

The Saplings 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

Saplings Reach Area:
Bow Brickhill, Central Bletchley, Denbigh East, Eaton Leys, Fenny Stratford, Lakes Estate, Little Brickhill, Newton Leys, Water Eaton, Wavendon, Woburn Sands.

www.milton-keynes.gov.uk/childrens-centre
01908 378123

Milton Keynes City Council

Sessions for parent/carers and children

Monday

Culture Café	Do you want to improve your English? Join us for word games, reading and discussing women's health.	9:15am - 10:45am
Time for Two's Application Support	Drop-in and see our Time for Two's Practitioner for support with applying and finding an Early Years Setting for your child.	9:30am - 12:00 noon
Baby Massage	A calm, guided session with our trained staff giving you the chance to explore the wonderful benefits of baby massage in a relaxed and supportive environment. **This is a bookable session**, please contact the centre to register your interest.	11:15am - 12:15pm
Refresh Your Maths	Would you like to become more efficient in numeracy within your daily lives -household bills, shopping deals, mobile phone plans, supporting your child with their Maths homework? Give Saplings a call to book on our Numeracy Confidence course running for 8 weeks.	1:00pm - 3:00pm

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**

Tuesday

Stay and Play	Join the Saplings team to spark your child's curiosity as we explore the wonders of play through a wide range of activities including outdoor play, creativity, songs, and stories, for children 0-4 years.	9:30am - 11:00am
Support Work in Schools with CLMK	Level 2 accredited course running for 16 weeks. Creche available and booking essential.	9:00am - 12:00 noon
Bumps and Babies	A relaxed nurturing sensory baby session for non-walkers. An opportunity to meet other parents with the team on hand to offer advice on breastfeeding, baby massage, starting solids and a wide range of other topics.	1:00pm - 2:30pm

Community Midwives

Tuesdays, Wednesdays, Thursdays and Fridays - 9:00am - 4:00pm

Antenatal Clinic by appointment with your midwife.

Wednesday

Wake up and Walk with Saplings	Meet at the centre at 9am for a walk in the community, adults, and children welcome, return to the centre and visit The Dayly Grind Café.	9:00am - 10:00am
DWP Drop-in	Support with benefits, Universal Credit and financial advice going back to work or changing hours.	9:30am - 12:00 noon
The Dayly Grind Cafe	Drop-in and buy tea, coffee, toasted sandwiches, cake, served by the students of Whitespire School, takeaway available. Craft activities and stories available for children.	10:00am - 12:30pm

Wednesday - continued

Development Checks	By appointment only with Health Visitors.	12:30pm - 4:30pm
Phonics with Robot Reg for Pre-schoolers	Explore the world of literacy through fun, interactive and engaging classes to support your child's speech and language development and literacy skills. Please contact the centre to register your interest for the next available course.	1:30pm - 2:15pm
Homework and Reading Club	Support with reading and homework after school.	3:00pm - 4:00pm

Housing Drop-In

First Wednesday of each month - 9:00am - 12:00 noon

Face to face support and advice with your local housing officer.

Thursday

Queensway Toddlers	**At Queensway Methodist Church** Join the fun for toddler group, a range of activities, fun, chat, and refreshments. A member of the Saplings team will support the session.	10:00am - 11:30am
Spotlight Help Hub	Meet one of the Saplings Team at Spotlight for support, advice, and signposting.	11:45am - 12:45pm

MK Sensory Pre-School Group

Thursdays, 9:30am - 11:00am

A Specialist play and communication group for children aged 0-5 years with a vision impairment and a support network for their parents and carers. Dates available on MK Sensory Facebook Page.

Healthy Movers

Coming Soon

Thursdays, 9:00am - 10:00am

Please contact Saplings on 01908 378123 to make enquiries.

Community Larder

Thursdays, 2:00pm - 4:00pm

Join the SOFEA Larder Scheme to reduce your shopping bill and support reducing supermarket waste. Speak to Saplings staff for more details.

Friday

Little Talkers Drop-In	Explore and develop your little one's language in creative and fun ways that support and aid language development.	9:15am - 10:30am
Baby Ballet	Join with your little one, dancing to music using imaginative play and a variety of props to explore first ballet steps. Aids with concentration, working together, and following instruction skills (for ages 2 plus).	11:00am - 11:30pm
Socatots	Could your little one be the next England football star? Join us for a fun active session for children in Saplings Reach Area, please book by calling Saplings on 01908 378123, limited spaces.	1:30pm - 2:15pm
Cuppa and Chat	Join us for our adult wellbeing session, activities will include crafting, sharing skills, conversation, and laughter with a cup of tea.	1:30pm - 3:00pm

Saplings Sharing Library

Monday to Friday - 9:30am - 3:30pm

Share in our love of books and borrow a book from the sharing cabinet located outside the centre.



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

Milton Keynes City Council

Sensory Room

Monday to Friday - 9:30am - 3:00pm

Step into the sensory room with your child and support the development of their senses through lighting, music and a variety of objects. Please call the centre on 01908 378123 to book a calm, relaxing experience.

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

- The Incredible Years
- Baby Incredible Years
- Baby Massage
- Starting Solids

Family Support

Family support available for all households. Please ask for further details from the team.

Parenting Courses

Parenting courses run by trained practitioners. Baby Incredibles, Nurture and LIPS. Get in touch for start dates.

Support and Advice

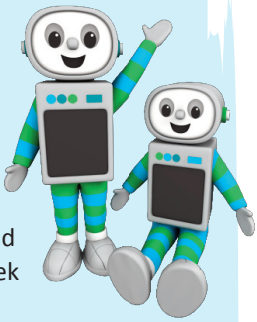
If you need any support or advice please contact the centre for more information.

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.

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.

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**

Parents of children aged two in receipt of certain benefits could qualify for up to 15 hours of free childcare education each week at a local nursery, pre-school or a childminder in your area.
www.milton-keynes.gov.uk/children-young-people-and-families/time-twos

Or visit your local Children's and Family Centre for more help.



Healthy Start Vitamins

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

MK Together

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

The Saplings Children's Centre
Knowles Nursery School
Queensway
Bletchley
MK2 2HB

Milton Keynes City Council

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