

Sessions for parent/carers and children

Monday

Monday Walkers Club	Meet at Rainbows Start the week with Rainbows, take a wonder and explore different walks in our local community.	9.30am - 11.00am
Story and Songs	Come and shake your shakers with us and discover your singing voices Share a story and a cuppa.	1.45pm - 3.00pm

Pepper Hill School Playground

Monday to Friday, 8.50am - 9.05am (mornings)

Rainbows will be on the playground each morning.

Mondays to Friday, 3.00pm - 3.10pm (afternoons)

Rainbows will be on the playground each afternoon.

Tuesday

Wellbeing Tuesday	Join Rainbows for morning crafts and a bit of breakfast.	9.15am - 10.30am
Stay and Play	A great way for you and your little one to meet new friends and have fun learning through play.	1.00pm - 2.30pm

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

Wednesday Workshop	Free Distance Learning qualifications to boost your CV or Employment Opportunities. Workshops for Budgeting Finances and Debt	9.00am - 3.00pm
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Development Checks

Wednesdays, 12.30pm - 4.00pm

Health visitor clinic for your child's development checks. **Pre booked appointments only.**

Thursday

Forest Tots	Run by Wood End First School At Squirrels Children Centre, Stantonbury, MK14 6BB. £2 a child	9.30am - 11.00am
Tiny Rainbows	A warm nurturing baby group for all parents, including expectant parents. We have pre-loved clothes different ages for a small donation.	1.00pm - 2.30pm
Baby Clinic	At Neath Hill Medical Centre, Neath Hill, MK14 6JY An opportunity to drop in, have your baby weighed and speak to the health visiting team.	1.00pm - 3.00pm

Friday

Stay and Play	A great way for you and your little one to meet new friends and have fun learning through play.	9.30am - 11.00am
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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 session 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

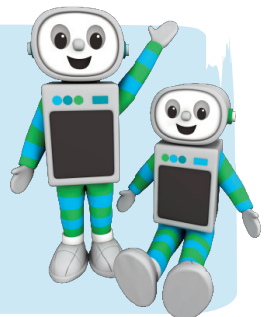
Any enquiries, please contact
daisychain.childrenscentre@milton-keynes.gov.uk

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.



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.

Parenting Programmes

A range of programmes are available to support parenting skills, child development and healthy lifestyles. Please contact Rainbows Children's Centre for more details. **Booking required.**



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



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.

Are you registered at your local children's centre? If not, visit: www.milton-keynes.gov.uk/childrens-centres

Rainbow Children Centre

Pepper Hill School,, Kingsfold, Bradville, Milton Keynes, MK13 7BQ

01908 227925



Rainbow 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

Rainbow Reach Area:

Bancroft, Bancroft Park, Bluebridge, Bradville, Downhead Park, Linford Wood, Neath Hill, Pennyland

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

