



Flitwick and Mid Beds Locality Children's Centre

Malham Close, Flitwick, MK45 1PU

JANUARY – MARCH 2024

0300 300 8111

Flitwick.childrencentre@centralbedfordshire.gov.uk



Support & Advice

The Centre staff can offer support and advise on breast feeding, parenting, choosing childcare, FREE 2-year funded pre-school places, introducing solid food, toilet training, oral health, training/education, home safety, plus much more. Please ask a member of the team or contact us by phone or email.

Rebuild

The Rebuild Programme is a 12-week group programme looking at healthy relationships. It's designed for women living with domestic abuse in Central Bedfordshire, and will explore what healthy relationships look like, conflict in relationships, the dynamics of domestic abuse and the impact it has on relationships. It will also give women the opportunity to have a one-to-one with the programme facilitator towards the end of the programme and plan for their future. For more information, please contact our facilitators – Jane.Williams@centralbedfordshire.gov.uk
Janice.Foley@centralbedfordshire.gov.uk
Justine.O'Driscoll@centralbedfordshire.gov.uk

YOU CAN NOW REGISTER WITH US ONLINE JUST SCAN THE QR CODE →



FOR MORE INFORMATION ON OUR SERVICES Please Scan the Central Bedfordshire Council Family Information Directory



Worried about your child's talking, listening, interaction or stammering?

NB: This service is for children pre-school age and younger who are **NOT** already known to or haven't been referred to the Speech and Language Therapy Service and live within Central Bedfordshire.

During these short 15-minute phone or video consultation we will discuss your concerns and provide advice and strategies to try. Face to face appointments can be offered following this consultation if needed

To book complete the online form at

<https://childspeechbedfordshire.nhs.uk/how-to-refer/early-advice-sessions/>

Follow us  **Flitwick and District Children's Centre**



**Bedfordshire & Luton Children's Community Health Hub
0 -19 years – YOUR ONE STOP CONTACT POINT
TEL 0300 555 0606**

**EMAIL ccs.bedsandlutonchildrenshealthhub@nhs.net
OPENS 9AM TO 5PM MONDAY TO FRIDAY (excl bank hol)**

We really appreciate your feedback – please spare a moment and visit https://centralbedfordshire.welcomesyourfeedback.net/childrens_support to voice your opinions

Mondays

Weighing Clinic
8.45am-4pm
Weekly @ Flitwick CC
BOOKING REQUIRED

Appointment only for weighing babies.



Tuesdays

Cranfield Drop In and Play
9.30am-11am
Weekly (term time only) @Cranfield C of E Academy
(St Paul Site), Braeburn Way, Cranfield, MK43 0EH
DROP IN SESSION

A drop-in session for children and their families to explore, play, learn and have fun together. Friendly, experienced staff from Flitwick Children's Centre available throughout the session to support and offer advice around topics. Self-weighing facilities also available.

Wednesdays

Chattertots
9am-10am
4 Week Course Starting 10.01.2024 @ Flitwick CC
BOOKING REQUIRED

Do you want ideas to help your child's talking and listening? ChatterTots is a 4-week course run by our Speech and Language Champions and will give you lots of ideas and tips for supporting your child with their speech and language development. Suitable for all children aged 18 months to 3 years.

Breastfeeding Brasserie
1.30pm-3pm
Weekly @ Flitwick CC
DROP IN SESSION

Come and meet other breastfeeding mums - for exclusive, mixed feeding or even if you are expressing! Friendly breastfeeding information and support group with trained staff. Tea and coffee available. Just come along and drop in!

Young Parents Group
1.30pm-2.45pm
Weekly @ Flitwick CC
DROP IN SESSION

For parents under 25 years old. Play, meet other young parents and improve your wellbeing

Bumpstart
10.30am-12pm
Weekly @ Flitwick CC
DROP IN SESSION

Make new friends with other parents and parents to be. We welcome all expectant and new parents, with refreshments, chat and toys. For pregnant families and families with babies aged up to 6 months old.

Sensory Stay and Play
10am-11am
Every second Monday of the month @ Flitwick CC
DROP IN SESSION

A sensory session for families with children with Profound and Multiple Learning Disabilities. Come and meet other families and enjoy a relaxing session of lights, calming music, and sensory toys.

Bumps, Births and Baby Stuff Antenatal Classes
9.15am-4.30pm
09.01.2024 @ Flitwick CC
13.02.2024 @ Flitwick CC
12.03.2024 via Microsoft TEAMS
BOOKING REQUIRED VIA EVENTBRITE - <https://www.eventbrite.co.uk/d/united-kingdom-flitwick/bump-birth-and-baby-stuff/>

Antenatal class for mums-to-be from 30 weeks pregnant. Partners welcome. Come and find out about labour, feeding, caring for your baby and preparing for family life.

Communication Tots
9am-10am
4 Week Course Starting 06.03.2024 @ Flitwick CC
BOOKING REQUIRED

Have you noticed that your child may have emerging additional needs alongside speech and language difficulties? Communication Tots is a 4-week course run by our Early Years SEND Advisory Teacher and Family Worker and will give you lots of advice and support for supporting your child's development. Suitable for children aged 18 months to 3 years.

Introducing Solids Workshop
10am-11am
22.01.2024 @ Flitwick CC
25.03.2024 @ Flitwick CC
BOOKING REQUIRED

This workshop will provide you with lots of tips, advice and information on introducing solids to your little one!

Baby Massage
Starting at 10am
4 Week Course Starting 05.03.2024
BOOKING REQUIRED

Suitable for babies from 6-8 weeks and up to pre-crawling. Please note there is a small charge of £20 for this course. (Cash only please, this is non-refundable and needs to be paid prior to attending the course to secure your space.)

