



# Seedlings 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

## Seedlings Reach Area:

Crownhill, Grange Farm, Hazeley, Loughton, Loughton Lodge, Medbourne, Oakhill, Shenley Church End, Shenley Wood, Whitehouse, Woodhill

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

01908 503736

 **Milton Keynes**  
City Council

## Sessions for parent/carers and children

### Monday

**Toddler Stay and Play** Walkers to 2 years. Fun activities to support their learning and development. 10.00am - 11.30am

**Health Visitor Development review** Contact the Health Visitors on 01908 725100 for more details and bookings. 12.45pm - 4.15pm

### Tuesday

**City and Guilds Level 1 Award in Working as a Volunteer** Please contact the centre to find out when the next course/workshop is running. 9.30am - 11.30am

**Women's Mental Health** **Peer support group** 1.00pm - 2.00pm  
This is for low level mental health support from others that have suffered themselves and will be led by one of our Mums who is also qualified in Mental Health.



### 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>Bumps to Babes</b>	Come along and meet new parents and parents to-be with fun activities for your babies including songs and rhymes.	10.00am - 11.30am
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### Bookstart Corner / Seedlings Story Café

Wednesday - 1.00pm - 2.00pm

**Bookstart Corner** is suitable for 1 to 2½ year olds and explores the benefits of reading to your child and making it fun.

**Seedlings Story Café** is suitable for 1 to 3 year olds and looks at strategies you can use to support your child's language and communication whilst having fun with stories.

Please contact the centre to find out which session is running and to book your place.

## Thursday

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<b>Story, Songs and Rhymes</b>	<b>At Whitehouse Primary School</b> This session explores sound, actions, and rhymes to support your child's language, communication, and development.	9.30am - 10.30am <b>Term Time only</b>
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<b>Health Visitor Development review</b>	Contact the Health Visitors on 01908 725100 for more details and bookings.	12.45pm - 4.15pm
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### Friends of Seedlings

First Thursday of the month, 1.30pm - 2.30pm

Parent Forum meeting

Friday

**Stay and Play**

For all under 5's  
We have a wide range of activities for your children to explore which supports their learning and development.

10.00am - 11.30am

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 22nd October 2022

Saturday 26th November 2022

Saturday 10th December 2022

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)

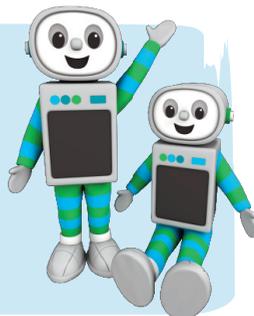
## Time for twos

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.



## 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

- The Incredible Years
- Baby Incredible Years
- Baby Massage
- Starting Solids

### Family Support

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

## 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)

### Seedlings Children's Centre

Singleton Drive, Grange Farm, Milton Keynes MK8 0PZ

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