



# The Rowans Family Centre Programme

Services and support for families and the community

Open Monday to Friday from 8.30am

The Rowans Reach Area:

Calverton, Galley Hill, Greenleys, Fairfields, Fullers Slade, Hodge Lea, Kiln Farm, Stacey Bushes and Stony Stratford.

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

Tel: 01908 565852

 **Milton Keynes**  
City Council

## Sessions for parent/carers and children

### Monday

**Story, Songs and Rhymes**      *11th September - 9th October*      9.30am - 10.30am  
Come along and enjoy an interactive story and song time.

**Soft Play**      *Starting 23rd October*      9.30am - 11.30m  
Come along and explore our soft play equipment through rolling, building, and crawling and enjoy a story and snack together at the end of the session.

#### **1-1 family support @ Greenleys First School - OUTREACH**

**9.00am - 10.30am - rotation basis (further dates in 2024 will be advertised)**

*18th September - 9th October*

We are working with Greenleys School to deliver 1-1 family support sessions at the school. Please call the centre for more information or speak to the school.

**Parenting Programme**      *23rd October - 18th December*      9.00am - 10.30m  
We are working in partnership with Greenleys First School to deliver parenting sessions. Please speak to a member of the team or to the school for further information.

**Employment Advice and Support**      Would you like advice and support to return/find employment? Or thinking about changing your career? If so, please come along to Job Club run by the Job Club team.      1.00pm - 3.00pm

**Parenting Courses**      **Incredible Babies**      1.30pm - 3.00pm  
*Starting 11th September*  
Would you like to know how to support, promote and understand your babies' developmental needs? This is a 6-week course for you to attend with your babies and suitable for expectant babies.

## Monday - continued

<b>Parenting Courses</b>	<b>Baby Massage</b> <i>October - November</i> For parents and babies to strengthen bonding, promote relaxation and digestion, help relieve colic and help you baby to sleep. This is a 4-week course.	1.30pm - 3.00pm
	<b>Baby Yoga</b> <i>January-February</i> This is a natural successor to baby massage. Baby Yoga classes offer a mixture of movement and relaxation.	1.30pm - 3.00pm

<b>Boxercise for young people</b>	Aged 6 and above. Would you like your child to have fitness training and learn boxing skills? If so, come along and join this group.	6.00pm - 8.00pm
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### Drop-in Café

**Mondays and Wednesdays, Thursdays, 9.00am - 4.00pm**

**Tuesdays, 1.00pm - 4.00pm**

**Fridays, 9.00am - 1.00pm**

Our café is open daily for you to drop in for a cup of tea and time to play with your children.

## Tuesday

### Takeaway Tuesday @ The Rowans (Tuesdays)

We take delivery of a whole host of food produce from ASDA as part of the Fareshare programme. Please bring a bag and collect items for free.

<b>Baby Clinic</b>	This is an opportunity for you to drop in, have your babies weighed and speak to the health visiting team. Please arrive by 11am to ensure you are seen by the health visiting team.	9.30am - 11.30am
<b>Baby Group</b>	Join our warm, nurturing baby group with a variety of sensory experiences and time for you to meet other parents.	9.30am - 11.30am

## Tuesday - continued

**Crafts and time to chat**      **Make, bake, chat, take**      1.00pm - 2.30pm  
*September - October 2023*

**Getting ready for Christmas, bake and make on a budget**

*November - December 2023*

Join Paula to make and bake with crafts and time to chat with other parents and their children. ***Sponsored by Fullers Clubs***

**Multi Sports with MK Dons and Homework Club**      Join us for a family meal with the children then having the opportunity to enjoy multi sports and or support available for you to help your children with their homework. Limited spaces available please book via the Centre by 3pm on a Monday. ***Sponsored by Fullers Clubs***      3.30pm - 5.00pm

**Senior Youth Club**      For 13+ years - Come along and socialise with others in the Youth Club.      6.30pm - 8.30pm

## Wednesday

**Fun Fitness for Women**      Join Laura from APA fitness in an exercise group for all abilities and meet others in our community.      9.30am - 10.30am

**Messy Play**      Join in getting messy and having fun exploring paints, water, sand, gloop and much more.      9.45am - 11.00am

**Citizen Advice Bureau**      **For residents of Fullers Slade, Galley Hill and Stony Stratford**      10.00am - 1.00pm  
To book an appointment visit ***Fortnightly***  
[www.miltonkeynescab.org.uk/stonystratford-parish-council](http://www.miltonkeynescab.org.uk/stonystratford-parish-council) or call 0808 278 7991

**Rowans Baby Group**      Join us for a calm, relaxing sensory session with song and rhyme time for parents and babies. With activities for you both to join in with and meet other families.      1.30pm - 3.00pm

## Wednesday - continued

**Rowans Breastfeeding Café** Enjoy a hot drink in our café with other parents and young children. With support available for pregnant and breastfeeding mums to have a chat and build your confidence. 2.00pm - 3.30pm

**Community Street Dance Lessons** **Run by UDOIT Dance Foundation** For 8 - 16 yrs. Come along and join the dance lessons 5.00pm - 6.00pm

**Youth Club** For 11- 14 yrs. Come along and socialise with others in the Youth Club 6.00pm - 7.00pm

## Development Reviews

**Mondays and Wednesdays, 12.45pm - 4.15pm**

Health Visitor development reviews, for more information contact the health visitor's hub on 01908 725100.



