



Bedford Borough  
**Family Hubs**  
& Children's Centres



Family Hubs & Children's Centres  
**Spring Timetable**

2 January - 21 April 2025

## What Family Hubs Do

Family Hubs act as one-stop shops where families can access a wide variety of services designed to meet their everyday needs. These hubs offer support with health care, education and more, all under one roof.

## The Role of Children's Centres

Children's Centres focus primarily on helping young children thrive. They offer programs and resources tailored to promote early childhood development, including activities that support learning, health, and emotional well-being.

## How They Work Together

By teaming up, we create a network of support that makes life a little easier for families. We share resources, coordinate programs, and often even share space, ensuring that families can get all the help they need in one place.

## Benefits for Families

This close collaboration brings many benefits to families:

- **Easier Access:** With services available in one place or through coordinated referrals.
- **Holistic Support:** Families receive more comprehensive support that addresses a range of needs.
- **Better Outcomes:** When services are integrated and coordinated, children and families tend to experience better outcomes.

By working together, Family Hubs and Children's Centres create a nurturing environment where children can flourish, and families can thrive. Their combined efforts ensure that every family has access to the resources, support, and guidance they need to build a strong foundation for the future.

These are the school term and holiday dates set by Bedford Borough Council.

Please check with your child's school or academy as some may make minor changes to school term dates.

### January 2025

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### February 2025




M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

### March 2025

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### April 2025

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

-  Term Time
-  School Holiday
-  Weekend

# OUR CENTRES

1

## Queens Park Family Hub

Marlborough Road MK40 4LE

2

## Pine Cones Family Hub

Slade Walk MK41 7SA

3

## Cherry Trees Children's Centre

Hawkins Road MK42 9LS

4

## Daisy Hill Children's Centre

Hillgrounds Rd, Kempston MK42 8QH

5

## Peter Pan Children's Centre

Edward Road MK42 9DR

6

## Eastcotts Children's Centre

65 Beauvais Sq, Shortstown MK42 0GG

7

## Goldington Children's Centre

28 Meadway MK41 9HU

8

## Kingsbrook Children's Centre

Canvin Way MK42 0HL

9

## Lakeview Village Hall

Brooklands Ave, Wixams MK42 6AB



Clapham

Bromham

Biddenham

Kempston

Wootton

Wixams

Wilstead

Goldington

Shortstown

# OUR CENTRES

# FREE DROP IN SESSIONS

## PLEASE NOTE:

When room capacity is reached for any drop in sessions, we will have to stop entry due to health and safety.



## Breastfeeding Support & Social Group

These groups are a place for breastfeeding parents to meet others and receive support in a friendly, relaxing environment. We also welcome anyone who is pregnant and would like to find out more about breastfeeding before embarking on their feeding journey.

## Play & Learn Cruiser

Our Cruiser groups are for those babies who are not yet walking and follow a nationally recognised programme called 'Five to Thrive' which provides ideas to support baby brain development.

**Each session also has a set of scales for parents to self-weigh their baby.**

## Play & Learn Toddler

These sessions give mobile toddlers the opportunity to stretch their imagination. Learn more about how to support your child's learning at home through weekly activities and resources to take with you.

**There is an area for younger siblings at these sessions.**

## Toby's Tall Tales

Join in with your child as Toby brings stories to life through reading, actions, puppets, bubbles and more!

For children aged up to 7, must be accompanied by an adult.

## Sling Library

The NCT Sling Library attend our Family Hubs at Queens Park and Pine Cones monthly for you to try different slings and carriers. NCT staff will teach you how to use them safely and comfortably, and hire is available at a small charge so you can try before you buy.



## Young Parents Group

If you are a parent or carer under 21, then come and join us to have fun with your children and make some new friends! Our friendly staff are on hand to provide advice and guidance.



**You can attend from 22 weeks pregnant with children up to the age of 5.**

## Successful Transitions

Come and find out how to support your child when they begin their learning journey at pre-school, nursery or school. Our Children's Centre teacher will be on hand with practical, fun activities to support your child's development.



