

## Sessions for parent/carers and children

### Monday

**Songs, Stories and Rhymes** Come and share our love of books! Join us for a fully interactive song and story time, followed by a healthy snack. 10.00am - 11.30am

**Baby Massage** **A 4 week course** for non-crawlers to strengthen bonding and promote relaxation. **This is a bookable session.** Please speak to a member of the team. 2.00pm - 2.45pm

### Community Midwives

#### Monday to Friday

Antenatal clinic by appointment with your midwife

### Tuesday

**Community Conniburrow Hub** **NEW** **Conniburrow Community Centre** 37-39 Conniburrow Blvd, MK14 7DX 9.30am - 11.30am  
Come and join us and a host of other agencies to help you with form filling, returning to work, training and any other support that is needed.

**Baby Clinic** **Rowans Childrens Centre** 13a Moorfoot, Fullers Slade, MK11 2BD 9.30am - 11.30am  
An opportunity to talk to the health visiting team and get your baby weighed.

**Stay and Play** Follow your child's lead in our stimulating, natural play environment. Lots of exciting play opportunities inside and out to maximise your child's curiosity and learning. Healthy snacks are also on offer. 9.30am - 11.00am

### Tuesday - continued

**Bumps and Babies** Come and join our relaxed, nurturing, sensory baby session for non walkers. Time together to meet new parents and share experiences. 1.00pm - 2.30pm

### Wednesday

**Messy Play** Time to be curious! Come and explore and experiment in sensory tuff trays. Healthy snacks are also on offer. **Spare clothes advisable.** 9.30am - 11.00am

**Baby Clinic** **Neath Hill Medical Centre** Tower Crescent, Neath Hill 1.00pm - 3.00pm  
An opportunity to talk to the health visiting team and get your baby weighed.

**Distance Learning Club** **NEW** Signed up for distance learning? Bring your laptops and join a small study group. Children welcome too. **This is a bookable session.** Please speak to a member of the team 1.00pm - 2.30pm

**LIPS – Let's Interact and Play** **This 4 week** rolling programme is to support your child with speech and language. **Bookable session.** Please speak to a member of the team. 1.30pm - 2.45pm

### Thursday

**Wheels, Walkers and Talkers** Come and join us for a gentle stroll, time to talk. Meet new people and enjoy nature. **Meet at the Childrens Centre for 10.30am.** 10.00am - 11.15am

**Chat and Cuppa** **NEW** Join us and friends for a hot drink and a chat, with or without your child. 11.15am - 12.00 noon

### Thursday - continued

**Munch, Crunch, Let's do Lunch** Lunch, hot drinks and a chance to come together socially. 12.00pm - 1.00pm

**Baby Clinic** **Hedgerows Childrens Centre** Langlands Road, Netherfield 9.30am - 11.30am  
An opportunity to talk to the health visiting team and get your baby weighed.

### Parenting Courses

#### Thursday, 1.30pm - 3.00pm

A rolling programme of courses to support parenting skills, child development and healthy lifestyles. Please speak to a member of the team for more details.

### Friday

**Rise and Shine it's breakfast time** Breakfast, hot drinks and a chance to come together with friends. 8.45am - 9.45am

**Crafty Cuppa** Adult's arts and crafts with a cuppa and a chance to chat. Children welcome to join you. 10.00am - 11.00am

**Kick, Catch, Throw!** **Bradwell Common Park** 1.30pm - 3.00pm  
Fully interactive outdoor games using a variety of sports equipment. Followed by bubbles and parachute songs.

**Antenatal Classes** **4 week classes** to prepare you and your partner for labour, birth and life with a baby. **Bookable classes through your midwife.** 1.30pm - 2.30pm

### Parent Forum

#### Last Friday of each month

A group of parents that work together to extend and support the services delivered in the Children's Centre.

## Development Checks

Health visitor clinic for your child's development checks. Appointments by your health visitor.



## Working Parent's Group

The 2022 tour update...

This is a call to all mums, dads, carers, uncles, aunts and big brothers and sisters to come along to any of the sessions below to play with their young person in a safe, supportive and creative environment. All Saturday sessions are from 9.30am to 11.30am with pastry treats available.

Saturday 3rd September 2022  
Saturday 24th September 2022  
Saturday 22nd October 2022  
Saturday 26th November 2022  
Saturday 10th December 2022

Rowans Family Centre, Fullers Slade  
Sunshine Children's Centre, Furzton  
Hedgerows Family Centre, Netherfield  
Saplings Children's Centre, Central Bletchley  
Moorlands Family Centre, Beanhill

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



### MK Together

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

## 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.

## Information

### Private room hire

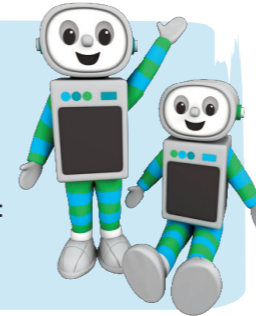
Did you know...? That our centres are available for private hire? They are perfect for parties, meetings and wedding receptions. To find out more details for bookings please contact your local centre.

### 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.



### 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)

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)

Find us on Facebook



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Milton Keynes MK14 7DU  
01908 675575



# Conniburrow 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

### Conniburrow Reach Area:

Conniburrow, Bradwell Common, Downs Barn, Central Milton Keynes, Campbell Park

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

