



Sunshine 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

Sunshine Reach Area:

Furzton, Emerson Valley, Shenley Lodge and Shenley Brook End.

www.milton-keynes.gov.uk/childrens-centre

Sessions for parent/carers and children

Monday

Stay and Play	A play session for under 5's and their parent/carer with indoor and outdoor play.	10.00am - 11.30am
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Sensory Play

Monday - 1.00pm - 4.00pm and Friday - 9.00am - 4.00pm

Call to book some time in our sensory room.

Development Checks

Monday and Tuesday - 1.00pm - 4.00pm

Wednesday - 9.00am - 1.00pm

Tuesday

Café	Come and enjoy a cuppa and a chat with activities for your child.	9.30am - 11.30am
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Parenting / Family Learning workshops

Contact the centre for more information.

Wednesday

Group Walk	Join us for a walk in the local area. Call the centre for details.	9.30am -11.00am
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Stay and Play	A play session for under 5's and their parent/carer with indoor and outdoor play.	1.30pm - 3.00pm
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Thursday

Baby Group	Come and meet new parents with fun activities for your baby including songs and rhymes.	10.00am - 11.30am
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Citizens Advice Bureau	Fortnightly appointments Bookings available on 08082 787991 or https://www.miltonkeynescab.org.uk/shenley-brook-end-parish-council/	10.00am - 1.00pm
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The Nest	Breastfeeding support. For babies up to 8 weeks old. Run by MKUH's Infant Feeding team.	11.30am - 1.00pm
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Friday

Music Bugs	To book contact michelle@musicbugs.co.uk	10.00am - 12.00 noon
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Saturday

Working Parent's Group	Contact the centre for details of venues and dates.	9.30am - 11.30am
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MK Together

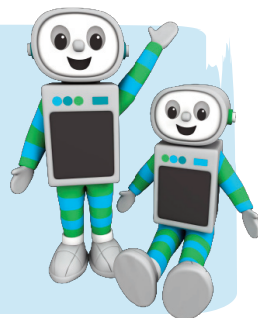
For information regarding MK Safeguarding Partnership arrangements go to the MK Together website: www.mktogether.co.uk/

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.



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.

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

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

Sunshine Children's Centre

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