## Nature & Wellbeing Space

Join our wellbeing sessions for new mums (with babies up to 1 year old) and mums-to-be. A space to relax, meet others and get creative with some simple nature-inspired activities.



**PLEASE NOTE:**  
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**FREE DROP IN SESSIONS**

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# MONDAY

## Daisy Hill

Play & Learn Cruiser 9.30 - 11am *Weekly*

Breastfeeding Group 9.30 - 11.30am *Weekly*

## Lakeview

Play & Learn Toddler 9.30 - 11am *See below*

1st & 3rd Monday of the month - 6, 20 Jan | 3, 17 Feb | 3, 17 Mar | 7 Apr

*We kindly ask for a £1 donation per family towards hall hire*

## Queens Park

Play & Learn Toddler 1.30 - 2.30pm *Weekly*

Toby's Tall Tales 2.30 - 3.15pm *Term time*



**We found Debbie and Tracy to be knowledgeable and helpful. They went out of their way to make us feel less helpless but also heard.**

**Will definitely be joining for some more courses.**



*Managing Fighting & Aggression*



# TUESDAY

Kingsbrook		
Community Cafe	9am - 12pm	Weekly
Queens Park		
Play & Learn Cruiser	9.30 - 11am	Weekly
NCT Sling Library	9.30 - 11am	See below
Once per month - 28 January, 25 February, 18 March and 15 April		
Breastfeeding Group	9.30 - 11.30am	Weekly
Peter Pan		
Play & Learn Toddler	9.30 - 10.30am	Term time
Eastcotts		
Play & Learn Cruiser	1.30 - 3pm	Weekly
Daisy Hill		
Play & Learn Toddler	1.30 - 2.30pm	Weekly
Successful Transitions	1.30 - 2.30pm	Term time
Toby's Tall Tales	2.30 - 3.15pm	Weekly

“  
**Really friendly atmosphere and  
Kaylee was lovely!**  
”  
Baby Massage

**PLEASE NOTE:**  
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**FREE DROP IN SESSIONS**

# FREE DROP IN SESSIONS

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# WEDNESDAY

## Peter Pan

Coffee Morning 8.30 - 9.30am *Term time*

## Goldington

Play & Learn Toddler 9.30 - 10.30am *Weekly*

## Kingsbrook

Play & Learn Toddler 11am - 12pm *Weekly*

## Queens Park Community Centre

Cafe Connect 12.15 - 2.15pm *See below*  
Fortnightly - 15, 29 Jan | 12, 26 Feb | 23 Apr

## Pine Cones

Play & Learn Toddler 1.30 - 2.30pm *Term time*

## Cherry Trees

Play & Learn Cruiser 1.30 - 3pm *Weekly*

Breastfeeding Group 1.30 - 3pm *Weekly*



**Lovely set up each week, nice long session, great value for money! My daughter really enjoyed every week.**

*Tiny Explorers*



# THURSDAY

Cherry Trees		
EAL Story Time From 27 February to 3 April	9.15 - 10.15am	<i>Term time</i>
Young Parents Group	11 - 12pm	<i>Weekly</i>
Goldington		
Play & Learn Cruiser	9.30 - 11am	<i>Weekly</i>
Breastfeeding Group	9.30 - 11.30am	<i>Weekly</i>
Eastcotts		
Play & Learn Toddler	11 - 12pm	<i>Weekly</i>
Successful Transitions	11 - 12pm	<i>Term time</i>

**PLEASE NOTE:**  
When room capacity is reached for any drop in sessions, we will have to stop entry due to health and safety.

**FREE DROP IN SESSIONS**



**Self-weigh  
your baby  
at any **Play  
& Learn  
Cruiser  
Session****

**PLEASE NOTE:**

When room capacity is reached for any drop in sessions, we will have to stop entry due to health and safety.

