

DROP - IN SESSIONS – No need to book for these, just come along on the day.

MONDAY	Playstop Gym	10:00-10:45	Toddington Methodist Church	Weekly	0-5 years
	Toy Library drop-in	10:30-11:30	The Moorings Centre	Fortnightly (see over)	0-5 years
	Playtime Rhymes	14:00-15:00	Southcott Community Centre	Weekly	0-5 years
TUESDAY	Bumps, Babes & Beyond	09:30-11:30	Roundabout Centre	Weekly (term time)	0-2 years Delivered by NCT
	Young Parents Lunch Club	11:00-12:30	The Moorings Centre	Weekly	Under 23's and their children
	Baby Brasserie	11:15-12:30	Toddington Village Hall	Weekly	Breastfeeding Support Group
WEDNESDAY	Playtime Fun in Hockliffe	09:00-10:15	Hockliffe Lower School	Weekly (term-time)	0-5 years
	Story & Rhyme	09:45-10:15	Roundabout Centre	Weekly	0-5 years
	Baby Brasserie	11:00-12:30	Roundabout Centre	Weekly	Breastfeeding Support Group
THURSDAY	Playtime Fun in Toddington	10:00-11:30	Toddington Methodist Church	Weekly (not 1 st Thurs)	0-5 years
	Playtime Rhymes	10:00-11:00	Toddington Methodist Church	Monthly – 1 st Thurs	0-5 years
	Ready, Steady, Play	14:00-15:00	Roundabout Centre	Weekly	Under 2's
FRIDAY	Playstop Gym	10:30-11:15	St George's Lower School L/B	Weekly (term-time)	0-5 years
	New Parents	14:00-16:00	Bassett Road Health Centre	Weekly	Parents & non mobile babies
	Playtime Fun in Leighton Buzzard	14:00-15:30	Trinity Methodist Church	Weekly	0-5 years
SATURDAY	Dad & Me	09:30-11:00	The Moorings Centre	20 th Sept, 18 th Oct, 15 th Nov 20 th Dec	Male carers & children 0-5 years

BOOKABLE SESSIONS/COURSES – please call 01525 384368 for more details

Parent Puzzle:

A nurturing programme for parents that offers support & advice on topics such as behaviour strategies. A crèche is available. Courses run twice a year, call for more details.

Speech & Language Programme:

Places are limited & priority will be given to families who have a child with speech & language concerns.

Baby Signing: (6-12 months)

Chattertots: (18 months – 3 years)

Mini Chefs: (18 months – 5 years)

**Wednesday
afternoons –
dates to be
confirmed**

“Keeping up with the Children” Maths Course: This 5 week course, delivered by Family Learning, will take place at The Roundabout Centre in East Street. A crèche is provided. There will be an opportunity to take a further course leading to a qualification.
Mondays 12:45-14:45 15th Sept – 13th Oct

BeeZee Tots Course:

A five week healthy lifestyle course

BeeZee tots is for children aged 2-4yrs and their parents and each session includes either active games or cooking with the kids as well as a parent workshop run by a dietician or nutritionist looking at topics such as fussy eating, snacks and drinks, portion sizes etc. Starting 18th September on a Thursday morning 9.30am-11am at The Moorings.

Baby Massage, & Baby Signing:

Courses run over 3 or 4 weeks and take place at venues within Leighton Buzzard & Toddington.

Baby Massage is for babies 8 weeks until mobile.

Baby Signing is for babies aged 6-12 months.



[Leighton Buzzard
Children's Centre - Facebook](#)

Freedom Programme:
A friendly and supportive programme for women who are or have experienced domestic violence. Ring Centre for further information.

Parent Partnership – 4th Tuesday of the month:
Parent Partnership Service provide support for parents and carers of children with additional needs.

Great Expectations:
A friendly and supportive programme for women who are or have experienced post natal depression.



Leighton Buzzard Children's Centre 8th September – 19th December 2014

Bromford – Every Tuesday:

Provided by Bromford Support who offer support to anyone to help them stay in their home; includes help to sort out debts and managing your money, help with housing benefit and other benefits, help to get a job or a college course, help to be more involved in your community.



Toy Library:

We have lots of brilliant toys organised into age appropriate packs.



We are now running a regular Toy Library session on the following Mondays:

September 15th & 29th
October 13th & 27th
November 10th & 24th
December 8th

This will be held at
**The Moorings,
203 Vandyke Road,
Leighton Buzzard**

Times:

For families living in:-

Leighton Buzzard	Stanbridge
Linslade	Tilsworth
Heath & Reach	Toddington
Billington	Chalton
Chalgrave	Harlington
Eggington	Streatley
Hockliffe	Sundon



Volunteers:

Help needed! Do you have a few hours a week free to lend a hand? Would you like to help other parents and become a 'Befriender' and help us with our activities? contact the Centre for more details! (All Volunteers are CRB checked)



Support & Advice:

The centre team can also offer support and advice on **breast feeding, parenting, choosing childcare, FREE 2 year funded pre-school places, weaning, toilet training, stop smoking, oral health, training/education, budgeting/finance** and lots more. Please just ask a member of the team or contact us by phone or email.

MAIN HUB
The Moorings Centre
201 Vandyke Road
Leighton Buzzard LU7 3HS
01525 384368

Bookings & Enquiries
01525 384368

DELIVERY VENUES

Roundabout Centre & St George's Lower School
East Street
Leighton Buzzard LU7 1EW

Hockliffe Lower School
Woburn Road,
LU7 9LL

Bassett Road Health Centre
Bassett Road
Leighton Buzzard LU7 1AR

Toddington Village Hall
Leighton Road
Toddington LU5 6AN

Trinity Methodist Church
North Street
Leighton Buzzard, LU7 1ES

Toddington Methodist Church
High Street
Toddington LU5 3SN

Southcott Community Centre
Grasmere Way
Linslade

centralbedfordshire@actionforchildren.org.uk

www.centralbedfordshirechildrenscentre.org.uk