



# Conniburrow 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

**Conniburrow Reach Area:**

Conniburrow, Bradwell Common, Downs Barn, Central Milton Keynes,  
Campbell Park

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

Tel: 01908 675575

 **Milton Keynes**  
City Council

## Sessions for parent/carers and children

### Monday

<b>Songs, Stories and Rhymes</b>	Come and share our love of books! Join us for a fully interactive song and story time, followed by a healthy snack	10.00am - 11.30am
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<b>Mini Movers</b>	Interactive dance session for you and your child with <i>ALL people active</i> .	1.30pm - 2.15pm
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### Community Midwives

#### Monday to Friday

Antenatal clinic **by appointment** with your midwife.

### Tuesday

<b>Community Conniburrow Hub</b>	<b>Conniburrow Community Centre</b> <b>37-39 Conniburrow Blvd, MK14 7DX</b> Come and join us and a host of other agencies to help you with form filling, returning to work, training and any other support that is needed.	10.00am - 12.00 noon
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<b>Baby Clinic</b>	<b>Rowans Childrens Centre</b> <b>13a Moorfoot, Fullers Slade, MK11 2BD</b> An opportunity to talk to the health visiting team and get your baby weighed.	9.30am - 11.30am
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<b>Stay and Play</b>	Follow your child's lead in our stimulating, natural play environment. Lots of exciting play opportunities inside and out to maximise your child's curiosity and learning. Healthy snacks are also on offer.	9.30am - 11.00am
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<b>Bumps and Babies</b>	Come and join our relaxed, nurturing, sensory baby session for non walkers. Time together to meet new parents and share experiences.	1.00pm - 2.30pm
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## Wednesday

<b>Messy Play</b>	Time to be curious! Come and explore and experiment in sensory tuff trays. Healthy snacks are also on offer. <b>Spare clothes advisable.</b>	9.30am - 11.00am
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<b>Baby Clinic</b>	<b>Neath Hill Medical Centre</b> <b>Tower Crescent, Neath Hill</b> An opportunity to talk to the health visiting team and get your baby weighed.	1.00pm - 3.00pm
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<b>Stay and Play</b>	<b>Central Milton Keynes Library</b> Toys, stories and fun activities for unders 5s.	1.30pm - 2.30pm
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<b>LIPS – Let's Interact and Play</b>	<b>This 4 week</b> rolling programme is to support your child with speech and language. <b>Bookable session.</b> Please speak to a member of the team.	1.30pm - 2.45pm
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## Thursday

<b>Woodland Walk</b>	Come and join us for a gentle stroll, time to talk. Meet new people and enjoy nature. <b>Meet at the Childrens Centre for 10.00am.</b>	10.00am - 11.15am
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<b>Hot drink and catch up</b>	Join us and friends for a hot drink and a chat, with or without your child.	11.15am - 12.00 noon
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<b>Shared Lunch</b>	Lunch, hot drinks and a chance to come together socially.	12.00pm - 1.00pm
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<b>Baby Clinic</b>	<b>Hedgerows Childrens Centre</b> <b>Langlands Road, Netherfield</b> An opportunity to talk to the health visiting team and get your baby weighed.	9.30am - 11.30am
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## Parenting Courses

A rolling programme of courses to support parenting skills, child development and healthy lifestyles. **Please speak to a member of the team for more details.**

## Development Checks

Health visitor clinic for your child's development checks.

**Appointments by your health visitor.**

### Friday

#### **Rise and Shine it's breakfast time**

Breakfast, hot drinks and a chance to come together with friends.

8.45am - 10.30am

#### **Crafty Cuppa**

Adult's arts and crafts with a cuppa and a chance to chat.  
Children welcome to join you.

10.00am - 11.00am

#### **Bumps and Babies**

Come and join our relaxed, nurturing, sensory baby session for non-walkers.  
Time together to meet new parents and share experiences.

1.00pm - 2.30pm

## Parent Forum

### **Last Friday of each month**

A group of parents that work together to extend and support the services delivered in the Children's Centre.

## 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)

# Working Parent's Group

## The 2023 tour update...

<b>Saturday 25th March 2023</b>	<b>Conniburrow Children's Centre, Conniburrow</b>	<b>01908 675575</b>
Saturday 22nd April 2023	Daisychain Children's Centre, West Bletchley	01908 641454
<b>Saturday 13th May 2023</b>	<b>Rainbow Children's Centre, Bradville</b>	<b>01908 227925</b>
Saturday 17th June 2023	Hummingbird Children's Centre, Broughton	01908 609609
<b>Saturday 22nd July 2023</b>	<b>Pebbles Children's Centre, Fishermead</b>	<b>01908 240556</b>
Saturday 2nd September 2023	Rowans Family Centre, Fullers Slade	01908 565852
<b>Saturday 23rd September 2023</b>	<b>Sunshine Children's Centre, Furzton</b>	<b>01908 508566</b>
Saturday 21st October 2023	Hedgerows Family Centre, Netherfield	01908 239000
<b>Saturday 25th November 2023</b>	<b>Saplings Children's Centre, Central Bletchley</b>	<b>01908 378123</b>
Saturday 9th December 2023	Moorlands Family Centre, Beanhill	01908 679819

All Saturday sessions are from 9:30am - 11:30am

Any enquiries, please contact  
[www.milton-keynes.gov.uk/childrens-centre](http://www.milton-keynes.gov.uk/childrens-centre)



## Baby Massage

### 4 week course

For non-crawlers to strengthen bonding and promote relaxation.  
Please speak to a member of the team. **This is a bookable session.**



### MK Together

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

## 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.

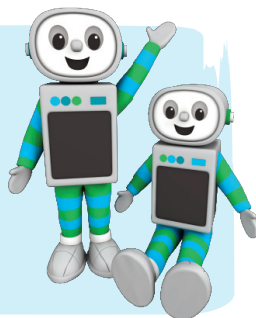
### Time for twos

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.



### 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)**

**Conniburrow Children's Centre**  
1 Germander Place, Conniburrow Boulevard,  
Milton Keynes MK14 7DU  
01908 675575

M19270 - February 2023