

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		

Ma	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

- Queens Park Family Hub
 Marlborough Road MK40 4LE
- Pine Cones Family Hub Slade Walk MK41 7SA
- Cherry Trees Children's Centre
 Hawkins Road MK42 9LS
- Daisy Hill Children's Centre
 Hillgrounds Rd, Kempston MK42 8QH
- Peter Pan Children's Centre
 Edward Road MK42 9DR
- Eastcotts Children's Centre
 65 Beauvais Sq, Shortstown MK42 0GG
- Goldington Children's Centre
 28 Meadway MK41 9HU
- Kingsbrook Children's Centre
 Canvin Way MK42 0HL
- Brooklands Ave, Wixams MK42 6AB





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.









MONDAY

Daisy Hill

Play & Learn Cruiser 9.30 - 11am

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 Once per month - 28 January, 25 Febru	9.30 - 11am ary, 18 March and 15 April	See below
Breastfeeding Group	9.30 - 11.30an	ገ Weekly
Peter Pan		
Play & Learn Toddler	9.30 - 10.30an	ገ 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 🗕



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 Fortnightly - 15, 29 Jan 12, 26 Feb 23	12.15 - 2.15pm See below SApr				
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 - 10.15an	ገ Term time
Young Parents Group	11 - 12pm	Weekly
Goldington		
Play & Learn Cruiser	9.30 - 11am	Weekly
Breastfeeding Group	9.30 - 11.30an	ີງ Weekly
Eastcotts		
Play & Learn Toddler	11 - 12pm	Weekly
Successful Transitions	11 - 12pm	Term time



FRIDAY

Springfield Lower School

Coffee Morning
31 Jan | 28 Feb | 28 Mar

9.00 - 10.30am Monthly

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

1.30 - 2.30pm

CLOSURE DAY - 14 February 2025

All centres will be closed on this day

Play & Learn Toddler



Brilliant day, really glad we did it.

Bumps, Birth & Baby Stuff =



SATURDAY

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



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.





(L) 10 - 11.30am





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

(L) 1.30 - 2.30pm

£ £10.50 + booking fee
Runs for 5 weeks

Queens Park Family Hub

Starts 28 February

(L) 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.









Various times
- scan the QR code
for more details







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.



🛗 7 Jan, 4 Feb, 4 Mar and 1 Apr

(L) 10am - 11am

♠ FREE

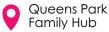




Bumps, Birth & Baby Stuff

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.



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

(L) 9am - 4pm



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.



9 C

Eastcotts
Children's Centre



Starts 15 January



9.30 (0-12m) 11am (12-24m)



FREE

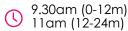


0

Queens Park Family Hub



Starts 25 February





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



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



Cherry Trees Children's Centre



Goldington 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



7 January



1.30 - 2.30pm



£12.50 + booking fee



Pine Cones Family Hub



25 February



1.30 - 2.30pm



£12.50 + booking fee



BOOK NOW

BOOKABLE SESSIONS

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.



OCUSED SUPPORT

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

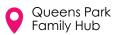


FREE



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.



Starts on 9 January

(L) 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.











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









Good Bedtime Routines

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











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 1 - 3pm 20 Mar 7 - 9pm

FREE

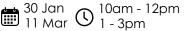


Fighting and Aggression

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











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



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







First Tuesday of the month

(9am - 12.30pm

FREE

Carers in Bedfordshire

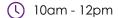
Carers in Bedfordshire and Young Carers will be available to meet with and chat to families who would like to find out more about the support they can offer Parent Carers and Young Carers on the first Tuesday of the month, 9am-12.30pm.

To book a slot please email young.team@carersinbeds.org.uk



Kingsbrook Children's Centre



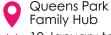




iLearn Bedford

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.







(L) 12.30 - 1.30pm

🚹 FREE

Wellbeing Walks

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.











Check out our new website



familyhubs.bedford.gov.uk





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









Fifty low or no-cost activities for families in a FREE app



CHECK OUT OUR NEW

Website





FOLLOW US ON Instagram

follow us on facebook.





FOLLOW US ON eventbrite

SUBSCRIBE TO OUR Email bulletin





familyhubs.bedford.gov.uk



0300 323 0245



familyhubs@bedford.gov.uk



