



The Saplings 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

Saplings Reach Area:

Bow Brickhill, Central Bletchley, Denbigh East, Eaton Leys,
Fenny Stratford, Lakes Estate, Little Brickhill, Newton Leys,
Water Eaton, Wavendon, Woburn Sands.

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

Sessions for parent/carers and children

Monday

Saplings Sensory, Song and Stories for Babies

A relaxed nurturing sensory baby group for non-walkers; with members of the saplings team on hand to offer advice on breastfeeding, baby massage and a wide range of topics.

9.30am - 11.00am

Saplings Story Café

Drop in for support, refreshments and an opportunity to share stories with your child.

2.00pm - 3.00pm

Tuesday

Community Learning Milton Keynes

A rolling programme of courses from sewing to employment focused courses. Contact Saplings on 01908 378123 to find out the latest courses on offer.

9.30am - 11.30am

Saplings Explorers

Join the Saplings team to spark your child's curiosity as we explore the wonders of play through a wide range of activities including outdoor play, songs and stories, for children 0-4 years.

9.30am - 11.00am

After school drop in

Tuesdays and Thursdays - 3.00pm - 4.15pm

For parents/carers and children. Drop in for beans on toast and an opportunity for school age children to practice reading.

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

Wednesday

Wake up and Walk with Saplings	Meet at the centre at 9am for a walk in the community, adults and children welcome, return to the centre and visit The Daily Grind Cafe.	9.00am - 10.00am
The Daily Grind Cafe	Drop in and buy tea, coffee, snacks, cake, served by the students of Whitespire School, takeaway available. Craft activities and stories available for children.	10.00am - 12.30pm
Phonics with Robot Reg	Explore the world of literacy through fun, interactive and engaging classes. For more information and to book see www.robotreg.co.uk or contact Claire via her facebook page.	1.30pm - 2.15pm

Development Checks Wednesdays

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

Thursday

Queensway Toddlers	At Queensway Methodist Church Join the fun for toddler group, a range of activities, fun, chat and coffee. A member of the Saplings team will support the session.	10.00am - 11.30am
Saplings Young Parents Group	Are you a parent aged 25 and under? Come along for a fun filled session where your child can explore a range of activities. There will be opportunities to engage in a first aid course, cooking and wellbeing activities.	1.30pm - 3.00pm

Thursday - continued

Saplings on Tour Ragdolly Annas

At Spotlight, Lakes Estate

Join Saplings for a fun filled session with Ragdolly Annas
Funded for families who live on the Lakes Estate.

1.00pm - 2.00pm

MK Sensory Pre-School Group

Thursdays, 9.30am - 11.00am

A Specialist play and communication group for children aged 0-5 years with a vision impairment and a support network for their parents and carers.

8th Sept, 6th Oct, 10th Nov, 8th December.

Community Larder and Cafe

Coming Soon

Thursdays

Please contact Saplings on 01908 378123 to make enquiries.

Art and Relax CLMK course

Coming Soon

Thursdays

Please contact Saplings on 01908 378123 to make enquiries.

Friday

Soccercise

Calling our female carers, join us for a fun fitness session, please call the centre on 01908 378123 to enquire, spaces limited

9.00am - 10.00am

Feel Good Friday

Join us for our adult wellbeing session, activities will include crafting, sharing skills, conversation and laughter

9.30am - 11.30am

Friday - continued

Socatots

Could your little one be the next England football star?, Join us for a fun active session for children in Saplings Reach Area, please book by calling Saplings on 01908 378123, limited spaces.

1.30pm - 2.15pm


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

Internet Bistro

Monday, Tuesday, Thursday and Friday – 9.30am - 3.00pm

Book a slot to utilise the available IT and Wi-Fi access for job searches, benefit applications or to complete on-line training. Refreshments available for a contribution. Please call the centre on 01908 378123 to book a slot.

Sensory Room

Monday to Friday - 9:30am - 3:00pm

Step into the sensory room with your child and support the development of their senses through lighting, music and a variety of objects. Please call the centre on 01908 378123 to book a calm, relaxing experience.

Parenting Courses

We offer a range of courses including Baby Massage and Baby Incredible Years

Contact the centre on 01908 378123 to enquire about planned courses.

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.

Saplings Sharing Library

Monday to Friday 9.30am - 3.30pm

Share in our love of books and borrow a book from the sharing cabinet located outside the centre.

Saplings Pantry

Monday to Friday 10.00am - 3.00pm

Visit the Saplings Pantry and help reduce food waste.

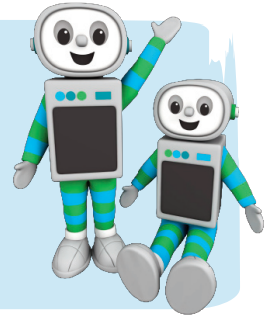
Time for twos

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.



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.



MK Together

For information regarding MK Safeguarding Partnership arrangements go to the MK Together website:

www.mktogether.co.uk/

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

The Saplings Children's Centre

Knowles Nursery School, Queensway, Bletchley MK2 2HB

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