



## **The Rowans Family Centre Programme**

**6<sup>th</sup> September – 22<sup>nd</sup> October 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](mailto:rowanscc@milton-keynes.gov.uk)**

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

**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 12.20 – 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.

**Maths – CLMK (Community Learning MK)**

This course is designed to improve your knowledge of Maths and work towards getting the most from education, training, and employment and for developing independence. *Coming shortly dates to be confirmed*

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

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 shortly dates to be confirmed.*

- 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.



Monday 6 <sup>th</sup> September	Tuesday 7 <sup>th</sup> September	Wednesday 8 <sup>th</sup> September	Thursday 9 <sup>th</sup> September	Friday 10 <sup>th</sup> September
<p><b>Sensory Fun 9:00-4:00pm</b> Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p><b>Drop in Café 9:00-4:00pm</b> Our café is open daily for you to drop in for a cup of tea and play.</p> <p><b>Drop in 12:45-1:15pm</b> Time for nursery children and parents to play.</p> <p><b>Welcome to Rowans Meet and Greet drop in 1:30-3:30pm</b> 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><b>Sensory Fun 13:00-4:00pm</b> Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p><b>Drop in Café 13:00-4:00pm</b> Our café is open daily for you to drop in for a cup of tea and play.</p> <p><b>Baby Clinic 9:30-11:30am</b> An opportunity to have your baby weighed. Booking required this week only on 01908 725100.</p> <p><b>Baby Group 9:30-11:30am</b> Time to explore early play activities and meet other new parents.</p> <p><b>Baby Café 11:30-12:00pm</b> Enjoy a cup of tea in our cafe and meet other parents.</p> <p><b>Drop in 12:45-1:15pm</b> Time for nursery children and parents to play.</p> <p><b>Physical Fun 1:15-2:30pm</b> Come and get active with us exploring bikes, balls, soft play, music and much more.</p>	<p><b>Sensory Fun 9:00-4:00pm</b> Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p><b>Drop in Café 9:00-4:00pm</b> Our café is open daily for you to drop in for a cup of tea and play.</p> <p><b>Baby Explorers 10:00-11:00am</b> A calm and relaxing session with your baby, exploring songs, rhymes, and sensory activities.</p> <p><b>Baby Café 11:00-12:00pm</b> Enjoy a cup of tea in our cafe and meet other parents.</p> <p><b>Employment Support 10:00-12:00pm</b> Speak to an advisor about employment, training, and qualifications.</p> <p><b>Drop in 12:45-1:15pm</b> Time for nursery children and parents to play.</p> <p><b>Stay and Play 1:30-3:00pm</b> A wide range of play experiences for young children to support their social, physical and language development.</p>	<p><b>Sensory Fun 9:00-4:00pm</b> Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p><b>Drop in Café 9:00-4:00pm</b> Our café is open daily for you to drop in for a cup of tea and play.</p> <p><b>Stay and Play 9:30-11:00am</b> A wide range of play experiences for young children to support their social, physical and language development.</p> <p><b>Drop in 12:45-1:15pm</b> Time for nursery children and parents to play.</p> <p><b>Baby Explorers 1:30-2:30pm</b> A calm and relaxing session with your baby, exploring songs, rhymes, and sensory activities.</p>	<p><b>Sensory Fun 9:00-3:30pm</b> Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p><b>Drop in Café 9:00-3:30pm</b> Our café is open daily for you to drop in for a cup of tea and play.</p> <p><b>Soft Play drop in 10:00-12:00pm Under 3's only</b> Drop in to explore our soft play.</p> <p><b>Drop in 12:45-1:15pm</b> Time for nursery children and parents to play.</p> <p><b>Soft Play drop in 1:15-3:00pm Under 3's only</b> Drop in to explore our soft play.</p>



Monday 13 <sup>th</sup> September	Tuesday 14 <sup>th</sup> September	Wednesday 15 <sup>th</sup> September	Thursday 16 <sup>th</sup> September	Friday 17 <sup>th</sup> September
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<p><b>Sensory Fun 9:00-4:00pm</b> Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p><b>Drop in Café 9:00-4:00pm</b> Our café is open daily for you to drop in for a cup of tea and play.</p> <p><b>Drop in 12:45-1:15pm</b> Time for nursery children and parents to play.</p> <p><b>Welcome to Rowans Meet and Greet drop in 1:30-3:30pm</b> 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><b>Sensory Fun 13:00-4:00pm</b> Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p><b>Drop in Café 13:00-4:00pm</b> Our café is open daily for you to drop in for a cup of tea and play.</p> <p><b>Baby Clinic 9:30-11:30am</b> An opportunity to have your baby weighed. Booking required this week only on 01908 725100.</p> <p><b>Baby Group 9:30-11:30am</b> Time to explore early play activities and meet other new parents.</p> <p><b>Baby Café 11:30-12:00pm</b> Enjoy a cup of tea in our cafe and meet other parents.</p> <p><b>Drop in 12:45-1:15pm</b> Time for nursery children and parents to play.</p>	<p><b>Sensory Fun 9:00-4:00pm</b> Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p><b>Drop in Café 9:00-4:00pm</b> Our café is open daily for you to drop in for a cup of tea and play.</p> <p><b>Fun Fitness 4 Women 9:30-10:30am</b> Join an informal physical activity session.</p> <p><b>Employment Support 10:00-12:00pm</b> Speak to an advisor about employment, training, and qualifications.</p> <p><b>Drop in 12:45-1:15pm</b> Time for nursery children and parents to play.</p> <p><b>Baby Explorers 1:30-2:30pm</b> A calm and relaxing session with your baby, exploring songs, rhymes, and sensory activities.</p> <p><b>Baby Café 2:30-3:00pm</b> Enjoy a cup of tea in our cafe and meet other parents.</p>	<p><b>Sensory Fun 9:00-4:00pm</b> Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p><b>Drop in Café 9:00-4:00pm</b> Our café is open daily for you to drop in for a cup of tea and play.</p> <p><b>Drop in 12:45-1:15pm</b> Time for nursery children and parents to play.</p>	<p><b>Sensory Fun 9:00-3:30pm</b> Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p><b>Drop in Café 9:00-3:30pm</b> Our café is open daily for you to drop in for a cup of tea and play.</p> <p><b>Drop in 12:45-1:15pm</b> Time for nursery children and parents to play.</p>



## Week beginning 27<sup>th</sup> September – 22<sup>nd</sup> October

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## 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 25 September 2021 9.30am to 11.00am Conniburrow Children's Centre, Conniburrow**

Saturday 2 October 2021 9.30am to 11.00am Daisychain Family Centre, West Bletchley

**Saturday 9 October 2021 9.30am to 11.00am Hedgerows Family Centre, Netherfield**

Saturday 16 October 2021 9.30am to 11.00am Hummingbird Children's Centre, Broughton

### 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.

### 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](http://www.childcarechoices.gov.uk)**  
Or visit your local Children's and Family Centre for more help.

### 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)**

### 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/](http://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](http://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](mailto:data.protection@milton-keynes.gov.uk)**