# FRIDAY

## Springfield Lower School

Coffee Morning 9.00 - 10.30am *Monthly*  
31 Jan | 28 Feb | 28 Mar

## Cherry Trees

Play & Learn Toddler 9.30 - 10.30am *Weekly*

## Queens Park

Wellbeing Space 9.30 - 11.30am *Term time*

## Pine Cones

Play & Learn Cruiser 9.30 - 11am *Weekly*

Breastfeeding Group 9.30 - 11.30am *Weekly*

NCT Sling Library 9.30 - 11am *Monthly*  
24 Jan | 21 Feb | 7 Mar | 4 Apr

Play & Learn Toddler 1.30 - 2.30pm *Weekly*

## CLOSURE DAY - 14 February 2025

All centres will be closed on this day



**Brilliant day, really glad we did it.**

*Bumps, Birth & Baby Stuff*



# SATURDAY

**PLEASE NOTE:**  
When room capacity is reached for any drop in sessions, we will have to stop entry due to health and safety.

## Daisy Hill

Dad's Group

10 - 11.30am *See below*



Calling all dads, grandads and uncles, come and join our under 5s Saturday play sessions. There will be lots of fun activities for you and your children to enjoy, as well as a snack and bacon sandwiches (veggie option available).

2nd Saturday of the month - 11 Jan | 8 Feb | 8 Mar | 12 Apr

## Queens Park

Family Stay & Play

10 - 11.30am *See below*



Come and join us on a Saturday morning, with lots of fun activities for you and your children to enjoy as well as a light snack. Learn more about how to support your child's learning at home through weekly activities and resources to take with you.

4th Saturday of the month - 25 Jan | 22 Feb | 22 Mar

**FREE DROP IN SESSIONS**



## The Good Life Garden

Spend time with your children in our community garden! Learn to grow your own food and flowers, look for wildlife and explore the outdoors together.

**Sessions are for up to 11 year olds and run every Saturday.**



Queens Park Family Hub



Starts 11 January



10 - 11.30am



FREE



## Wriggles & Jiggles

Wriggles and Jiggles is a music and movement group to help children burn off some energy and support their speech and language. There are lots of action songs and rhymes, fun with the parachute and a chance to explore sound with instruments. This group is suitable for walkers to age 5 years.

**Younger siblings welcome.**



Kingsbrook Children's Centre



Starts 10 January



1.30 - 2.30pm



£10.50 + booking fee  
Runs for 5 weeks



Queens Park Family Hub



Starts 28 February



1.30 - 2.30pm



£12.50 + booking fee  
Runs for 6 weeks



## ChatterBabies

ChatterBabies is a fun session designed to support parents in boosting their child's speech and language skills from the very start! Through play, songs, and interactive activities, you'll learn how to nurture early communication and foster your baby's development in a relaxed and supportive environment. **Suitable for babies aged 9 - 15 months.**



Queens Park Family Hub



Eastcotts Children's Centre



Cherry Trees Children's Centre



Goldington Children's Centre



Various times  
- scan the QR code  
for more details



Pine Cones Family Hub

## ChatterTots

ChatterTots is a course offering parents advice and strategies to support their child's early communication skills. The course is beneficial for children with emerging language aged between 18 months and 3 years who need support for listening, understanding and talking.



To find out more or book your place call us on **0300 323 0245** or complete the enquiry form.






## Introducing Solid Foods

Are you ready to start introducing solid foods to your little one? Come and join us for an interactive, online session by trained Children's Centre staff. We can help you with first foods, milk and more.

**For parents and carers with babies no younger than 20 weeks.**

 Online

 7 Jan, 4 Feb, 4 Mar and 1 Apr

 10am - 11am

 FREE




## Bumps, Birth & Baby Stuff

This antenatal class is jointly run by Children's Centre practitioners, midwives and health visitors. Whether you are first time parents or would like a refresher, you will find out about preparing for your new arrival, the birth, caring for and feeding your baby.

**We recommend beginning the course after you reach 32 weeks of pregnancy.**

 Queens Park Family Hub

 15 Jan, 5, 19 Feb, 5, 19 Mar and 2, 16 Apr

 9am - 4pm

 FREE





## Makaton




This 5 week course is for parents, family members or carers who would like to sign or use Makaton symbols with babies and young children in their care and have no previous experience of Makaton.



