



Hedgerows Family Centre Programme

Services and support for families and the community

Open Monday to Friday from 8.00am

Hedgerows Reach Area:

Netherfield, Tinkers Bridge, Ashland, Eaglestone, Peartree Bridge, Browns Wood, Caldecotte, Old Farm Park, Simpson, Walnut Tree, Walton, Walton Park and Wavendon Gate.

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

Tel: 01908 239000



Milton Keynes
City Council

Sessions for parent/carers and children

Monday

Development Reviews	Health Visitor development reviews, for more information contact the health visitors hub on 01908 725100 .	8.30am - 12.30pm
Sensory Fun	Book a calm, relaxing room with special lighting and music. Please ring the centre for more information on 01908 239000	9.00am - 3.00pm
Stay and Play	A fun filled session for you and your child to enjoy activities indoors and outdoors, with story and song time.	10.00am - 11.30am
Drop in Café	The café is open daily for you to drop in for a cup of tea and time to play with your children.	1.00pm - 3.00pm
MK Carers support group NEW	Come along for advice and support in your caring role. <i>23rd October; 27th November; 22nd January 2024 ; 26th February; 25th March; 22nd April; 24th June; 22nd July.</i>	1.15pm - 2.45pm

Netherfield Community Café @ Netherfield Meeting Place - OUTREACH **12.00 noon - 3.00pm**

Pop in for a tea, coffee and snack at Netherfield Meeting Place. Please keep a look out on Woughton Community Council Facebook page for regular updates.

Story, song and Rhyme time @ Netherfield Community Café **at Netherfield Meeting Place - OUTREACH **NEW****

1.30pm - 3.00pm

Join us at Netherfield meeting place for story time, singing and rhymes.

Tuesday

Coffee Morning @ Langland Primary School - OUTREACH **NEW**

9.00am - 10.00am

Pop in after dropping your children at school for a hot drink and chat with Langland Primary School team and Hedgerows Family Centre team.

Stay and Play @ Falconhurst Primary School - OUTREACH **NEW**

9.00am - 10.00am

Join us at Falconhurst Primary School for a fun filled session for you and your child to enjoy activities, with story and song time.

Woughton Advice Service (WAS)	Support and advice for debt, money advice, benefits and tax credits, eviction, rent arrears, home swap, form filling, computer access, housing advice, work issues, benefit checks and more. Please speak with a member of the team for more information and to make an appointment. This is run by Woughton Community Council.	10.00am - 12.00pm
Drop in Café	The café is open daily for you to drop in for a cup of tea and time to play with your children.	10.30am - 2.00pm
Sensory Fun	Book a calm, relaxing room with special lighting and music. Please ring the centre for more information on 01908 239000.	12.00 noon - 3.00pm

Breastfeeding Café 12.30pm - 2.00pm 1st Tuesday of the Month

A relaxing, informal group for pregnant and breastfeeding mums to pop in and get help from specially trained staff, chat to other parents and build your confidence. Please speak to a member of staff for more details.

Tuesday - continued

ESOL NEW	CLMK are running an 11-week free course for those wishing to meet other English speakers of other languages in a relaxed environment and become more confident in everyday conversations. If you are interested, please speak to a member of staff to book your space. Creche spaces available.	12.30pm - 2.30pm
Little Talkers	A fun filled play session with story and song time, focusing on helping children's speech and language development.	1.00pm - 2.30pm
Crafty Café	Join in with craft activities for your children in our cafe, including a healthy snack	2.00pm - 3.15pm

Wednesday

Sensory Fun	Book a calm, relaxing room with special lighting and music. Please ring the centre for more information on 01908 239000.	9.00am - 3.00pm
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Wellbeing Wednesday @ Moorlands Primary School - OUTREACH

9.00am - 10.00am

Pop in after dropping your children at school for a hot drink and chat with Moorlands Primary School team and Hedgerows and Moorlands Family Centre teams.

Mucky Pups	Join in getting messy and having fun together while we explore paints, water, sand, gloop and much more. You may wish to bring spare clothes.	9.45am - 11.00am
Toddler Time	Come and join Annette in her fun filled music sessions with rhymes and action songs.	11.00am - 11.30am

Wednesday - continued

Drop in Café	The café is open daily for you to drop in for a cup of tea and time to play with your children.	12.30pm - 4.00pm
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Parenting Courses NEW	Nurture Programme - 4-week course <i>24th Jan - 14th Feb 2024</i>	12.30pm - 2.30pm
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Would you like to think and learn about parenting in a fun and practical way? This programme offers lots of approaches to developing a healthy relationship between you and your children. **Booking required.**

Incredible Babies

October 2023

At Seedlings Children's Centre

Would you like to know how to support, promote and understand your babies' developmental needs? This is a course for you to attend with your babies and suitable for expectant parents.

Booking required.

Baby Massage and Adult and Baby Yoga NEW	Baby Massage - A 4 week programme <i>8th-29th November 2023</i>	1.00pm - 2.00pm
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for parents and babies to strengthen bonding, promote relaxation and digestion, help relieve colic and help your baby sleep. Please speak to a member of the team to register your interest.

