



# 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

**Songs, Stories and Rhymes**  
**NEW TIME** Come and share our love of books! 9.15am - 10.45am  
Join us for a fully interactive song and story time, followed by a healthy snack

**Baby Massage** **A 4 week course** for non-crawlers to strengthen bonding and promote relaxation. **This is a bookable session.** 1.30pm - 2.15pm  
Please speak to a member of the team.

### Community Midwives

#### Monday to Friday

Antenatal clinic by appointment with your midwife.

### Tuesday

**Stay and Play**  
**NEW TIME** Follow your child's lead in our 9.15am - 10.45am  
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.

**Baby Clinic** **Rowans Childrens Centre** 9.30am - 11.30am  
**13a Moorfoot, Fullers Slade, MK11 2BD**  
An opportunity to talk to the health visiting team and get your baby weighed.

**Community Conniburrow Social Space** **Conniburrow Community Centre** 10.00am - 1.00pm  
**37-39 Conniburrow Blvd, MK14 7DX**  
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. Play opportunities for babies and children, followed by a light lunch.

## Tuesday - continued

<b>Foodbank Top up Shop</b>	<b>Conniburrow Community Centre</b> <b>37-39 Conniburrow BLVD, MK14 7DX</b> Choose 10 store cupboard items for £2.00 for individuals or 20 items for £4.00 per family. <b>Don't FORGET YOUR BAGS</b>	10.00am - 11.30am
<b>Community Larder</b>	<b>Cross and Stables Church, Community Centre,</b> <b>Downsbarn Boulevard, MK14 7RZ</b> Bringing good quality, surplus food to members. Individual membership £3.50 a week for 10 items plus fruit and vegetables. Family membership £7.00 for 20 items plus fruit and vegetables.	11.00am - 12.30pm
<b>Foodshare</b>	Help reduce waste, free fruit, vegetables and bakery items. <b>Don't FORGET YOUR BAGS</b>	1.00pm - 1.30pm
<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

## 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.**

## 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)

# Development Checks

## Wednesday mornings

Health visitor clinic for your child's development checks.

Appointments by your health visitor.

## Wednesday

**Messy Play**  
**NEW TIME**

Time to be curious! Come and explore and experiment in sensory tuff trays. Healthy snacks are also on offer.  
**Spare clothes advisable.**

9.15am - 10.45am

**Baby Clinic**

**Neath Hill Medical Centre**  
**Tower Crescent, Neath Hill**

An opportunity to talk to the health visiting team and get your baby weighed.

1.00pm - 3.00pm

**Stay and Play**

**Central Milton Keynes Library**  
**555 Silbury Blvd, Milton Keynes,**  
**MK9 3HL**

Toys, stories and fun activities for unders 5s.

1.30pm - 2.30pm

**LIPS – Let's Interact and Play**

**This 4 week** rolling programme is to support your child with speech and language. **Bookable session.** Please speak to a member of the team.

1.30pm - 2.45pm

**Conniburrow Community Fridge**

**34 Bramble Avenue,**  
**Conniburrow MK14 7AP**

Help reduce waste, free fruit, vegetables and bakery items. **Don't FORGET YOUR BAGS**

4.00pm - 6.00pm

## Thursday

<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
<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 - 11.00am
<b>Cuppa and Company</b>	Join us and friends for a hot drink and a chat, with or without your child. Exciting play opportunities inside for babies and children will also be on offer.	11.00am - 12.00 noon
<b>Shared Lunch</b>	Lunch, hot drinks and a chance to come together socially.	12.00 noon - 1.00pm

### Support and Advice

If you need any support or advice please contact the centre for more information.

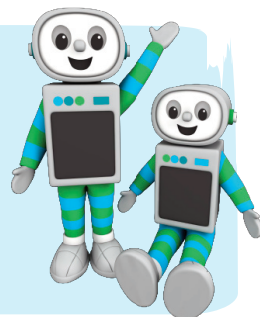
We work in partnership with a host of agencies in Milton Keynes, so please reach out. No amount of help needed is ever too big or small.

### 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.



## 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.

## Friday

### Rise and Shine it's breakfast time

Breakfast, hot drinks and a chance to come together with friends. Exciting play opportunities inside for babies and children will also be on offer.

8.45am - 11.00am

### Meet and Eat Community Lunch NEW SESSION

**Conniburrow Community Centre**  
**37-39 Conniburrow BLVD, MK14 7DX**  
Join Community Welfare Action and Great Linford Parish Council for company, Halal lunch and conversation.

11.00am- 1.00pm

### Conniburrow Community Fridge

**34 Bramble Avenue,**  
**Conniburrow MK14 7AP**  
Help reduce waste, free fruit, vegetables and bakery items. **Don't FORGET YOUR BAGS**

12.30pm - 2.30pm

### Wellbeing Cuppa NEW SESSION

Adult's colouring/wordsearches along with a hot drink and company. Exciting play opportunities inside for babies and children will also be on offer. An ideal session for you if you have a toddler and a baby and want a quieter session.

1.00pm - 2.30pm

## 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.



# Working Parent's Group

## The 2023 tour update...

Saturday 9th 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)

## 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.



### MK Together

For information regarding MK Safeguarding Partnership arrangements go to the MK Together website: [www.mktogether.co.uk/](http://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](http://www.milton-keynes.gov.uk/childrens-centres)

### Conniburrow Children's Centre

1 Germander Place,  
Conniburrow Boulevard,  
Milton Keynes  
MK14 7DU

**MK** Milton Keynes  
City Council

M19290 - September 2023