

## **The Rowans Family Centre Programme**

**January – March 2022**

**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.
- 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.

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

**APA Fitness Youth Group**  
**Wednesday evenings 5:00-6:00pm**

**Music Hub**  
**Wednesday evenings 6:30-9:00pm**



Monday	Tuesday	Wednesday	Thursday	Friday
<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 with food</b> <b>Starting 10<sup>th</sup> January-14<sup>th</sup> February</b> <b>10:00-11:30am</b> <b>Booking required</b> Fun recipes and ideas to explore with your children to encourage them to try new foods whilst improving their language, maths and creativity skills.</p> <p><b>Baby Explorers 10:00-11:30am</b> A calm and relaxing session with your baby, exploring songs, rhymes, and sensory activities.</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>Welcome to Rowans</b> <b>Meet and Greet drop in</b> <b>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>Physical Fun 1:30-2:30pm</b> Come and get active with us exploring bikes, balls and soft play with snack, story, and song time.</p> <p><b>Snack Time Café</b> <b>2:30-3:15pm</b> Joins us for snack, stories, and rhyme time.</p>	<p><b>Baby Clinic 9:30-11:00am</b> <i>An opportunity to drop in, have your baby weighed and speak to the health visiting team.</i></p> <p><b>Baby Group 9:30-11:00am</b> <i>Time to explore early play activities and meet other new parents.</i></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>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>Soft Play drop in 1:15-2:00pm</b> Drop in to explore our soft play.</p> <p><b>Toddler Time 2:00-2:30pm</b> <b>18<sup>th</sup> January, 1<sup>st</sup> February &amp; 15<sup>th</sup> February</b> Join Annette for a fun, lively, music and movement session.</p> <p><b>Snack Time Café</b> <b>2:30-3:15pm</b> Joins us for snack, stories, and rhyme time.</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>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>Positive Parenting and Play 1:30-3:00pm</b> Come along and join in with a variety of play activities and share tips and ideas of play and positive parenting.</p> <p><b>Breastfeeding Café 1:30-2:30pm</b> <b>19<sup>th</sup> January 16<sup>th</sup> February &amp; 16<sup>th</sup> March</b> All pregnant and breastfeeding mums welcome get one to one support from specially trained staff.</p> <p><b>APA Sports Youth Club 5:00-6:00pm</b> <b>Music Hub 6:30-9:00pm</b></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 9:00-1:00pm</b> Our café is open daily for you to drop in for a cup of tea and play.</p> <p><b>Little Talkers 9:30-10:45am</b> <b>Invitation only</b> 4-week rolling programme to support you and your child to play and encourage language development.</p> <p><b>Outreach Char Cha Chimps</b> <b>1:00-2:00pm</b> <b>Starting 13<sup>th</sup> January</b> Meet us outside Fairfields Primary school by 1:10pm to join us for singing, music and movement.</p> <p><b>Mk Sensory Pre School Group</b> <b>1:00-2:30pm</b> <b>3<sup>rd</sup> February and 10<sup>th</sup> March</b> A specialist play and communication group for children aged 0-5 years with a vision impairment.</p> <p><b>Wellbeing Group - Starting 27<sup>th</sup> January - Booking Required</b> 4 Week group where you will explore practical strategies to use with your family and children to reduce anxiety.</p> <p><b>Community Café</b> <b>2:00 – 3:30pm</b> A friendly social group for all the community. Join us for tea, coffee, crafts, and games. Bring and share your ideas and hobbies.</p>	<p><b>Sensory Fun 9:00-1:00pm</b> Book our calm, relaxing room with special lighting and music. Please call to book your time.</p> <p><b>Drop in Café 9:00-3:00pm</b> Our café is open daily for you to drop in for a cup of tea and play.</p> <p><b>Messy Play 9:45-11:00am</b> Let's get messy and have fun together exploring paints, gloop, water and much more. £1 contribution.</p> <p><b>The Nest 9:30-11:00am</b> <b>Starting 7<sup>th</sup> January</b> Breastfeeding support group.</p> <p><b>Baby Massage 1:30-2:30pm</b> <b>Booking Required</b> For parents with babies to strengthen bonding and promote relaxation. 4-week courses run throughout the year. £2.50 per session and £5 Non-refundable deposit to secure your place.</p> <p><b>Baby Café 2:30-3:15pm</b> 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 15 January 2022 9.30am to 11.00am Sunshine Children's Centre, Furzton**
- Saturday 22 January 2022 9.30am to 11.00am Robins Children's Centre, Heelands
- Saturday 29 January 2022 9.30am to 11.00am Rowans Family Centre, Fullers Slade**
- Saturday 5 February 2022 9.30am to 11.00am Saplings Children's Centre, Central Bletchley
- Saturday 26 February 2022 9.30am to 11.00am Windmill Children's Centre, New Bradwell**
- Saturday 5 March 2022 9.30am to 11.00am Tickford Meadow Children's Centre, Newport Pagnell

### 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)**

### 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.



### 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.

### 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.

### 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)