



# Hedgerows Family Centre Calendar

## May 2024



We welcome families from, Ashland, Browns Wood, Caldecotte, 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>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>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>10:30 – 11:30</b> <b>Song, Story and Rhymes</b> Come along and enjoy singing and stories with your child to improve their speech and language.</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>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>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>10:30 – 11:15</b> <b>Healthy Lifestyle café</b> A well-being café for adults to enjoy refreshments and healthy snacks after APA fun fitness.</p>	<p><b>9.00 – 11.00</b> <b>Employment Support Drop-In</b> Support with benefits and employment fortnightly.</p> <p><b>10.00 – 11.00</b> <b>Soft Play</b> Time to play, roll, crawl and build.</p> <p><b>11.00 – 11.30</b> <b>Snack Time Café</b> Join us for snack in café after soft play.</p>
<p>Hedgerows Family Centre, Langland Road, Netherfield, Milton Keynes MK6 4NP</p> <p><a href="mailto:hedgerows.familycentre@milton-keynes.gov.uk">hedgerows.familycentre@milton-keynes.gov.uk</a></p>			<p>01908 239000</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 others. Mears are also on site for any queries regarding your homes.</p> <p><b>13.00 – 14:30</b> <b>Baby Stay &amp; Play</b> A calm, relaxing sensory session with song and rhyme time for parents and babies.</p>	<p><b>12:00 – 14:30</b> <b>Nurture course</b> Parenting course. Please contact the centre for more information and to book a place.</p> <p><b>16:00 – 17:30</b> <b>Lets Talk</b> To help young people to understand their feelings and to be able to identify with keeping safe, plus how to build healthy relationships with family and friends. Bookable only.</p>	<p><b>13:00 – 14:00</b> <b>Baby Massage</b> For parents and babies to help strengthen parent's bodies after birth, strengthen bonding and have fun. Bookable session.</p> <p><b>13:00 – 14:00</b> <b>Little Talkers</b> A session to support your little one with their speech and language development. Bookable session</p> <p><b>12:30 – 14:30</b> <b>CLMK courses</b> Different courses run by CLMK for parents, please speak to a member of staff for more information and to book your space, On site creche available.</p> <p><b>15:30 – 16:30</b> <b>After school club</b> Come along with your children for an after school play session and snack – all ages welcome.</p>	<p><b>12:30 – 14:30</b> <b>Young parents Group @ Coffee hall</b> For parents under 25 years, run by Woughton Community Council, join them for a light lunch, chat and play opportunities for young children and babies.</p> <p><b>13:00 – 14:30</b> <b>Sport and movement</b> A range of sports and physical activities for you and your children to enjoy.</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 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>
<p style="text-align: center;"><b>Sensory room</b></p> <p style="text-align: center;">The sensory room is available to book every day. Call or message the centre to book a calm, relaxing room with special lighting and music.</p>				
<p style="text-align: center;"><b>Drop in Café</b></p> <p style="text-align: center;">The café is open daily for you to drop in for a cuppa and to play with your children.</p>				