**We offer courses for 0-12 and 12-24 month old children.**



-  Eastcotts Children's Centre
-  Starts 15 January
-  9.30 (0-12m)  
11am (12-24m)
-  FREE

-  Queens Park Family Hub
-  Starts 25 February
-  9.30am (0-12m)  
11am (12-24m)
-  FREE

## Sensory Room Hire

Come and enjoy our Sensory Room with your child. Bookings will be for an hour and the room will be exclusively yours.

You are welcome to bring along one other adult and their child/ren to enjoy this sensory experience.



-  Pine Cones Family Hub
-  Various
-  Various
-  £11 + booking fee

**BOOKABLE SESSIONS**



## Baby Massage

Baby Massage is a 4 week course for babies aged 8 weeks to 6 months. The course offers a wonderful opportunity to bond and communicate with your baby. As part of the course, you will learn the strokes from a qualified Baby Massage Instructor to support relaxation and relief from colic and constipation.




Pine Cones Family Hub



Goldington Children's Centre



Cherry Trees Children's Centre

Various dates - scan the QR code for more details 



BOOK NOW



## Tiny Explorers

Come and let your baby explore the natural world around them through Treasure Baskets, encouraging them to learn and discover things for themselves using all their senses. Each week you will be given an object to take home to build up your own Treasure Basket!

**This course is for children who are not yet walking but are starting to sit.**



Queens Park Family Hub



Pine Cones Family Hub



7 January



25 February



1.30 - 2.30pm



1.30 - 2.30pm



£12.50 + booking fee



£12.50 + booking fee



BOOK NOW

## Potty Training

Are you ready to start potty training your little one? Not sure where to start? Come and join our online workshop for tips and advice on how to get started.

**This course is aimed at parents and carers of children 18 months plus.**



Online



14 January or 11 March



10am - 11am



FREE

## Mini Movers

Mini Movers is a group allowing your mobile toddler to explore body awareness and physical development through music and movement. There will be lots of physical fun and dancing!

**Younger siblings welcome.**



Peter Pan  
Children's Centre



Starts 6 January *(Term time only)*



1.30 - 2.30pm



£2 per session + booking fee



## Mind the Bump

Mind the Bump is a weekly, women only wellbeing group offering emotional support in a safe environment to address low mood, anxiety and/or depression during pregnancy.





-  Queens Park Family Hub
-  Wednesdays *(Weekly)*
-  10 - 11am
-  FREE

To find out more or book your place call us on **0300 323 0245** or complete the enquiry form. 



## Mind the Baby

Mind the Baby is a weekly wellbeing group offering emotional support in a safe environment to address low mood, anxiety and/or depression from the birth of your baby up to 1 year old.

-  Queens Park Family Hub
-  Mondays *(Weekly)*
-  1 - 2pm
-  FREE

To find out more or book your place call us on **0300 323 0245** or complete the enquiry form. 




## Peep Ready Together

This 6 week course will help you to make the most of learning opportunities in everyday life, supporting your child's learning through play. With an emphasis on communication and language, this group is offered to support 3-4 year olds who need a little help to prepare them for starting school.



 Cherry Trees Children's Centre

 9 Jan - 13 Feb *(Term time only)*

 9.30 - 10.30am

 FREE

## My Choice


This 10 week course enables women who are victims of domestic abuse to think about their own choices and help them understand the complexities of relationships. With skilled staff and peer group support you will have the opportunity to explore these feelings further and learn more about healthy relationships.



To find out more or book your place call us on **0300 323 0245**

 Online

 Starts 14 January *(No group on 18 February)*

 10 - 11am

 FREE

**FOCUSED SUPPORT**



## Preparing for Baby

Are you pregnant or have a baby under 12 months old? Come and join our Triple P – Preparing for Baby course where you can meet others and prepare yourself for parenthood. Staff are on hand to answer queries and guide you through your parenting journey. The course runs over 4 weeks, with 4 follow up calls.



