



# Hedgerows Family Centre Programme

Services and support for families  
and the community

Open Monday to Friday from 8.00am

## Hedgerows Reach Area:

Ashland, Browns Wood, 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)

Tel: 01908 239000



## Sessions for parent/carers and children

### Monday

<b>Stay and Play</b>	A fun filled session with story and song time, creative and physical activities and learning through play for young children and babies. Our team will be sharing ideas and information about young children's development and play.	10.00am - 11.30am
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<b>Little Talkers NEW</b>	A fun filled session with story and song time, focusing on supporting children's communication and language development.	1.00pm - 2.30pm
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<b>Welcome to Hedgerows Meet and Greet NEW</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 Hedgerows Family Centre can offer to you and your family.	1.30pm - 3.30pm
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<b>MoreLife Healthy Lifestyles</b>	MoreLife are running healthy lifestyles programmes for children and families. If you would like more information, please speak to a member of the team or contact MoreLife on 0808 208 2340.	5.00pm - 7.30pm
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### Drop-in Café

**Mondays and Wednesdays, 9.00am - 1.00pm**

**Tuesdays and Thursdays, 1.00pm - 4.00pm**

**Fridays, 1.00pm - 3.30pm**

Our café is open daily for you to drop in for a cup of tea and time to play with your children.

### Development Reviews

**Mondays, 8.30am -12.30pm and Fridays, 12.15pm - 3.30pm**

Health Visitor development reviews, for more information contact the health visitors hub on 01908 725100.

## Tuesday

### Breakfast Club **NEW**

Pop in for breakfast and play, a selection of cereals and fruit available.

8.30am - 9.15am

### Community Walk **NEW**

Meet the team at Hedgerows Family Centre for 9.30am and join The Parks Trust as we walk through the local community to visit and explore nature in our outdoor environment. Make sure you dress for the weather, including suitable footwear.

9.30am - 11.30am

### Breastfeeding Café

A relaxing, informal group for pregnant and breastfeeding mums to pop in and get help from specially trained staff, chat to other parents and build your confidence. Please speak to a member of staff for more details.

12.30pm - 2.00pm  
***1st Tuesday of the month***

### Visit to Netherfield Library, Story, Songs and Rhymes **NEW**

**Meet us at Hedgerows Family Centre,** we will leave promptly at 1.00pm to visit the library in Netherfield where you can loan out books to share at home with your child. Once we are back at Hedgerows, we will be bringing stories to life through play activities and songs and supporting children to explore books.

1.00pm - 3.00pm

## Hedgerows Community food trolley (Monday - Friday)

Pop by the centre throughout the week to see what food has been donated by our local church.

## Sensory Fun

**Mondays, Tuesdays, Wednesdays, 9.00am - 4.00pm**

**Thursdays, 1.00pm - 4.00pm and Fridays, 1.00pm - 3.30pm**

Book our calm, relaxing room with special lighting and music. Please ring the centre for more information.

## Wednesday

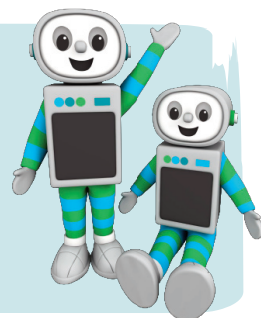
<b>Mucky Pups</b>	Join in getting messy and having fun together while we explore paints, water, sand, gloop and much more. You may wish to bring spare clothes.	9.30am - 10.45am
<b>MK Housing Drop In</b>	Come along to speak with the MK Housing Officers who are here to offer support and advice on Milton Keynes Council housing.	10.30am - 12.00 noon <b>4th Wednesday of the Month</b>
<b>Toddler Time</b>	Come and join Annette in her fun filled music sessions with rhymes and action songs.	11.00am - 11.30am
<b>Story Sacks <span style="color: red;">NEW</span></b>	Join Community Learning Milton Keynes as they deliver an exciting story sacks course, get creative and learn more about bringing stories to life. Please speak to a member of staff for more information.	12.30pm - 2.30pm
<b>Baby Stay and Play</b>	A calm, relaxing sensory session with song and rhyme time for parents and babies with the opportunity to meet other families with activities for you both to join in with.	1.30pm - 3.00pm
<b>Hedgerows Baby Café</b>	Enjoy a drink in our café with other parents and young children. with story and song time.	3.00pm - 3.45pm

