learning for more information.</p> <p>Welcome to Rowans Meet and Greet drop in 1:30-3:30pm Are you new to the local area? Are you pregnant? Would you like help applying for 2-year funding? Come along to register and find out all about what Rowans Family Centre can offer.</p> <p>Soft Play drop in 2:30-4:00pm Starts on Monday 22nd November Drop in to explore our soft play.</p> <p>Soccercise for women aged 16+. Starting 8th November 6:00-7:00pm.</p>	<p>Baby Clinic 9:30-11:30am An opportunity to drop in, have your baby weighed and speak to the health visiting team.</p> <p>Baby Group 9:30-11:30am Time to explore early play activities and meet other new parents.</p> <p>Baby Café 11:30-12:00pm Enjoy a cup of tea in our cafe and meet other parents.</p> <p>Sensory Fun 13:00-4:00pm Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p>Drop in Café 13:00-4:00pm Our café is open daily for you to drop in for a cup of tea and play.</p> <p>Nature Explorers 1:30-2:30pm Booking required An opportunity for you and your child to explore the world around us. Please get in touch to book.</p> <p>Toddler Time 2:00-2:30pm 9th and 23rd November and 7th December Come and join Annette for a fun, lively, music and movement session.</p> <p>Snack Time 2:30-3:15pm Joins us for snack, stories, and rhyme time.</p>	<p>Sensory Fun 9:00-4:00pm Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p>Drop in Café 9:00-4:00pm Our café is open daily for you to drop in for a cup of tea and play.</p> <p>Stay and Play 9:30-11:30am A wide range of play experiences for young children to support their social, physical and language development.</p> <p>Fun Fitness 4 Women 9:30-10:30am Join an informal physical activity session.</p> <p>Employment Support 10:00-12:00pm Speak to an advisor about employment, training, and qualifications.</p> <p>ESOL 11:00-1:00pm See adult learning for more information.</p> <p>Nurture Programme 1:30-3:30pm Booking required Would you like to think and learn about parenting in a fun and practical way? Please speak to a member of staff for more details to book your space.</p> <p>Breastfeeding Café 1:30-2:30pm 17th November and 15th December All pregnant and breastfeeding mums welcome get one to one support from specially trained staff.</p> <p>APA Sports Youth Club 5:00-6:00pm</p> <p>Music Hub 6:30-9:00pm</p>	<p>Sensory Fun 9:00-4:00pm Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p>Drop in Café 9:00-4:00pm Our café is open daily for you to drop in for a cup of tea and play.</p> <p>Little Talkers 9:30-10:45am Invitation only 4-week course to support you and your child to play and encourage language development.</p> <p>Mears drop-in 10:00-12:00 Fortnightly starting 4th November</p> <p>Children's Yoga 1:30-2:30pm Booking required Enter the world of mindfulness yoga, take a journey of discovery, exploring enchanted forest, space, superheros, unicorns, stories, and games. Please get in touch to book.</p> <p>Outreach Char Cha Chimps 1:00-2:00pm Start date to be confirmed Meet us outside Fairfields Primary school by 1:10pm to join us for singing, music and movement.</p>	<p>Sensory Fun 9:00-1:00pm Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p>Drop in Café 9:00-3:00pm Our café is open daily for you to drop in for a cup of tea and play.</p> <p>Messy Play 9:30-11:00am Let's get messy and have fun together exploring paints, gloop, water and much more. £1 contribution welcome.</p> <p>Baby Explorers 1:30-3:00pm A calm and relaxing session with your baby, exploring songs, rhymes, and sensory activities.</p> <p>Baby Café 3:00-3:45pm Enjoy a cup of tea in our cafe and meet other parents.</p>



Saturday Dad's Group The 2021/22 tour begins...

The 2019 tour was such a success: it's coming back once again. This is a call to all dads, grandads, male carers, uncles, and big brothers to come along to any of the sessions below to play with their young person in a safe, supportive, and creative environment.

Saturday 6 November 2021 9.30am to 11.00am Little Owls Children's Centre, Oxley Park

Saturday 13 November 2021 9.30am to 11.00am Moorlands Family Centre, Beanhill

Saturday 20 November 2021 9.30am to 11.00am Pebbles Children's Centre, Fishermead

Saturday 27 November 2021 9.30am to 11.00am Rainbow Children's Centre, Bradville

Saturday 4 December 2021 9.30am to 11.00am Seedlings Children's Centre, Grange Farm

Saturday 11 December 2021 9.30am to 11.00am Squirrels Children's Centre, Stantonbury

Volunteering

Gain some work experience, job opportunities, or just help your local community? If so our Children and Family Centres need you! If you have a few hours to spare your local centre has varying roles available, offering accredited volunteer training and enhance your CV.

Milton Keynes Council Day Nurseries

Milton Keynes Day Nurseries offer care and education for children from 3 months to school age.

All children are valued and respected and for those who may require a little extra support to meet their full potential will benefit from the excellent early intervention provision.

For Rowans Day Nursery, Fullers Slade contact: 01908 563269 (3 months to school age)

For Playzone Day Nursery, Netherfield contact: 01908-239000 (2 years to school age)

Time for twos

You are automatically eligible for 15 HOURS FREE early education for your three- or four-year-old

You may also be eligible for 30 hours FREE early education for your three- or four-year-old. To find out if you are eligible visit: **www.childcarechoices.gov.uk**

Or visit your local Children's and Family Centre for more help.

Private room hire

Did you know...? That our centres are available for private hire?

They are perfect for parties, meetings, and wedding receptions. To find out more details for bookings please contact your local centre.

MK Together

For information regarding MK Safeguarding Partnership arrangements go to the MK Together website: **www.mktogether.co.uk/**



Food Bank

Please speak to a member of staff at your local centre.



Data Protection Privacy Statement

We collect and use information about you so that we can provide you with the best services possible. Full details about how we use this data and the rights you have around this can be found at **www.milton-keynes.gov.uk/cafcprivacy**. If you have any data protection queries, please contact the Data Protection Officer at **data.protection@milton-keynes.gov.uk**