Baby Massage and Adult and Baby Yoga NEW	Adult and Baby Yoga - A 4 week programme <i>6th-27th March 2024</i>	1.00pm - 2.00pm
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for parents and babies to help strengthen parents bodies after birth and to promote relaxation, strengthen bonding and have fun. Please speak to a member of the team to register your interest.

Wednesday - continued

Baby Stay and Play	A calm, relaxing sensory session with song and rhyme time for parents and babies with the opportunity to meet other families with activities for you both to join in with.	1.30pm - 3.00pm
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Thursday

Sensory Fun	Book a calm, relaxing room with special lighting and music. Please ring the centre for more information on 01908 239000.	9.00am - 3.00pm
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Baby Clinic	An opportunity to drop in, have your baby weighed and speak to the health visiting team.	9.30am - 11.30am
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Baby Group	A warm, nurturing baby group with a variety of sensory experiences and time to meet other parents.	9.30am - 11.30am
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Fun Fitness for Women	Join APA fitness in an exercise group for all abilities. Please speak to a member of the team to book a creche space.	9.30am - 10.30am
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Healthy Lifestyles Café	A well-being café for adults to enjoy refreshments and healthy snacks after Fun Fitness for Women.	10:30am - 11.15am
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Young Parents Group @ Coffee Hall 12.30pm - 2.00pm

For parents under 25 years old, run by Woughton Community Council, join them for a light lunch, chat and play opportunities for young children and babies.

Drop in Café	The café is open daily for you to drop in for a cup of tea and time to play with your children.	1.00pm - 4.00pm
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Thursday - continued

Soccer for tots NEW	<i>Starting 14th September</i> A 5-week session to get your tots active using a football to develop basic movement patterns, balance and coordination. Speak to a member of staff to book a space.	1.30pm - 2.30pm
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Stay and Play @ Wavendon Gate Primary School - OUTREACH **NEW** 2.15pm - 3.30pm

Join us at Wavendon Gate Primary School for a fun filled session for you and your child to enjoy activities, with story and song time.

Friday

Employment and Benefit Support Drop In	Fortnightly Pop in to see Penny for support and queries with your benefits and employment.	9.00am - 11.00am
Soft Play	A range of soft play equipment is here for your young children to explore through rolling, building and crawling.	10.00am - 11.00am
Snack Time Café	Stay for a delicious snack in the café with story and song time.	11.00am - 11.30am
Sensory Fun	Book a calm, relaxing room with special lighting and music. Please ring the centre for more information on 01908 239000.	12.00 noon - 3.00pm
Development Reviews	Health Visitor development reviews, for more information contact the health visitors hub on 01908 725100.	12.15pm - 3.30pm
Food Bank Mobile Top Up Shop	Come along every Friday 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

Friday - continued

Feel Good Friday Community Café

Living in the local area? Pop in and meet other members of the local community over a cup of tea or coffee.

1.00pm - 3.00pm

APA MK Youth Girls

Youth group for 8-16 year old girls. Safe space for girls to come to socialise, get active, meet new people and make new friends

4.00pm - 5.00pm

Hedgerows Community Food Trolley

Pop by the centre throughout the week to see what food has been donated by the local church.

New Birth Registration

Monday - Friday

To make an appointment to register the birth of your baby please book via the online booking system on the Milton Keynes City Council website or by calling 01908 372101.

Sharing Library

Monday - Friday

Speak to a member of the team if you would like to borrow any of our books or story sacks.



MK Together

For information regarding MK Safeguarding Partnership arrangements go to the MK Together website:

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.



Working Parent's Group

The 2023 tour update...

Saturday 9th September 2023	Rowans Family Centre, Fullers Slade	01908 565852
Saturday 23rd September 2023	Sunshine Children's Centre, Furzton	01908 508566
Saturday 21st October 2023	Hedgerows Family Centre, Netherfield	01908 239000
Saturday 25th November 2023	Saplings Children's Centre, Central Bletchley	01908 378123
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

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.

Parents Courses we offer

- Nurturing Programme
- Speakeasy
- Triple P

Community Learning

Courses we offer

- ESOL
- Basic Skills

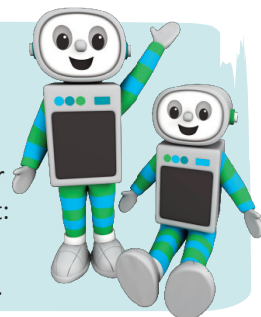
Time for twos

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.



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

Family Centres

Sexual
health
advice

Teenage/
young
parent
groups

Community
Groups

Ante-natal
support

Children's
Centre
services

Childcare

Domestic
violence, drug
and alcohol
support

Breast
feeding
groups

Parenting
support

Youth
support
services

Adult
learning

Employment
support



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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.



Free Sanitary Products

Help us stop Period Poverty

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

Find us on Facebook



Hedgerows Family Centre
Langland Road
Netherfield
Milton Keynes
MK6 4NP

MK Milton Keynes
City Council

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