### 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.



## Thursday

<b>Baby Clinic</b>	An opportunity to drop in, have your baby weighed and speak to the health visiting team.	9.30am - 11.30am
<b>Baby Group</b>	A warm, nurturing baby group with a variety of sensory experiences and time to meet other parents.	9.30am - 11.30am
<b>Fun Fitness for Women</b>	Join Laura from APA fitness in an exercise group for all abilities.	9.30am - 10.30am
<b>Healthy Lifestyles Café <span>NEW</span></b>	A well-being café for adults to enjoy refreshments and healthy snacks after Fun Fitness for Women.	10.30am - 11.15am
<b>Baby Café</b>	Enjoy a drink in our café with other parents and young children.	11.30am - 12.30pm
<b>Young Parents Group</b>	<b>At Coffee Hall</b> For parents under 25 years old, <i>in partnership with Woughton Community Council</i> , join them for a light lunch, chat and play opportunities for young children and babies.	12.00 noon - 2.00pm
<b>Stay and Play with Sports and Games <span>NEW</span></b>	A fun filled session with a variety of physical activities, games and learning through play for young children and babies. Join us for indoor and outdoor activities with story, songs and snack time.	1.30pm - 3.00pm

### 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

<b>Breakfast Club</b> <b>NEW</b>	Pop in for breakfast and play, a selection of cereals and fruit available.	8.30am - 9.30am
<b>Soft Play</b>	Our range of soft play equipment is here for your young children to explore through rolling, building and crawling.	10.00am - 11.00am
<b>Snack Time Café</b> <b>NEW</b>	Join us for delicious snacks in the café with story and song time.	11.00am - 11.45am
<b>Budgeting Course</b> <b>NEW</b>	Would you like to learn more about budgeting? Please speak to a member of the team for more information. This course will be run by CLMK.	1.30pm - 2.30pm
<b>Feel Good Friday</b> <b>NEW</b>	A group for all adults in our local community to join us for tea, coffee and games.	1.30pm - 3.00pm

**MK**  
milton keynes council

## 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)

## Advice and Support

### Woughton Advice Service (WAS)

Tuesdays, 10.00am - 12.00 noon

Support and advice for debt, money advice, benefits and tax credits, eviction, rent arrears, home swap, form filling, computer access, housing advice, work issues, benefit checks and more. Please speak with a member of the team for more information and to make an appointment. *This is run by Woughton Community Council.* **By appointment only**

### Parenting Courses **NEW**

**In conjunction with The Rowans Family Centre**

Please speak to a member of the team for more information and to book.

#### Nurture Programme

**Hedgerows Family Centre**, 13th September - 18th October 2022

**Rowans Family Centre**, 1st - 29th November 2022

Would you like to think and learn about parenting in a fun and practical way? This programme offers lots of approaches to developing a healthy relationship between you and your children. **Booking required**

#### Incredible Babies

**Rowans Family Centre**, 10th January – 14th February 2023

**Hedgerows Family Centre**, 21st February – 28th March 2023

Would you like to know how to support, promote and understand your babies' developmental needs? This is a course for you to attend with your babies and suitable for expectant parents. **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**

## Sharing Library (Monday - Friday)

Speak to a member of the team if you would like to borrow any of our books or story sacks.

## 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



### 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.

### Food Bank

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



### Healthy Start Vitamins



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

### Free Sanitary Products

*Help us stop Period Poverty*

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**

Langland Road, Netherfield, Milton Keynes, MK6 4NP

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