



# Sunshine 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

Sunshine Reach Area:

Furzton, Emerson Valley, Shenley Lodge and Shenley Brook End

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

01908 508566



## Sessions for parent/carers and children

### Monday

<b>Stay and Play</b>	A play session for under 5's with indoor and outdoor play and songs and rhymes	10:00am - 11:30am
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### Parenting Workshops and Family Learning Courses

Please contact the centre for more information

### Tuesday

<b>Help Hub Café</b>	Come and enjoy a cuppa and a chat with activities for your child. Support available with form filling , nursery applications ,work and training and much more.	10:00am - 11:30am
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### Development Reviews

Tuesday - 1:00pm - 4:00pm and Wednesday 9:00am - 1:00pm

By appointment only with the health visiting team.

### Community Fridge at Westcroft Pavilion

Tuesdays 2:00pm - 4:00pm

### Wednesday

<b>Walk and Talk</b>	Join us for a walk in the local area and explore nature with your child.	9:30am - 11:00am
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<b>Story and Song Time</b>	Come and join us as we explore stories, songs, and rhymes, focussing on supporting your child's communication and language development.	1:30pm - 3:00pm
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### Sensory Play

Please contact the centre for details of how to book some time in our sensory room.

## Thursday

<b>Baby Group</b>	Come and meet new parents in a relaxed session including songs and rhymes. For non walkers	10:00am - 11:30am
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<b>Citizens Advice</b>	Fortnightly appointments Bookings available on 08082 787991 or <a href="https://www.miltonkeynescab.org.uk/shenley-brook-end-parish-council/">https://www.miltonkeynescab.org.uk/shenley-brook-end-parish-council/</a>	10.00am - 1.00pm
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## Community Larder 2:00pm - 4:00pm

Saplings Children's Centre

## Friday

<b>Music Bugs</b>	A sensory , interactive play-based music class for babies, toddlers and pre-schoolers. Book at: <a href="https://bookwhen.com/musicbugs/miltonkeynes">https://bookwhen.com/musicbugs/miltonkeynes</a>	10.00am - 12.00 noon <b>Term-time only</b>
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## Community Larder at Westcroft Pavilion

2:00pm - 4:00pm

## Saturday

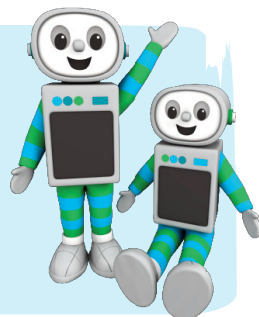
<b>Working Parent's Group</b>	Contact the centre for details of venues and dates	9.30am - 11.30pm
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### Time for twos

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.



## 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.

### 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)



#### MK Together

For Information regarding MK Safeguarding Partnerships 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.



### Healthy Start Vitamins

Collect vitamins from the centre with your NHS Healthy Start card.

### 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)

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 **Milton Keynes**  
City Council

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