



Moorlands Family Centre Programme

Services and support for families
and the community

Open Monday to Friday from 8.30am

Moorlands Reach Area:

Beanhill, Coffee Hall, Leadenhall and South Oldbrook

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

Tel: 01908 679819

 **Milton Keynes**
City Council

Sessions for parents/carers and children

Monday

Mini Movers	Fun music and dancing session for children 0 to 4 years with their parents/carers. Run by All People Active.	9.00am - 9.45am Term time only
Story and Songtime	At Oldbrook First School Come and join us as we explore stories, songs and rhymes. In conjunction with Pebbles Children's Centre.	9.00am - 10.30am Term time only
Recycled Teenagers	A friendly social group for anyone over the age of 50. Please feel free to join us for a chat, bring your own lunch. <i>50p contribution towards refreshments.</i>	12.00 noon - 2.00pm
Stay and Play	A fun and varied play session for your children, supporting different areas of their development within a friendly, inclusive environment. Healthy snack included. Sessions are suitable for children from birth to 4 years.	1.30pm - 3.00pm
Games Group	ADULTS ONLY. <i>50p contribution towards refreshments.</i>	2.15pm - 4.15pm
School's Out!	After school session for children with their parents. Enjoy fun games and a light snack.	3.00pm - 4.00pm
Brownies	For further information, contact the Brownies Co-ordinator Sarah Beanhill.Brownies@hotmail.com	6.00pm - 7.30pm

Breakfast Club

Monday - Friday, 8.00am - 9.00am

Pop in for breakfast, a chat and a play, a selection of cereals, toast and fruit available. **Free – contributions welcomed.**

Moorlands 2Nursery

Monday - Friday, 8.30am - 11.30am

Nursery school places for those in receipt of 2 year funding.

Moorlands Nursery School

Monday - Friday, 8.30am - 3.30pm

High quality nursery provision for 3 and 4 year olds. Morning and afternoon places available.

Tuesday

Soccercise with MK Dons

Fun exercise class for women. *Free*

9.30am - 10.30am

Moorlands Morning Meetup

Are you new to the area? Are you pregnant or have children? Would you like help applying for 2-year funding? Need someone to talk to about life and all it's ups and downs? Come to this drop-in session where children can play and you can chat to other parents, staff and find out about the wide range of support available for you and your family.

10.45am - 12.15pm

Ragdolly Annas

Interactive musical fun show for preschool children and their parents/carers. *Free - contributions welcomed.*

12.45pm - 1.30pm

Sexual Health Sessions

Drop-in run by Terence Higgins Trust. 1:1 and group sessions offering support on sexual health including free STI testing.

1.00pm - 2.30pm
Second Tuesday of each month

Breastfeeding Support Group

At Hedgerows Family Centre, Netherfield.

Get one to one support from specially trained staff, chat to other mums and build your confidence. No need to book.

1.00pm - 2.30pm
First Tuesday of each month

Tuesday - continued

Baby Group	A relaxed, welcoming group to meet other new parents, with early play opportunities for your baby including sensory play and songs and rhymes. Sessions are suitable from bumps to walking.	1.45pm - 3.15pm Term time only
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Community Based Employability Drop-in Support	Job Club run by CES Practical help and advice with the steps towards finding work, guidance with identifying skills and potential work options and information about local job vacancies and training opportunities.	1.00pm - 3.00pm
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MoorCrafts	Crafting session, whether you're a beginner or an expert, come along to this fun group for all ages. <i>50p towards the cost of refreshments.</i>	2.00pm - 4.15pm
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Disability Social Group	Run by Neway Social club for adults with disabilities.	6.30pm - 8.00pm
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Employability Training

Mondays and Tuesdays, 9.00am - 10.00am and 10.30am - 11.30am

Help with CV writing, job searching and applications. **Appointment only.**

Food Bank Serving Centre

Mondays and Wednesdays, 2.30pm - 3.30pm

Thursdays, 9.30am - 10.30am

Available for food voucher issuing and food parcels.