Queens Park  
Family Hub



Starts on 9 January



9.30 - 11.30am



FREE



## Preparing for Baby Online

Are you pregnant or have a baby under 12 months old? Why not join our Triple P – Preparing for Baby online course. There are 7 modules which will support you on your parenting journey, preparing you for parenthood. The course can be completed in your own time in the comfort of your own home.



Online



Complete at your own pace



Not applicable



FREE

To find out more call  
us on **0300 323 0245**

## Triple P Workshops

We offer a range of online workshops to support you on your parenting journey, which are designed for children aged 18 months to 5 years.



### Hassle-free Meal Times

Are mealtimes a nightmare?  
Find ways to support your child with good eating habits and make meal times fun.

Online 26 Feb 10am - 12pm FREE



### Hassle-free Shopping

Struggling to get out of the house with the kids, let alone go shopping?  
Find clever ways to make it easier for you.

Online 3 Mar 1 - 3pm FREE



### Good Bedtime Routines

Struggling at bedtime?  
Make your evenings calmer, your child happier and get back time for yourself.

Online 3 Feb  
21 Mar 10am - 12pm  
1 - 3pm FREE



### Dealing with Disobedience

Pulling your hair out with behaviour?  
Find ways to limit meltdowns, support your child's emotions and feel more Zen.

Online 21 Jan  
20 Mar 1 - 3pm  
7 - 9pm FREE



### Fighting and Aggression

Is your child aggressive?  
Learn how to manage big emotions, support sibling squabbles and have a calmer home.

Online 30 Jan  
11 Mar 10am - 12pm  
1 - 3pm FREE



## **FACES – Dad's Group**

Dads@FACES is a service to support dads in Bedford Borough. It is a combination of 1-1 support in the home, 8 week workshops and play sessions. Dads can access one or all of these services.

To find out more contact Mia on **01234 270601** or email [\*\*mia@facesbedford.org\*\*](mailto:mia@facesbedford.org)



## **Everybody Ready**

Everybody Ready aims to help families and children aged 3-4, who are not yet socially or emotionally ready to start school or be separated from their caregivers. Lead by a CAMHS Assistant Psychotherapist, this programme helps development through child-led play, tailored to each family's needs.

To find out more call us on **0300 323 0245**





## Carers in Bedfordshire

- Queens Park Family Hub
- First Tuesday of the month
- 9am - 12.30pm
- FREE

Carers in Bedfordshire and Young Carers will be available to meet with and chat to families who would like to find out more about the support they can offer Parent Carers and Young Carers on the first Tuesday of the month, 9am-12.30pm.

To book a slot please email [young.team@carersinbeds.org.uk](mailto:young.team@carersinbeds.org.uk)



## iLearn Bedford

- Kingsbrook Children's Centre
- Starts 6 January
- 10am - 12pm
- FREE

iLearn Bedford offers programmes for women of all ages and backgrounds, empowering them to develop essential skills. They provide a safe, supportive space for women and children with refreshments, activities and tailored support.



## Wellbeing Walks

- Queens Park Family Hub
- 10 January to 28 March
- 12.30 - 1.30pm
- FREE

Bedford Rural Communities Charity invite you to join their free, regular walks to support health and wellbeing. They are a chance for women to meet and enjoy some fresh air and gentle exercise.

To find out more contact Nicola on **07984 275652**

**PLEASE NOTE:** These services are not run by Bedford Borough Family Hubs & Children's Centres and we hold no responsibility for the content, views, opinions or quality of the services offered.



Bedford Borough  
**Family Hubs**  
& Children's Centres

Check out our  
new website



**SCAN ME**

[familyhubs.bedford.gov.uk](http://familyhubs.bedford.gov.uk)



Find support, what's on and what is available for the whole family



# 50

things to do

before you're  
**five**™

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[familyhubs.bedford.gov.uk](https://familyhubs.bedford.gov.uk)



0300 323 0245



[familyhubs@bedford.gov.uk](mailto:familyhubs@bedford.gov.uk)



**BEDFORD**  
BOROUGH COUNCIL



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UK Government