



# Hedgerows Family Centre Programme

Services and support for families  
and the community

Open Monday to Thursday 8.30am- late  
and Friday 8.30am- 4.30pm

## Hedgerows Reach Area:

Ashland, Brownswood, Caldecotte, Eaglestone, Netherfield, Old Farm Park,  
Peartree Bridge, Simpson, Tinkers Bridge, Walnut Tree, Walton, Walton Park,  
Wavendon Gate

[www.milton-keynes.gov.uk/childrens-centre](http://www.milton-keynes.gov.uk/childrens-centre)



## Sessions for parent/carers and children

### Monday

<b>Café</b>	Come and have cup of tea or coffee and a chat with other parents or one of the team. Activities for children to enjoy and explore.	9.00am - 10.00am 11.30am - 3.00pm
<b>Stay and Play</b>	A fun filled session for you and your child/ren to enjoy, lots to do and explore inside and out. Healthy snacks available.	10.00am - 11.30am
<b>Health Visitor Checks</b>	6 – 8 Weeks checks. <b>By appointment only.</b>	1.00pm - 3.00pm
<b>Speech, Communication and Language Drop-In</b>	Advice / Support for any concerns you may have regarding your child's development.	1.30pm - 3.00pm <b>From Sept TBC</b>
<b>APA Men's Motivation</b>	Fitness and a talk.	5.00pm - 6.00pm

### Tuesday

<b>ESOL</b>	With Community Learning MK W/C 20/09/2021 to 13/12/2021	9.30am - 12.00 noon <b>Term time only</b>
<b>Café</b>	Come and have cup of tea or coffee and a chat with other parents or one of the team. Activities for children to enjoy and explore.	11.30am - 3.00pm
<b>APA Mini Movers</b>	Little dance class for 0-5's with parents too! <b>Bookable session.</b>	11.45am - 12.30pm <b>Term time only</b>
<b>Breastfeeding Café</b>	Support with breastfeeding in a relaxed environment with Health Visitors.	1.00pm - 2.30pm <b>1st Tuesday of the month</b>

## Tuesday - Continued

<b>Health Visitor Checks</b>	6-8 Weeks checks. <b>By appointment only.</b>	1.00pm - 3.00pm
<b>Woughton Advice Service (WAS)</b>	<b>By appointment only.</b> Support and advice for debt/money advice, benefits and tax credits, eviction, rent arrears, home swap, form filing, computer access, phone access, housing advice, work issues, foodbank, benefit checks and more.	1.00pm - 4.00pm <b><i>Date to be confirmed</i></b>

## Wednesday

<b>Mucky Pups</b>	Call us on 01908 239000 to book your place on this fun and exciting session where your babies and children will love getting messy. You may wish to bring spare clothes. £1.00 contribution welcome. <b>Bookable session</b>	10.00am - 10.45am <b><i>Term time only</i></b>
<b>Toddler Time</b>	An exciting music and activity session with Annette that all children will enjoy. £1.00 per session	11.00am - 11.30am <b><i>Term time only</i></b>
<b>Family Café</b>	Come and have cup of tea or coffee and a chat with other parents or one of the team. Activities for children to enjoy and explore.	11.30am - 3.00pm
<b>Health Visitor Checks</b>	6-8 Weeks checks. <b>By appointment only.</b>	1.00pm - 3.00pm
<b>Aspects Youth Checks</b>	<b><i>Start date TBC</i></b> A group for children on The Autistic spectrum. Contact Norman on 01908 254042 for more information.	5.30pm - 7.00pm

## Thursday

<b>Café</b>	Come and have cup of tea or coffee and a chat with other parents or one of the team. Activities for children to enjoy and explore.	9.00am - 2.00pm
<b>Healthy Lifestyles</b>	1 hour exercise class followed by a parent session with others and various activities. Contributions greatly appreciated for exercise session.	9.30am - 11.30am <b>Term time only</b>
<b>Baby Clinic and Breastfeeding Support</b>	Health visitors available for these sessions. Baby group for 0-12months, come and meet friends and ask health questions. Support with Breastfeeding in a relaxed environment with Health Visitors.	9.30am - 11.30am
<b>Young Parents Group</b>	<b>At Moorlands Family Centre.</b> For parents under 25 years old, in partnership with Woughton Community Council. Come and join us for a light lunch, a chat and play opportunities for your child/ren.	12.00 noon - 2.00pm
<b>YNMK Junior Youth Group</b>	<b>At Hedgerows Family Centre</b> 50p entry <b>TBC</b>	4.30pm - 6.30pm <b>Term time only</b>



### MK Together

For information regarding MK Safeguarding Partnership arrangements go to the MK Together website: [www.mktogether.co.uk/](http://www.mktogether.co.uk/)

### 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)

## Friday

### Baby Stay and Play for the under 1's

A fun filled session for you and your babies to enjoy, lots to do and explore inside and out.

