

Bookings & Enquiries
01525 714008

Flitwick & District Children's Centre Timetable 12th January – 27th March 2015

PLEASE CHECK WEBSITE & FACEBOOK FOR UPDATES AS MAY BE SUBJECT TO CHANGE

MONDAY	Job Centre plus	09.30-12.00	Flitwick Childrens Centre	19/01,16/02,16/03	Employment & benefit advise call 01234-361650	Booking
	Internet Cafe	10:00-12:30	Flitwick Children's Centre	Weekly	Job Searching Online	Drop-in
	Baby Brasserie	12:15-13:30	Amphill Health Centre	Weekly	Breastfeeding Support Group	Drop-in
	Bromford Support	13.00-14:30	Flitwick Children's Centre	Weekly	Housing, Benefits & Debt advice	Booking
	Stay & Play	13:30-15:00	Silsoe Centre	Weekly - term time only	0-5 years	Drop-in
	Baby Sign	13.00- 13.45	Flitwick Centre	23/02,02/03,09/03	6 months to 12 months	Booking
	Speech & Language Clinic	12.30-14.30	Flitwick Centre	5/1, 2/2,16/3,13/4	Speech & Language advice	Drop in
	Dietician Drop in	13.00-15.00	Silsoe Centre	16/03	0-5 Years	Drop in
TUESDAY	Stay & Play	10:00-11:30	Flitwick Children's Centre	Weekly	0-5 years	Drop-in
	Rag Dolly Anna	11.00-11.45	Hetley House	Weekly	0-5 years Music & Singing Group	Drop in
	Sunshine Group	12.45-14.45	Flitwick Children Centre	Weekly starts 27/01 for 6 weeks	Support for those with low mood and anxiety	Booking
	Births, Bumps , Baby stuff	18.00-20.00	Flitwick Childrens Centre	03/03,10/03,17/03,24/03,31/03	Antenatal Course	Booking
WEDNESDAY	Bump Start	09:45-11:15	Flitwick Children's Centre	Weekly	Mums to be & babies to 6 months	Drop-in
	Baby Brasserie	11:15-12:30	Flitwick Children's Centre	Weekly	Breastfeeding Support Group	Drop-in
	Early Explorers	9.45-10.45	Flitton & Greenfield Village Hall	Weekly	6 – 24 months	Drop-in
	CACHE Level 1	18.00-21.00	Flitwick Children's Centre	Weekly from 28 th Jan (term time only) 8 Weeks	CACHE Level 1 early years childcare	Booking
	English Course	18.00-21.00	Silsoe Centre	Weekly start 21/01 for 15 weeks	Central Beds	Booking
THURSDAY	Stay & Play for Childminders	09:30-11:00	Silsoe Centre	1 st Thursday in each month	Child-minders' Session	Drop-in
	Stay & Play for Childminders	09:15-11:15	Flitwick Children's Centre	15/01, 26/03	Child-minders' Session	Drop-in
	Twins & Multiples Group	13.30- 14.45	Flitwick Childrens Centre Clophill Village Hall	3rd Thursday of the month (January) 3 rd Thursday of the month (Feb , March)	0 -5 years	Drop in
	Small Talk	10.00-11.15	Flitwick Childrens Centre	22/01 29/01 5/02 12/02	16mth to 3 yrs speech & language group	Booking
	Chattertots	10.00-11.15	Flitwick Childrens Centre	26/02, 05/03, 12/03,19/03,26/03	16mth to 3 yrs speech & language group	Booking
	Births, Bumps & Baby Stuff	14.00-16.00	Amphill Health Centre	26/03,02/04,09/04,16/04,23/04	Antenatal Course	Booking
	Dietician Drop	13.00-15.00	Flitwick Childrens Centre	15/01	0-5 years	Drop in
	Young Parents Group	10:00-11:30	Flitwick Children's Centre	Weekly	0-5 years	Drop-in
FRIDAY	Parents with prospects	11.30-13.00	Flitwick Childrens Centre	Weekly		Drop in
	CBC SEND Partnership	13:30-15:00	Flitwick Children's Centre	3 rd Friday of each month	SEN advice & support	Drop-in
	Play Stop Gym	13:30-14:15	Sea Cadet Hall, Flitwick	Weekly 9/1-6/2, 27/2-20/3	0-5 years	Drop-in
	Baby Massage	13.15- 14.15	Flitwick Childrens Centre	09/01, 16/01, 23/01,30/01	Immobile babies from 8 weeks	Booking
	Dad's Club	09:30-11:00	Flitwick Children's Centre	3 rd Saturday in each month	0-5 years(older siblings up to 8 years)	Drop-in



