

Sandy Children's Centre Timetable 9th September 2019 – 23rd December 2019

MONDAY	Parent Puzzle Course (Crèche available for younger siblings)	9.30am -11.30am	Sandy Children's Centre	16 th September – 2 nd December (No session 21 st October)	A 10-week Programme covering: Understanding why children behave as they do; Recognising the feelings behind behaviour (ours and theirs); Exploring different approaches to discipline; Finding ways to develop co-operation and self-discipline in children and Learning the importance of looking after ourselves. Suitable for parents of children 2 – 8 years	Booking
	Introducing Solids Talk	10.30am - 11.30am	Sandy Children's Centre	16 th Sept, 14 th Oct, 18 Nov, 16 th December	Advice and support around introducing solids	Booking
	Baby Brasserie	1.00pm - 2.00pm	Sandy Children's Centre	Weekly	Café style group for Breastfeeding mums and mums to be to socialise. Breastfeeding support from Health Team and Centre staff available	Drop-in
	Bumps to Babes	2.00pm - 3.15pm	Sandy Children's Centre	Weekly	Come along for a chat and a cuppa and meet other parents/carers. For babies who are not yet crawling confidently	Drop-in
TUESDAY	Job Centre Plus	9.00am - 11.30am	Sandy Children's Centre	4 th Tuesday of each month	Employment and benefit advice. Call 01767 275727 to book or drop in	Booking Drop-in
	Come and Play	10:00am - 11:30am	Sandy Children's Centre	Weekly (Term Time only) From 10 th September	Weekly Stay and play group 1 – 5 years. Play, snack and singing. Younger siblings welcome	Drop-in
	Health Visitor Pop In	1.30pm - 3.15pm	Sandy Children's Centre	3 rd Tuesday in each month	Monthly Pop In for children 0 – 5 and parents. Health Team available for advice and support with Child Health issues.	Drop In
	Baby Massage with Lucy	1.30pm – 2.30pm	Sandy Children's Centre	1 st , 8 th , 22 nd , 29 th October	Course for babies 4 weeks to pre-mobile to support bonding, attachment and promote sleep. Also supports babies with colic. £5 charge payable on booking to secure your place.	Booking
	Strengthening Families Programme 10 – 14 years	5.30pm – 8.00pm	Laburnum Primary School	24 th September – 12 th November No session 22 nd October	A parenting and family strengthening programme for families with children aged between 10 and 14 years. Workshops cover how to communicate effectively as well as specific skills such as parental limit setting and child resistance to peer pressure	Booking
	Chattertots	6.00pm – 7.30pm 9.00am -12.30pm	Sandy Children's Centre	19 th November 2019 25 th November 2019	Two Speech and Language workshops to encourage your child to talk. The first workshop is for parents/carers only and the second is for both parents/carers and their child 18m – 3yrs	Booking
WEDNESDAY	Midwife Clinic	9.30am -11.30am	Sandy Children's Centre	Weekly	Post Natal Clinic from birth to 28 days, for post-natal checks, weight and breastfeeding advice. To book appointment call 01767 224173	Booking
	Baby Days	1.00pm – 3.00pm	Sandy Children's Centre	11 th September - 16 th October	Six sessions for new parents and babies 0 – 3 months covering sleep, feeding, baby brain development and childhood illnesses.	Booking
	Baby Days	1.00pm – 3.00pm	Sandy Children's Centre	30 th October – 4 th December	Six sessions for new parents and babies 0 – 3 months covering sleep, feeding, baby brain development and childhood illnesses.	Booking
THURSDAY	Bumps, Birth and Baby Stuff One day course	9.00am – 5.00pm	Sandy Children's Centre	3 rd Thursday of each month 19 th September 17 th October 21 st November 19 th December	Prepare for your new arrival. Come and find out more about birth, feeding and caring for you and your baby. Ideally, expectant mums should be at least 30 weeks gestation or more to attend this session and they MUST be a resident of Central Bedfordshire Council. Partners are encouraged to attend too. To book, visit www.bumpbirthandbaby-cbc.eventbrite.com	Online Booking
	Baby Yoga with Lucy	1.30pm - 2.30pm	Sandy Children's Centre	31 st October 7 th , 14 th November	A 3 week course for pre-crawling babies 20 weeks + to support physical development of core strength, sitting, crawling and standing. £5 charge	Booking
FRI	Inbetweenies	10.00am – 11.30am	Sandy Children's Centre	Weekly (Term time only) starting 13 th September	Stay and Play session for confident crawlers to independent walkers	Drop-in
SAT	Dad's Club	10.00am -11.30am	Sandy Children's Centre	7 th September, 5 th October, 2 nd November, 7 th December	Stay and play session for Dads and male Carers and their children 0-5 years (older siblings up to 8 years welcome).	Drop-in

Concerned about your child's speech and language development? Pop in to Come and Play to see Lisa Mitchell, Speech and Language Therapist on:

Tuesday 17th September 10.00am - 11.30am

Tuesday 8th October 10.00am - 11.30am

Tuesday 12th November 10.00am - 11.30am

Tuesday 10th December 10.00am - 11.30am

Health Visitor Pop Ins

Sandy Children's Centre

3rd Tuesday of month 1.30pm - 3.15pm

Biggleswade and District Children's Centre

2nd and 4th Thursday of each month 1.30pm - 3.00pm

The Orchard Centre

Sullivan Court

Erlensee Way

Biggleswade

SG18 8SZ

Shefford Children's Centre

3rd Wednesday of each month 1.00pm - 3.00pm

Stotfold Children's Centre

1st Friday each month 9.30am - 11.30am

Please note: Babies only need to be weighed monthly up to 6 months unless you have a concern about their weight.

CBC SEND Partnership Drop In

Laburnum Dining Room,

Sandy Children's Centre

9:00am - 11:00am

3rd Thursday of Month (Term Time Only)

Advice and support for parents/carers of children with Special Educational Needs.

Freedom

The Freedom Programme is a 12 week rolling programme, which can be joined at any time. It aims to help women who have experienced domestic abuse to make sense of and understand what has happened or is happening to them. It is a nurturing environment, where help and support can be found and friendship and confidence is built.

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 parking is available on Robert Hunt Gardens and the public part of Laburnum Road. As we are promoting healthy lifestyles initiatives, we see the lack of parking as positive.



Sandy Community Children's Centre

Laburnum Road, Sandy, SG19 1HQ



Timetable

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For further information and to book on to any of our courses/activities

Call the Centre on 01767 699019

**See our Facebook page
Sandy Community Children's Centre**



**Visit our website
www.sandychildrenscentre.co.uk**

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.

