



# Little Owls 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

## Little Owls Reach Area:

Oxley Park, Westcroft, Tattenhoe, Tattenhoe Park and Kingsmead

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



## Sessions for parent/carers and children

### Monday

**Bumps and Babies** A friendly group for expectant parents and non-walking babies. Spend time together to share your experiences with sensory play and songs and rhymes. 10.00am - 11.30am

### Parenting / Family Learning workshops

Exciting new workshops to enhance your knowledge and skills.

These are bookable courses, please speak to a member of the team for more information.

### Tuesday

**Wheels, Walkers and Talkers** Come and join us for our morning walk around our local parks and woodland. Enjoy a cuppa afterwards, its great way to meet new friends and a positive for your body and mind. Meet at the children's centre at 10-00am. 10.00am - 11.30am

### Community Time

Tuesday and Friday - 1.00pm - 3.00pm

Out and about in the local area. Family support, registrations / 2-year funding.



#### 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)

## Wednesday

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<b>Health Visitor Development Reviews</b>	Contact the Health Visitors on 01908 725100 for more details and bookings.	1.00pm - 4.00pm
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### Stay and Play

#### Wednesday and Friday - 10.00am - 11.30am

Come and discover a range of activities inside and out to enhance your child's learning and development in a safe and stimulating environment. With a healthy snack and song time.

## Thursday

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<b>Story, songs and rhymes</b>	Come and join us for a story followed by interactive songs and rhymes to support your child's language, communication, and development.	10.00am - 11.30am
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<b>Bumps and Babies</b>	A friendly group for expectant parents and non-walking babies. Spend time together to share your experiences with sensory play and songs and rhymes.	1.00pm - 2.30pm
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<b>Citizens Advice Bureau</b>	<b>At Sunshine Childrens Centre</b> Fortnightly appointments. Please contact 08082 787991 or <a href="https://www.miltonkeynescab.org.uk/shenley-brook-end-parish-council">https://www.miltonkeynescab.org.uk/shenley-brook-end-parish-council</a>	10.00am - 1.00pm
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## Friday

For Community Time and Stay and Play Sessions please see Tuesday and Wednesday.

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## Saturday

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<b>Working Parents Group</b>	Contact the centre for details of venues and dates.	9.30am - 11.30am
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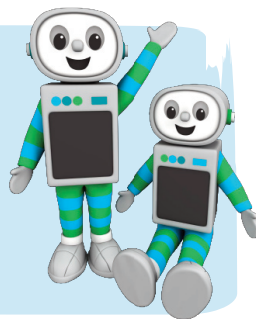
## Time for twos

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.



## Support and Advice

If you need any support or advice please contact the centre for more information.

We work in partnership with a host of agencies in Milton Keynes, so please reach out. No amount of help needed is ever too big or small.

## 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.



### 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.*



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)**

### Little Owls Children's Centre

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