VENUES

Amphill Health Clinic, Oliver Street, MK45 2SB

Barton Centre, Ramsey Manor Lower School, Manor Road, Barton-le-Clay MK45 4NS

Cranfield Scout Hut, Merchant Lane, Cranfield MK43 0DA

Flitton and Greenfield Village Hall, 78 Greenfield Road, Greenfield, MK45 5DR

Flitwick Children's Centre, Malham Close, Flitwick, MK45 1PU

Flitwick Sea Cadet Hut, Althorp Close, Hinksley Road, Flitwick, MK45 1HY

Hetley House, (Girl Guide Hut) off Roman Way, Flitwick MK45 1RP

Silsoe Centre (Preschool Entrance), Silsoe Lower School, High Street, Silsoe, MK45 4ES

Dietician drop in

15th Jan Flitwick childrens centre 1pm to 3pm

24th Feb Flitwick Childrens Centre 9.30 to 11.30.

16th March Silsoe 1.30 to 3pm

Starting Solids.

Advice for moving on to solids from 6 months.

Please ring the centre to book

Flitwick Centre 13.30 to 15.00

21/01, 11/02, 25/03

Baby Clinics are held in the following locations....

Asplands Medical Centre, Woburn Sands every Tues 12.30pm to 1.30pm

Amphill Health Centre every Monday 10.00am to 12 noon

Barton Centre fortnightly on Tuesdays 9.30am to 11.30 am

Cranfield Village Hall on 1st Monday of month 1-3pm

Cranfield University Pre-School, 3rd Tues monthly 2.00pm to 3.30pm

Flitwick Clinic, Highlands, Flitwick every Thursday 10.00am to 12 noon

Marston Surgery, Bedford Road, Marston 2nd & 4th Weds 1.00pm to 2.00pm

Freedom Programme

A friendly and supportive Programme for women who are, or have experienced domestic violence.

Ring Centre for further information.



Courses In

Back to work

Parenting courses

First Aid

Baby Massage

Maths and English

Money Skills

Contact the Centre for more information or to book a place

Flitwick & District Children's Centre

15th Jan to 27th March 2015

For families from:

Flitwick
Amphill
Aspley Guise
Aspley Heath
Barton-le-Clay
Battlesden
Brogborough
Claphill
Cranfield
Eversholt
Flitton

Greenfield
Haynes
Houghton Conquest
Hulcote
Husbourne Crawley
Lidlington
Marston Moretaine
Maulden
Millbrook
Milton Bryan

Pulloxhill
Potsgrove
Ridgmont
Salford
Silsoe
Shelton
Steppingley
Tingrith
Westoning
Woburn
Woburn Sands (part)



Quote: "After speaking to a family worker I now have the confidence to use the

☆ ALL SERVICES ARE FREE OF CHARGE ☆

Email: centralbedfordshire@actionforchildren.org.uk

www.centralbedfordshirechildrenscentre.org.uk

Telephone 01525 714008

Support & Advice

The Centre staff 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 ask a member of the team or contact us by phone or email.

If you have any queries or would like to talk about any of the Children's Centre activities please ring us on **01525 714008** or email us at centralbedfordshire@actionforchildren.org.uk.