

Sandy Community Children's Centre Timetable January – March 2015

MON	Weaning Talks	9.30-10.30	Sandy Children's Centre	3 rd Monday of each Month 19 th Jan, 16 th Feb & 16 th March	Talks by 0 – 19 Nursery Nurse	Booking
	Job Centre Plus	12.00-2.00	Sandy Children's Centre	Weekly	Employment and benefit advice Call 01767 275734 to book	Booking
	Child Health Clinic	2:00-3:15	Sandy Children's Centre	Weekly	Drop In Clinic with Health Visitors	Drop-in
TUES	Inbetweens	10:00-11:30	Sandy Children's Centre	Weekly	Stay and play group Mobile – 3 years	Drop-in
	Baby Signing	12.45-1.30	Sandy Children's Centre	17 th , 24 th Feb & 3 rd , 10 th March	4 week baby sign course- 4-12 months.	Booking
	Bumps to Babes	2.00-3.30	Sandy Children's Centre	Weekly	Mums and Dads to be & babies up to crawling stage.	Drop-in
WEDS	Midwife Clinic	9.30-11.30	Sandy Children's Centre	Weekly	Post Natal Drop in from birth to 28days, for post natal checks, weight and breastfeeding advice	Drop-in
	Baby Brasserie	1.00-2.30	Sandy Children's Centre	Weekly	A café style group for mums to be and breastfeeding mums supported by health visitors.	Drop-in
	Great Expectations	7.00-9.00pm	Sandy Children's Centre	Fortnightly	Homestart Support group for those feeling sad, anxious and depressed	Booking
	Creative Minds	7.00– 9.00pm	Sandy Children's Centre	Fortnightly	Craft group for adults feeling sad, anxious and isolated	Booking
THURS	Laburnum Tots	10:00-11:30	Sandy Children's Centre	Weekly	A volunteer led Stay and Play Group for 0 – 5 years	Drop-in
	Jitterbugs	9.45 -10.30	Sandy Baptist Church	15 th Jan – 26 th March	An active dance session for children 0-5 years	Drop In
	CBC SEND Partnership	09:30-11.00	Sandy Children's Centre Laburnum Dining Room	1 st Thursday of Month	Advice and support for parents/carers of children with Special Educational Needs.	Drop-in
	Small Talk	1.30-2.45	Sandy Children's Centre	8 th Jan – 12th February	Learn fun ways to help your child's words to grow	Booking
	Chattertots	1.30-2.45		26 th February – 26 th March	A fun group to develop your child's listening and talking	Booking
FRI	TOGS	10.00-11.30	Sandy Children's Centre	Weekly	Group for parents/carers under 26 and their children	Drop-in
SAT	Dad's Club	10.00-11.30	Sandy Children's Centre	1st Saturday of each month	0-5 years (older siblings up to 8 years)	Drop-in
	Superkids	10.00-11.30	Sandy Children's Centre	3 rd Saturday of each month	Support group/stay and play for parents/carers/parents- to- be and children 0 – 10 on Autistic Spectrum, ADHD and additional needs or awaiting diagnosis	Drop In



Our staff team

Children's Centre Co-ordinator	Cathy Brighton
Family Support Workers	Lucy Rice Jamie Turner Leah Moore
Speech and Language Therapist	Lisa Mitchell
Early Years Professional	Louise Marley
Parent Representatives	Nina and Jo
Volunteers	Sandra, Nina, Jo, Sarah, Jess



Sandy Community Children's Centre

Laburnum Road
Sandy
SG19 1HQ



Save a Baby's Life
Free First Aid Courses
Saturday 24th January 2015
Saturday 25th April 2015 10am – 12 noon
Spaces are limited so please ring to book your place

Health Visitor Clinics

- Monday 2-3.15pm @ Sandy Children's Centre
- Tuesday 1.30-3.15pm @ The Lawns Children's Centre Biggleswade
- 1st & 3rd Thursday of the month 1.30-3pm @ Potton Pavilion, Mill Lane
- 2nd & 4th Thursday of the month 1.30-3pm @ Gamlingay Eco Hub

Speech and Language Drop In dates

Thursday 22nd January 9.30-11.00am
Tuesday 24th February 10.00-11.30am
Thursday 19th March 9.30-11.00am

We are looking forward to seeing you all at the Children's Centre. **Please note, there is no parking on the road outside the Children's Centre**, however, as we are promoting walking for Health and Change for Life initiatives, we see the lack of parking as positive. We hope that you will too! Enjoy the walk!

Timetable
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☆ **ALL SERVICES ARE FREE OF CHARGE** ☆

Email: centralbedfordshire@actionforchildren.org.uk
www.centralbedfordshirechildrenscentre.org.uk

Telephone 01767 699019

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.