



The Rowans Family Centre Programme

Services and support for families and the community

Open Monday to Friday from 8.30am

The Rowans Reach Area:

Calverton, Galley Hill, Greenleys, Fairfields, Fullers Slade, Hodge Lea, Kiln Farm, Stacey Bushes and Stony Stratford.

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

Tel: 01908 565852



Sessions for parent/carers and children

Monday

Welcome to Rowans Meet and Greet	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 to you and your family.	9.30am - 12.30pm
Mini Explorers NEW	Come along and join us to discover ways to explore and enjoy the great outdoors with your young children.	10.00am - 12.00 noon
Employment Advice and Support	Would you like advice and support to return/find employment? Or thinking about changing your career? If so please come along to Job Club run by the Job Club team.	1.00pm - 3.00pm
Stay and Play	A fun filled session with story and song time, creative and physical activities and learning through play for under 5s. Our team will be sharing ideas and information about young children's development and play.	1.30pm - 3.00pm

Drop-in Café

Mondays and Wednesdays, Thursdays, 9.00am - 4.00pm

Tuesdays, 1.00pm - 4.00pm

Fridays, 9.00am - 3.00pm

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 and Wednesdays, 12.45pm - 4.15pm

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

Tuesday

Baby Clinic	This is an opportunity for you to drop in, have your babies weighed and speak to the health visiting team. Please arrive by 11am to ensure you are seen by the health visiting team.	9:.30am - 11.30am
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Baby Group	Join our warm, nurturing baby group with a variety of sensory experiences and time for you to meet other parents.	9.30am - 11.30am
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Cooking on a Budget NEW	<i>Starting 13th September - 18th October</i> Followed by	1.00pm - 2.30pm
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Budgeting Course NEW	<i>Starting on 8th November - 13th December</i> This will be repeated on a rolling cycle in January 2023 - dates to be announced. Would you like to learn more about cooking healthy meals/snacks on a budget and then understanding more about budgeting and how this can help you? Please speak to a member of the team for more information. This course will be delivered by CLMK.	1.00pm - 2.30pm
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Soft Play	Our range of soft play equipment is here for your young children to explore through rolling, building and crawling.	1.15pm - 2.00pm
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Toddler Time	Come and join Annette in her fun filled music sessions with rhymes and action songs.	2.00pm - 2.30pm Weekly
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Family meal and homework club NEW	Working in partnership with Homework Plus Club Join us for a family meal with support available for you to help your children with their homework. Then enjoy family activities together.	4.30pm - 6.00pm
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Takeaway Tuesday @ The Rowans (Tuesdays)

We take delivery of a whole host of food produce from ASDA as part of the Fareshare programme. Please bring a bag and collect items for free.

Wednesday

Fun Fitness for Women	Join Laura from APA fitness in an exercise group for all abilities and meet others in our community.	9.30am - 10.30am
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Messy Play	Join in getting messy and having fun exploring paints, water, sand, gloop and much more.	9.45am - 11.00am
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Citizen Advice Bureau	For residents of Fullers Slade, Galley Hill and Stony Stratford To book an appointment visit www.miltonkeynescab.org.uk/stonystratford-parish-council or call 0808 278 7991	10.00am - 13.00pm
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Community Walk NEW	Join the Parks trust community team for a walk to one of the local parks. When we get there we will join for a children's activity and spend some time out in nature. This is great for families who are both new to the area and those who fancy some company while they walk. Make sure you dress for the weather, including suitable footwear for a wild walk.	1.00pm - 2.30pm
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Rowans Baby Group	Join us for a calm, relaxing sensory session with song and rhyme time for parents and babies with the opportunity for you to meet other families with activities for you both to join in with.	1.30pm - 3.00pm
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Stay and Play NEW	At St Mary St Giles School (South) Come along and join The Rowans and school teams for time together and play.	
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Wednesday - continued

Rowans Baby Group and Breastfeeding Café	Enjoy a hot drink in our café with other parents and young children. With support available for pregnant and breastfeeding mums to have a chat and build your confidence.	3.00pm - 3.45pm
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Thursday

Coffee morning	At Greenleys First School Drop in for a coffee after dropping off your child at Greenleys First school. Younger children are very welcome.	9.00am - 10.00am
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Story Time	At Stony Stratford Library Join us at the library for story time with the librarian.	10.00am - 11.00am
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Baby Massage and Baby Yoga NEW	Baby massage A 4-week rolling programme for parents and babies to strengthen bonding, promote relaxation and digestion, help relieve colic and help your baby to sleep. Baby Yoga A 4 week rolling programme for parents and babies. Baby yoga is a natural successor to baby massage. Baby yoga classes offer a mixture of movement and relaxation. Please speak to a member of the team to register your interest.	10.00am - 11.00am
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Little Talkers NEW	A fun filled session with story and song time, focusing on supporting children's communication and language development.	1.15pm - 2.45pm
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Plant it, grow it, eat it.	Spring into the new season while learning about our outdoor environment including, planting, bug hunts and creative activities. Our garden centre will be open outdoors for refreshments too.	1.30pm - 3.00pm
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Friday

Stay and Play	A fun filled session with story and song time, creative and physical activities and learning through play for under 5s. Our team will be sharing ideas and information about young children's development and play.	9.30am - 11.00am
Milton Keynes Sensory ICT Team	Fortnightly Starting 23rd September Come and join an Early Years group for parents/carers and their children to meet other parent/carers and their children who are deaf/hard of hearing. Learn new strategies to support your child and get advice and support from a range of professionals.	10.30am - 12.00 noon Term time only
Fit While you Sit Chair Based Exercise Class NEW	Starting 26th August Come along for a fun session involving balancing, stretching and aerobic/cardio exercises using household items to help you exercise. Stony Stratford Town Council are funding this additional class and you will need to book via jane@enajee.com	1.00pm - 2.30pm
Meet the Midwives NEW	Come along on 2nd, 9th, 16th, 23rd and 30th September Are you pregnant or looking to become pregnant? If so, come and meet the maternity team, find out more about giving birth at MK hospital. Please speak to the Rowans team for further dates and times.	1.00pm - 2.30pm
Feel Good Friday and Community Café NEW	A group for all adults in our local community to join for tea, coffee and games.	1.30pm - 3.00pm

Sensory Fun

Mondays, Tuesdays, Wednesdays, Thursdays, 9.00am - 4.00pm
Fridays, 9.00am - 1.00pm

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

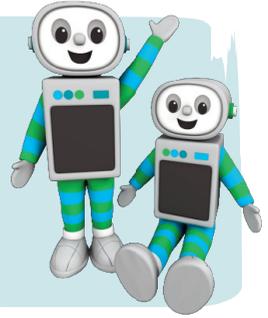
Time for twos

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.



Advice and Support

Parenting Courses **NEW**

In conjunction with Hedgerows 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**

Family support

Is available for all households. Please ask for further details from the team.

Booking required

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**

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/

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

The Rowans Family Centre

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