Midwife Appointments

Tuesdays and Thursdays, 9.00am - 4.00pm

Wednesdays, 1.00pm - 4.00pm

Bookable through your midwife.

Wednesday

In the Playground at Moorlands Primary School	Come and meet a member of staff, have a chat and find out more about what's happening.	8.40am - 10.00am
Seasonal Sensory Walk	Families welcome from bumps to under 5's. Enjoy exploring the outdoors interacting with nature. Dress for the weather and remember those rain covers for push chairs and wellies for muddy puddles.	9.00am - 10.00am
Woughton Advice Service by WCC	Please call Moorlands to book your appointment. Open to residents of Woughton Parish Council only.	10.00am - 12.00 noon
Stay and Play	A fun and varied play session for your children, supporting different areas of their development within a friendly, inclusive environment. Healthy snack included. Sessions are suitable for children from birth to 4 years.	1.30pm - 3.00pm
Study Club	Computers and printing available to children with their parents to help with school homework.	3.15pm - 4.15pm

Thursday

Soft Play	Fun session with the soft play equipment for parents/carers with children 0-5.	9.30am - 10.30am
Stories and Rhymes	Come and join us as we explore songs and rhymes. Parents/carers with children 0-5.	10.30am - 11.00am
Cooking on a budget	Run by CLMK Learn skills and recipes to make your budget stretch further. All materials provided.	11.00am - 1.00pm

Thursday - continued

Childcare Level 2 Course	<i>Starting November 2022</i> Level 2 qualification. Contact the Centre to find out more.	Time TBC
Parenting Course	<i>Starting January 2023</i> Family Transitions Triple P. Helping parents and children going through family separation and how to move forward.	12.15pm - 2.15pm
Messy Play	Fun messy play session with lots of learning and exploring opportunities.	1.30pm - 2.45pm

Therapeutic Life Coaching

Wednesdays and Thursdays, 9.00am - 10.00am and 10.30am - 11.30am

Teaches a range of skills that build into a powerful toolbox to deal with life and create emotional resilience. **Call to book an appointment.**

Friday

Child Bereavement Trust Support Sessions	With Rachel. Child Bereavement UK helps children, parents and families to rebuild their lives when a child grieves or when a child dies. We support children and young people up to the age of 25 who are facing bereavement, and anyone affected by the death of a child of any age. Contact the Centre to find out how to access this service.	9.00am - 4.00pm
Coffee Morning and Play	Pop in for a tea or coffee, toast and a chat with soft play or other fun play opportunities for children. <i>50p per person contribution towards refreshments</i>	10.00am - 12.00 noon

Friday - continued

Music and Movement	At Coffee Hall Community Centre Please join us for a fun filled session of singing and dancing. Sessions are suitable for children from birth to 4 years.	10.30am - 12.00 noon Term time only
Moorlands Community Larder	SOFEA Community Larder Access to surplus food through a £3.50 per week membership.	1.30pm - 2.30pm
Development Reviews	Bookable through the Health Visiting Team on 01908 725100.	1.00pm - 4.00pm
Library Session and Story Café	Join Moorlands Library Swap your books, read a story, explore the story sacks and learn how to make your own.	1.30pm - 3.00pm

Advice and Support

Support for work and training

Volunteering opportunities at the centre. Please speak to a member of the team for more details. **Booking required**

Family support

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

Parenting programmes

Support for families with practical ideas and advice on all aspects of parenting to support your child's development. **Booking required**

Nurturing Programme

The Nurturing Programme supports families with practical ideas and advice on all aspects of parenting to support your child's development. **Booking required**

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

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.

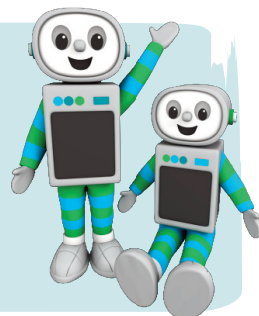
Time for twos

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.