10.00am - 11.15am

### Café

Come and have cup of tea or coffee and a chat with other parents or one of the team. Activities for children to enjoy and explore.

11.30am - 1.00pm

### Stretch your cash / Distance Learning

Do you want to know how to budget and make the £1 in your pocket go further?  
Please speak to a member of the team for more information. Also come and find out about how to gain some Qualifications whilst still being at home.

**TBC**

## Saturday

### Dads Group

Please speak to a member of the team or see the timetable in this leaflet.

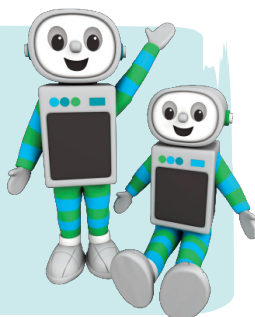
### Time for twos

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.





# 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.

<b>Saturday 25 September 2021</b>	<b>9.30am to 11.00am</b>	<b>Conniburrow Children's Centre, Conniburrow</b>
Saturday 2 October 2021	9.30am to 11.00am	Daisychain Family Centre, West Bletchley
<b>Saturday 9 October 2021</b>	<b>9.30am to 11.00am</b>	<b>Hedgerows Family Centre, Netherfield</b>
Saturday 16 October 2021	9.30am to 11.00am	Hummingbird Children's Centre, Broughton
<b>Saturday 6 November 2021</b>	<b>9.30am to 11.00am</b>	<b>Little Owls Children's Centre, Oxley Park</b>
Saturday 13 November 2021	9.30am to 11.00am	Moorlands Family Centre, Beanhill
<b>Saturday 20 November 2021</b>	<b>9.30am to 11.00am</b>	<b>Pebbles Children's Centre, Fishermead</b>
Saturday 27 November 2021	9.30am to 11.00am	Rainbow Children's Centre, Bradville
<b>Saturday 4 December 2021</b>	<b>9.30am to 11.00am</b>	<b>Seedlings Children's Centre, Grange Farm</b>
Saturday 11 December 2021	9.30am to 11.00am	Squirrels Children's Centre, Stantonbury
<b>Saturday 15 January 2022</b>	<b>9.30am to 11.00am</b>	<b>Sunshine Children's Centre, Furzton</b>
Saturday 22 January 2022	9.30am to 11.00am	Robins Children's Centre, Heelands
<b>Saturday 29 January 2022</b>	<b>9.30am to 11.00am</b>	<b>Rowans Family Centre, Fullers Slade</b>
Saturday 5 February 2022	9.30am to 11.00am	Saplings Children's Centre, Central Bletchley
<b>Saturday 26 February 2022</b>	<b>9.30am to 11.00am</b>	<b>Windmill Children's Centre, New Bradwell</b>
Saturday 5 March 2022	9.30am to 11.00am	Tickford Meadow Children's Centre, Newport Pagnell

Any enquiries, please contact  
[hedgerows.childrenscentre@milton-keynes.gov.uk](mailto:hedgerows.childrenscentre@milton-keynes.gov.uk)

## 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.

## Sensory Fun

Our Sensory room is open daily. Contact the centre for more information.

**Booking is required.**

## 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 394996 (2 years to school age)**

## Advice and Support

### Nurturing Programme

The Nurture Programme supports families with practical ideas and advice on all aspects of parenting, to support your child's development.

**Booking required**

### Support for work and training

Volunteering opportunities at the centre. Please speak to a member of team for more details.

**Booking required**

### Family support

Is available for all households. Please ask for further details from the team.

**Booking required**



### Healthy Start Vitamins

Healthy Start vitamins coupons can be exchanged at all the centres.

### Food Bank

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



### Free Sanitary Products

*Help us stop Period Poverty*

## Information

### 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.

### Parents Courses we offer

- Nurturing Programme
- Speakeasy
- Triple P

### Community Learning

Courses we offer

- ESOL
- Basic Skills

Find us on Facebook



Are you registered at your local children's centre? If not, visit:  
**[www.milton-keynes.gov.uk/childrens-centres](http://www.milton-keynes.gov.uk/childrens-centres)**

**Hedgerows Family Centre**

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