



Moorlands Family Centre – Spring Term 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>B.I.T.E Breakfast Club & IT Education 7:45 – 8:45am</p> <p>Baby Sensory Sensations 9:00 - 1:30pm</p> <p>Employability Training with Stella 9:00 – 11:30am</p> <p>Baby Disco (0-5years) 9:30 –11:00am Café Baby Bean for snacks</p> <p>MoorTalk @ Café Bean A community café for a chat & cuppa 11:00 –12:00pm</p> <p>Recycled Teenagers 12:00 - 2:00pm</p> <p>Just What We Need 1:00 - 2:45pm @Moorland Primary School Parent’s emotional wellbeing course</p> <p>LGBTQ+ session (0-5 years) Family session 1:30 – 3:00pm</p> <p>Games Group 2:15 – 4:15pm</p> <p>Brownies 6:00 – 7:30pm</p> <p>Guides 7:15 – 9:30pm</p>	<p>B.I.T.E Breakfast Club & IT Education 7:45 – 8:45am</p> <p>Employability Training with Stella 9:00 – 11:30am</p> <p>Postnatal Clinic – Maternity MK 9:00 – 4:00pm</p> <p>MoorTalk @ Café Bean A community café for a chat & cuppa 9:00 – 11.00am</p> <p>Community Get Fit 9:30 - 10:30am</p> <p>Parent & Toddler Group Outreach @ Milton Keynes Christian Centre Oldbrook 10:00 - 11:30am</p> <p>Wellbeing & Resilience Sessions <i>Booking required</i> 11:00 - 12:00pm</p> <p>Robot Reg – Speech & Language session 1:00 - 1:45pm</p> <p>Baby Group -Bumps to Walking 1:45 – 3:15pm</p> <p>Community Employment Service (Job Club) 1:00 – 3:00pm</p> <p>MoorCrafts- all ages 2:00 – 4:15pm</p> <p>Neway Disability Social Club 6:30 - 8:00pm</p>	<p>B.I.T.E Breakfast Club & IT Education 7:45 – 8:45am</p> <p>Wellbeing Wednesday @ Moorland Primary School 8:40 - 10:00am</p> <p>Postnatal Clinic – Maternity MK 9:00 – 4:00pm</p> <p>Woughton Advice Service by WCC 10:00 – 11am Book through Reception</p> <p>Therapeutic Life coaching with Stella 9:00 – 10:00am and 10:30 – 11:30am</p> <p>ESOL - CLMK Course 11:15 – 1:15pm</p> <p>S.H.O.U.T Choir Singing Helps Others Unite Together! 12:15 – 1:30pm</p> <p>Stay & Play (0-5 years) 1:30 – 3:00pm</p> <p>Study Club 3:15 – 4:15pm</p> <p>UDOIT Dance / Street Dance 7-14 years 5:00 – 6:00pm</p> <p>Carers MK Youth Group (FR) 5:00 – 6:30pm Once a month 10/1, 31/1, 6/3, 27/3</p>	<p>B.I.T.E Breakfast Club & IT Education 7:45 – 8:45am</p> <p>Softplay Session 9:30 - 10:30am</p> <p>Story & Rhyme 10:30 - 11:00am</p> <p>Woughton Advice Service by WCC 10:00 – 11:00am Book through Reception</p> <p>MoorTalk @ Café Bean A community café for a chat & cuppa 11:00 – 1:30pm</p> <p>Therapeutic Life coaching Stella 9:00 – 10:00am 10:30 – 11:30am</p> <p>Messy Play 1:30 - 2:45pm</p> <p>All Girls Cooking Group 5:00 - 6:00pm Every 3 weeks 1/2, 8/3</p>	<p>B.I.T.E Breakfast Club & IT Education 7:45 – 8:45am</p> <p>Baby Sensory Play Available for bookings between 9:00 – 1:30pm</p> <p>Child Bereavement Trust 9:00 – 4:00pm</p> <p>Coffee Morning & Play 10:00 – 12:00</p> <p>Music and Movement Outreach at Coffee Hall Community Centre 9:30 – 10:30am</p> <p>Development Reviews Bookable through Health Visitors 1:00 – 4:00pm</p> <p>Moorlands Community Larder 11:00 – 12:30pm Sign up by accessing https://www.sofea.uk.com</p> <p>Library Session & Story Café 1:30 – 3:00pm</p> <p>Baby Sensory Sensations 2:00 - 3:30pm</p>

Moorlands Family Centre

Moorlands Family Centre Reach Area:

Beanhill, Coffee Hall, Leadenhall and South Oldbrook.

Contributions towards sessions are voluntary, although encouraged and appreciated.

The activities are open to Moorlands Families/Reach Area, please see www.milton-keynes.gov.uk/childrens-centre

For information on activities at your local centre.

Food Bank	Support with Two Year Funding and 30 Hour Funding	Family Support for Parents and Carers	Baby Basics and MK Storehouse referrals
Fun sessions for 0-5s and older children	Parent Forum (MoorFriends)	Room Hire Options	Employment Support Referrals