### **MK Together**

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

## Thursday

**Community Group** **Supporting Fullers Community Groups** 9.15am - 11.30am  
Are you interested in developing events in Fullers Slade, come along to share and learn new skills with your friends and neighbours. ***Sponsored by Fullers Clubs***

**Little Learners** This session will focus on areas of your child's development with a special focus on your child's speech and language; including helping you to understand the stages of your child's development and how you can support your child. 9.30am - 11.00am

**Story, Song and Rhyme Time @ Stony Stratford Library - OUTREACH**  
10.00am - 10.30am

Join us at the library for stories and rhymes with the librarian.

## Thursday - continued

<b>Mobile Food Bank Top Up Shop</b>	Come along every Thursday to the food bank top up shop in the centre's car park. To register please call the foodbank helpline on 0300 303 4933.	1.00pm - 2.30pm
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### 1-1 Parenting sessions

@ St Mary St Giles/Russell Street Schools - OUTREACH

2.30pm - 3.00pm

We are working in partnership with both schools to deliver 1-1 Nurture parenting sessions. Please speak to a member of the team or to the school for further information.

<b>Plant it, grow it, eat it</b>	Spring into the new season while learning about our outdoor environment including, planting, bug hunts and creative activities.	1.30pm - 3.00pm
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<b>Curry Club</b>	You are invited to our free weekly curry club to enjoy great food, meet new friends, and find out what is going on in Fullers Slade. Please book by calling 07557 318900. <b>Sponsored by Fullers Clubs.</b>	4.00pm - 5.00pm
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<b>Community Bingo</b>	Come along for free community bingo with prizes, free refreshments, and time to socialise with your local community. <b>Sponsored by Fullers Clubs</b>	5.00pm - 6.00pm
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<b>Carers MK Support Group</b>	<i>19th October, 16th November, 21st December, 18th January 2024 15th February, 21st March - further dates to be announced.</i> Carers MK @ Fullers Slade Come along and meet other carers.	1.00pm - 2.30pm <b>Monthly</b>
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<b>MK Carers Autism and ADHD Carers support group</b>	<i>5th October 2023, 4th January 2024, 4th April, and 4th July 2024 - further dates to be announced.</i> Come along and meet carers of adults and children with Autism and ADHD.	1.00pm - 2.30pm <b>Quarterly</b>
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### Food Bank

Please speak to a member of staff at your local centre.



### Free Sanitary Products

Help us stop Period Poverty

## Friday

<b>Stay and Play</b>	A fun filled session with creative and physical activities and learning through play with story and song time for under 5s.	9.30am - 11.00am
<b>Milton Keynes Sensory ICT Team</b>	<i>Starting 22nd September</i> Come and join an Early Years group for parents/carers and their children to meet other parent/carers and their children who are deaf/hard of hearing. Learn new strategies to support your child and get advice and support from a range of professionals.	10.30am - 12.00 noon <b>Fortnightly term time only</b>
<b>Fit While you Sit</b>	Come along for a fun session involving balancing, stretching and aerobic/cardio exercises using household items to help you exercise. Stony Stratford Town Council are funding this additional class and you will need to book via <a href="mailto:jane@enajee.com">jane@enajee.com</a> . Join us after the class for refreshments in our café.	1.30pm - 2.30pm
<b>Feel Good Friday and Community Café</b>	A group for all adults in our local community to join for tea, coffee, and games.	1.30pm - 3.00pm

## Sensory Fun

**Mondays, Wednesdays, Thursdays, 9.00am - 4.00pm**

**Tuesdays, 1.00pm - 4.00pm**

**Fridays, 9.00am - 1.00pm**

Book our calm, relaxing room with special lighting and music. Please ring the centre for more information.

## Family Support

Is available on a 1-1 basis, please speak to a member of the team for more information, advice and support.

### Parents Courses we offer

- Nurturing Programme
- Speakeasy
- Triple P

### Community Learning

Courses we offer

- ESOL
- Basic Skills

## 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 The Rowaans Family Centre.



## Healthy Start Vitamins

Healthy Start vitamins coupons can be exchanged at all the centres.

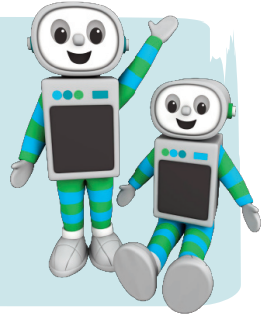
## Time for twos

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.



## 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](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)

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)

Find us on Facebook



**The Rowans Family Centre**

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**Milton Keynes**  
City Council

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