

**Conniburrow Childrens Centre- 01908 675575**

**1 Germander Place, Conniburrow, MK14 7DU**

Supporting families in Conniburrow, Downs Barn, CMK, Campbell Park & Bradwell Common

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Songs, Stories &amp; Rhymes</b>  <b>9.15am-10.45am</b>            Come &amp; share our love of books!            Join us for a fully interactive song and story time, followed by a healthy snack.</p> <p><b>Baby Massage</b>  <b>1.30pm-2.15pm</b>            A 4 week course for non-crawlers to strengthen bonding &amp; promote relaxation.  <b>This is a bookable session.</b>            Please speak to a member of the team.</p>	<p><b>Stay &amp; Play</b>  <b>9.15am - 10.45am</b>            Follow your child's lead in our stimulating, natural play environment.            Lots of exciting play opportunities inside &amp; out to maximise your child's curiosity &amp; learning.            Healthy snacks are also on offer.</p> <p><b>Community Conniburrow Social Space</b>  <b>10.00 am-1.00pm</b>  <i>Conniburrow Community Centre</i>  <b>37-39 Conniburrow BLVD, MK14 7DX</b>            Come &amp; join us &amp; 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 &amp; children, followed by a light lunch.</p>	<p><b>Messy Play</b>  <b>9.15am -10.45am</b>            Time to be curious! Come &amp; explore &amp; experiment in sensory tuff trays.            Healthy snacks are also on offer.  <b>Spare clothes advisable.</b></p> <p><b>Baby Clinic</b>  <b>1.00pm -3.00pm</b>  <i>Neath Hill Medical Centre, Tower Drive, Neath Hill, MK14 6JY</i>            An opportunity to talk to the health visiting team and get your baby weighed.</p> <p><b>Stay &amp; Play</b>  <b>1.30 pm-2.30pm</b>  <i>Central Milton Keynes Library</i>  <b>555 Silbury Blvd, Milton Keynes, MK9 3HL</b>            Toys, Stories &amp; fun activities for under 5s</p>	<p><b>Woodland Walk</b>  <b>10.00am – 11.00am</b>            Come &amp; join us for a gentle stroll, time to talk, meet new people &amp; enjoy nature.  <b>Meet at the Childrens centre at 10.00am</b></p> <p><b>Cuppa &amp; Company</b>  <b>11.00am – 12 noon</b>            Join us &amp; friends for a hot drink &amp; a chat, with or without your child.            Exciting play opportunities inside for babies &amp; children will also be on offer.</p> <p><b>Shared Lunch</b>  <b>12.00pm – 12.45pm</b>            Lunch, hot drinks and a chance to come together socially.</p>	<p><b>Community Learning Courses</b>  <b>9.30am-11.30am</b>            We have a variety of course available, please get in touch to find out more &amp; to get booked on.</p> <p><b>Wellbeing Cuppa</b>  <b>1.00pm-2.30pm</b>            Adult's colouring/wordsearches along with a hot drink &amp; company.            Exciting play opportunities inside for babies &amp; children will also be on offer.            An ideal session for you if you have a toddler &amp; a baby &amp; want a quieter session.</p> <p><b>Conniburrow Community Fridge</b>  <b>12.30pm-2.30 pm</b>  <i>Bramble Avenue, Conniburrow, MK14 7AP</i>            Help reduce waste, free fruit, vegetables &amp; bakery items</p>

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	<p><b>Foodbank Top up Shop</b> <b>10.00am-11.30am</b> <i>Conniburrow Community Centre</i> <b>37-39 Conniburrow BLVD, MK14 7DX</b> Choose 10 items store cupboard items for £2.00 for individuals or 20 items for £4.00 per family. <b>Don't FORGET YOUR BAGS</b></p> <p><b>Baby Clinic</b> <b>9.30am -11.30am</b> <i>13a Moorfoot, Fullers Slade, MK11 2BD</i> An opportunity to talk to the health visiting team and get your baby weighed.</p> <p><b>Foodshare 1.00pm-1.30pm</b> Help reduce waste, free fruit, vegetables &amp; bakery items. <b>Don't FORGET YOUR BAGS</b></p>	<p><b>LIPS – Lets interact &amp; play</b><b>1.30pm – 2.45pm</b> This 4 week rolling programme is to support your child with speech &amp; language. Bookable session. Please speak to a member of the team.</p>	<p><b>Baby Clinic</b> <b>9.30am – 11.30am</b> <i>Hedgerows Children's Centre. Langlands Road, Netherfield.</i> An opportunity to talk to the health visiting team &amp; get your baby weighed.</p> <p><b>Conniburrow Community Fridge</b> <b>4.00 pm-6.00 pm</b> <i>Bramble Avenue, Conniburrow MK14 7AP</i> Help reduce waste, free fruit, vegetables &amp; bakery items. <b>Don't FORGET YOUR BAGS</b></p>	
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	<p><b>Community Larder</b> <b>11.30am-12.30 pm</b> <i>Cross &amp; Stable Community Hall, Downs Barn</i></p> <p><b>Bumps &amp; Babies</b> <b>1.00pm -2.30pm</b> Come &amp; join our relaxed, nurturing, sensory baby session for non-walkers. Time together to meet new parents &amp; share experiences.</p>		
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