Moorlands Nursery School

A strong start to early education for 2, 3 and 4 year olds

Moorlands Nursery School is a 72 place Local Authority Nursery School which forms part of Moorlands Family Centre, situated on Beanhill. It was described by Ofsted (July 2018) in the following terms:

‘Both the 2Nursery and the 3Nursery are vibrant and caring environments in which children can investigate and discover new things. Children arrive for their session excited to see what the day holds for them. Children make good progress in all areas of learning.’

We offer universally funding places in the morning or afternoon sessions for 3 and 4 year olds and some ‘30 hour provision’ places for parents who are eligible for this funding. 2 year old places for children who are eligible for the ‘Time for Twos’ funding are also on offer.

You are welcome to come into the Centre any time to have a look around the Nursery and discuss your requirements with the Headteacher or any member of the Nursery staff.

Please contact us on 01908 679819 or
call into the Centre on Dodkin, Beanhill.

Deb Spinks - Headteacher



MK Together

For information regarding MK Safeguarding Partnership arrangements go to the MK Together website: www.mktogether.co.uk/

Sensory Play 1:1

The Sensory Room promotes an atmosphere of relaxation which is good for children's emotional health. Our soothing light experience encourages the exploring of feelings whilst becoming interested in the environment. Please pop in or call to book your 30 min appointment. Donations £1 welcomed.

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.

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



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.



MoorlandsFamilyCentre

Find us on Facebook



Meet the Team



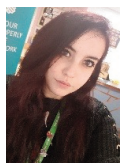
Hello, I'm Debbie, Moorlands Family Centre Head. I have been working with communities across Milton Keynes for over 30 years, when I am helping people live their best life, I am happy! I feel privileged to be a part of your community and love my job and proud of our hardworking team here at Moorlands, they give their all to make the difference.



Hi, I'm Joanne, the Enhanced Practitioner here at Moorlands. I've worked here for over 6 years and have worked in Children's Centres for over 12 years. I love working with and supporting so many lovely people and I love being able to make a difference!



Hello, my name is Elaine and I have worked at Moorlands Family Centre for over 20 years which I think proves I really enjoy my job. I love welcoming people on Reception and supporting them to get the help they need either from our centre or other agencies



My name is Alicia. I am the afternoon Receptionist and Business Support for Moorlands Family Centre. I am responsible for keeping things updated, greeting visitors and ensuring that everyone feels welcome when they visit us here at Moorlands.



Hi, I'm Natalie and new to Moorlands as a Practitioner. I have a wealth of experience working with children and families and I look forward to meeting you all soon.



I would like to introduce myself; my name is Dawn and I have worked at Moorlands Family Centre for over 7 years. My official job title is Practitioner and I absolutely love my role. Every day is different at Moorlands, and I am proud to support and work with people from various ages and backgrounds.



Hi! My name is Queeny and I have been at Moorlands since 2016 working as a Practitioner. I have worked across many other children centres in Milton Keynes and have been employed by the council for over 13 years. I am at my best when supporting, empowering and promoting independence to families.



Hello, my name is Stella and I run the UK Online room at the centre. My passion is helping people to move on with their lives, and I do this either as an IT tutor or a therapeutic life coach. I have been working here at Moorlands for many years and find the community so inspiring.

Useful Numbers

Healthy Start	0300 330 7010
NHS Direct	111
ChildLine	0800 1111
Foodbank	0300 3034933
Milton Keynes City Council	01908 691691
Step Change UK (Debt Management)	0800 138 1111
MKAct	0344 3754307
Woughton Community Council	01908 395681
Samaritans	116 123
Health Visiting Team	01908 725100
MASH – Safeguarding Children	01908 253169
Safeguarding Adults	01908 253772
Kooth – Young people’s mental health	Kooth.com

With support from



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

Moorlands Family Centre

Beanhill Local Centre, Dodkin, Beanhill, Milton Keynes MK6 4LP
moorlandsfamilycentre@milton-keynes.gov.uk