Baby Massage
Starting at 2pm
4 Week Course Starting 10.01.2024
BOOKING REQUIRED

Suitable for babies from 6-8 weeks and up to pre-crawling. Please note there is a small charge of £20 for this course. (Cash only please, this is non-refundable and needs to be paid prior to attending the course to secure your space.)

Parent Puzzle
5.30pm-7.30pm
10 Week Course Starting 22.01.2024 @ Flitwick CC
BOOKING REQUIRED

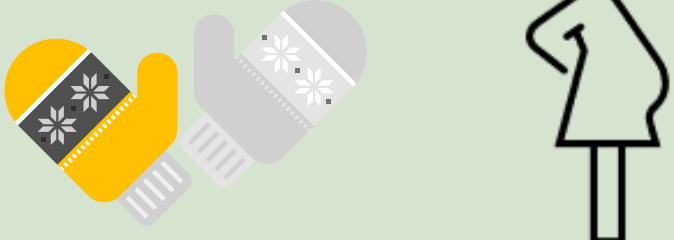
The Parenting Puzzle workshops help to build strategies to reduce the stress of parenting and prepare your children for school. It's also a great place to meet other parents and carers in your area. For parents with children aged 2-5 years.



To book onto any of our sessions or for further info, please contact the Children's Centre on 0300 300 8111 or on flitwick.childrencentre@centralbedfordshire.gov.uk

Baby Days
9.30am-11.30am
6 Week Course Starting 10.01.2024 @ @Cranfield C of E Academy
(St Paul Site), Braeburn Way, Cranfield, MK43 0EH
BOOKING REQUIRED

Baby Days is a FREE, informal course for parents of babies aged 0-4 months covering sleep, feeding, brain development and much more! It's also a great opportunity to meet other parents with babies of a similar age!



Inbetweens
1.30pm-3pm
Starting Weekly from 07.02.2024 @ Flitwick CC
DROP IN SESSION

Inbetweens group is for children in the early stages of moving, it is great for crawlers, toddlers, and shufflers! Come and meet other families with babies aged 6-12 months, build friendships, and engage in friendly conversations.

Introducing Solids Workshop
9am-10am
28.02.2024 @ Flitwick CC
BOOKING REQUIRED

This workshop will provide you with lots of tips, advice and information on introducing solids to your little one!

Thursdays

Baby Sign
Starting at 2pm
3 Week Course Starting 01.02.2024 @ Flitwick Leisure Centre, Steppingley Road, Flitwick, MK45 1TH
BOOKING REQUIRED

Baby Sign is a free, informal 3-week course for parents of children aged 0-12 months old, covering different signs each week, the benefits of Baby Sign, singing and much more!

Marston Moretaine Drop In and Play
8.30am-10.30am
Weekly (term time only) @ Marston Moreteyne Community Centre, Great Linns, Marston Moretaine, MK43 0DD
DROP IN SESSION

A drop-in session for children and their families to explore, play, learn and have fun together. Friendly, experienced staff from Flitwick Children's Centre available throughout the session to support and offer advice around topics. Self-weighing facilities also available.

Stay and Play in Our Own Way
1.30pm-2.30pm
Weekly @ Flitwick CC
DROP IN SESSION

These sessions are FREE and only for children with SEND, however, you do not need to have a formal diagnosis to come along. Safe, enclosed space. Chat to other parents of children with SEND. No pressure to join in.

Rhythm, Rhyme and Song Time
2pm-3pm
11.01.2024
18.01.2024
25.01.2024
22.02.2024
@ Flitwick Leisure Centre, Steppingley Road, Flitwick, MK45 1TH
BOOKING REQUIRED

We invite under 3s and their families to come and explore different instruments and sounds, sing songs and nursery rhymes with props, teddies, parachute and balls and relax with calming music and bubbles.

Keeping Your Child in Mind
1.45pm-3pm
6 Week Course Starting 29.02.2024 @ Flitwick Leisure Centre, Steppingley Road, Flitwick, MK45 1TH
BOOKING REQUIRED

The Keeping the Child in Mind programme helps parents/carers to work together in ways which support growing children and a calmer family life. This programme helps us think about what we do, why we do it and how it makes us all feel in the family. Partners are welcome and it's also fine to come on your own or with another relative or friend. Creche facility is also available.

Fridays

Tea and Tots
9.30am-11am
2nd Friday of the month @ St Mary's Church, The Grn, Marston Moretaine, Bedford, MK43 0NF
DROP IN SESSION

This is a free baby and toddler group run by the Church. All are welcome. Every session they have crafts, toys for babies and toys for toddlers, snacks for the children and tea (and often cake) for the grownups! Staff from the Children's Centre will be available with the weighing scales, BookStart packs, Healthy Start vitamins to purchase and Doidy Cups to purchase.



To book onto any of our sessions or for further info, please contact the Children's Centre on 0300 300 8111 or on flitwick.childrencentre@centralbedfordshire.gov.uk





Saturdays

Male Carers' Club
9.30am-11am
1st Saturday of the Month @ Flitwick CC
DROP IN SESSION

A snack is provided! Dads, Grandads, Uncles, all are welcome! Please note that activities are suitable for under 8s.

New Life Skills – Introduction to First Aid
9am-11am
13.01.2024
09.03.2024
BOOKING REQUIRED

This is a basic first aid course for parents or carers of babies and young children. It covers all of the essentials like CPR and dealing with a choking casualty. There is a small charge of £10 per adult for this course. Unfortunately, no children can attend. **(Cash only please, this is non-refundable and must be paid prior to attending the course to secure your space.)**

