



# Hedgerows Family Centre Calendar

## January - March 2024

We welcome families from Ashland, Browns Wood, Caledcotte, Eaglestone, Netherfield, Old Farm Park, Peartree Bridge, Simpson, Tinkers Bridge, Walnut Tree, Walton, Walton Park, Wavendon Gate

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>8.30 – 12.30</b> <b>Health Visitor Development Reviews</b> Booked through your health visitor.</p> <p><b>9.00 – 3.00</b> <b>Sensory Fun</b> Book our calm, relaxing sensory room.</p> <p><b>10.00 - 11.30am</b> <b>Stay and Play</b> A fun filled session for you and your child to enjoy activities indoors and out with songs &amp; rhymes.</p> <p><b>12:00-3:00</b> <b>Netherfield Café</b> Pop along to Netherfield meeting place for food, time to chat and meet other.</p> <p><b>1.30 – 3.00</b> <b>Hedgerows drop-in @ Netherfield Meeting Place</b> Pop in for a chat with Hedgerows staff to see</p>	<p><b>9.00 – 10.00</b> <b>Stay and Play @ Falconhurst Primary School</b> A fun filled session of activities for you &amp; your child.</p> <p><b>9.00 – 10.00</b> <b>Coffee Morning @ Langland School</b> Join us for a cuppa &amp; a chat.</p> <p><b>10.30 – 2.00</b> <b>Café Drop In</b> Come and see us in café for activities and time to play with your child.</p> <p><b>10.00 – 12.00</b> <b>Woughton Advice Service</b> Support and advice from Woughton community council, please speak to staff for more details.</p> <p><b>12.00 – 3.00</b> <b>Sensory Fun</b> Book our calm, relaxing sensory room.</p> <p><b>12.30 – 2.30</b> <b>CLMK ESOL</b></p>	<p><b>9.00 – 3.00</b> <b>Sensory Fun</b> Book our calm, relaxing sensory room.</p> <p><b>9.00 – 10.00</b> <b>Wellbeing Wednesday @ Moorlands Primary School</b> Join us for a cuppa &amp; a chat.</p> <p><b>9.45 – 11.00</b> <b>Mucky Pups</b> Join in getting messy and having fun together while we explore paints, water, sand, gloop and much more.</p> <p><b>11.00 – 11.30</b> <b>Toddler Time</b> Join Annette in her fun filled music session with rhymes and action songs.</p> <p><b>1.30 – 3.00</b> <b>Baby Stay &amp; Play</b> A calm, relaxing sensory session with song and rhyme time for parents and babies</p>	<p><b>9.00 – 3.00</b> <b>Sensory Fun</b> Book our calm, relaxing sensory room.</p> <p><b>09.30 – 11.30</b> <b>Baby Clinic</b> An opportunity to drop-in, have your baby weighed and speak to the health visiting team.</p> <p><b>9.30 – 11.30</b> <b>Baby Group</b> A warm, nurturing baby group with a variety of sensory experiences</p> <p><b>9.30 – 10.30</b> <b>APA Fun Fitness for Women</b> Join APA fitness in an exercise group for all abilities. Please speak to a member of staff to book a creche space.</p> <p><b>1.30 - 2.00</b> <b>Adult &amp; Baby Yoga</b> For parents and babies to help strengthen parent's bodies after birth, strengthen bonding and have fun.</p> <p><b>2.15 – 3.30</b></p>	<p><b>9.00 – 11.00</b> <b>Employment Support Drop-In</b> Support with benefits and employment fortnightly from 22<sup>nd</sup> September.</p> <p><b>10.00 – 11.00</b> <b>Soft Play</b> Time to play, rolling, crawling and building.</p> <p><b>11.00 – 11.30</b> <b>Snack Time Café</b> Join us for snack in café after soft play.</p> <p><b>12.00 – 3.00</b> <b>Sensory Fun</b> Book our calm, relaxing sensory room.</p> <p><b>12.30 – 3.30</b> <b>Health Visitor Development Reviews</b> Booked through your health visitor.</p> <p><b>1.00 – 2.30</b> <b>Top up Shop.</b> Come along every Friday to the Food Bank top up</p>

<p>what support we can offer you.</p>	<p>An 11-week English course for Speakers of other languages</p> <p><b>1.00 – 2.30</b> <b>Little Talkers</b> A session to help your little ones with their speech &amp; language development.</p> <p><b>2.00 – 3.15</b> <b>Crafty Café</b> Join us for a selection of crafts and snack in our café.</p>	<p><b>1.30 – 4.00</b> <b>Café Drop In</b> Come and see us in café for activities and time to play with your child.</p>	<p><b>Stay and Play at Wavendon Gate</b> A fun filled session of activities for you &amp; your child.</p> <p><b>1.30 – 4.00</b> <b>Café Drop In</b> Come and see us in café for activities and time to play with your child.</p>	<p>shop in the centre's car park.</p> <p><b>1.00 – 2.30</b> <b>Feel Good Friday Community Café</b> Living in the local area? Pop in and meet other members of the local community over a cuppa.</p>
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