



family
HUBS



Children's Centre Spring Timetable

3rd January - 12th April 2024

For more information, please get in touch via:

☎ 0300 323 0245

✉ admin@ecpbedford.org

📘 Bedford Borough Children's Centres



Coffee Mornings

An opportunity to drop-in and find out about our services and meet other local parents and carers. Coffee mornings are run jointly with schools and nurseries within the area for local families (Term time only)

Wednesday

Peter Pan
MK42 9DR
8:30 - 9:30am
1st Wednesday of the month Term time only

Bedord Road Primary School Hall
MK42 8QH
9 - 10am
Last Wednesday of the month

Thursday

Queens Park
MK40 4LE
8:30 - 9:30am
Last Thursday of the month (term-time only)

Eastcotts
MK42 0GG
8:45 - 9:45am
Last Thursday of the month Term time only

Baby Brasserie

Our Baby Brasseries are a place for our breastfeeding parents to meet others and receive support in a friendly, relaxing environment. We also welcome pregnant women who want to find out more about breastfeeding before embarking on their feeding journey. These are drop-in services, so no need to book.

Monday
Daisy Hill
MK42 8QH
9.30 - 11.30am

Tuesday
Queens Park
MK40 4LE
9.30 - 11.30am

Wednesday
Cherry Trees
MK42 9LS
1.30 - 3pm

Thursday
Goldington
MK41 9HU
9.30 - 11.30am

Friday
Pine Cones
MK41 7SA
9.30 - 11.30am



Family Hubs Dads Group

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 snack and bacon sandwiches (veggie option available).

Saturday
Daisy Hill
MK42 8QH
10 - 11:30am
13/1, 17/2, 9/3



Scan for more info, dates and to book!



Play and Learn 0-Cruisers

Our 0-Cruiser groups are for those babies who are not yet walking and follows a nationally recognized programme called 'Five to Thrive' which provides ideas to support baby brain development.

Each session will have a set of scales available for parents to self-weigh their baby, with staff on hand to support if required.

Monday
Daisy Hill
MK42 8QH
9.30 - 11am
Weekly

Pine Cones
MK41 7SA
1:30 - 3pm
Term time only

Tuesday
Queens Park
MK40 4LE
9.30 - 11am
Weekly

Eastcotts
MK42 0GG
1:30 - 3pm
Weekly

Wednesday
Cherry Trees
MK42 9LS
1.30 - 3pm
Weekly

Thursday
Goldington
MK41 9HU
9.30 - 11am
Weekly

Friday
Pine Cones
MK41 7SA
9.30 - 11am
Weekly

Queens Park
MK40 4LE
1:30 - 3pm
Term time only

FREE DROP IN SESSIONS

Play and Learn Toddler

Toddler+ sessions are for mobile toddlers, giving them the opportunity to stretch their imagination and develop the skills they will need as they leave the toddler age and become pre-schoolers. There will be a baby area for younger siblings at this session.

Monday

Lakeview
Village Hall
MK42 6AB
9.30 - 11am

1st & 3rd of month

Term time only
scales available for self-weighing

Queens Park
MK40 4LE

1:30 - 2:30pm
Weekly

Tuesday

Peter Pan
MK42 9DR

9:30 - 10:30am
Term time only

Daisy Hill
MK42 8QH

1:30 - 2:30pm
Weekly

Wednesday

Goldington
MK41 9HU
9:30 - 10:30am
Weekly

Kingsbrook
MK42 OHL

11am - 12noon
Weekly

Pine Cones
MK41 7SA

1:30 - 2:30pm
Term time only

Thursday

Eastcotts
MK42 0GG
11am - 12noon
Weekly

Friday

Cherry Trees
MK42 9LS
9.30 - 10:30am
Weekly

Pine Cones
MK41 7SA
1:30 - 2:30pm
Weekly

Successful Transitions

Successful Transitions

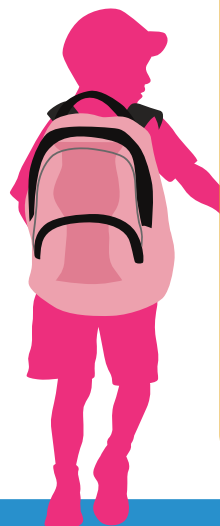
Come along to Play and Learn Toddler at Daisy Hill and Eastcotts to find out how to support your child when they begin their learning journey at pre-school, nursery or school. Our Children Centre Teacher will be on hand with practical, fun activities to support your child's development. Term Time only.

Tuesday

Daisy Hill
MK42 8QH
1:30 - 2:30pm
Term time only

Thursday

Eastcotts
MK42 0GG
11am - 12noon
Term time only



Young Parents Group

This is a group suitable for parents from 22 weeks pregnant up to the age of 21. Come and meet the friendly staff to ask advice and guidance alongside a play session for the children.

Thursday
Cherry Trees
MK42 9LS
1.30 - 2.30pm
Weekly



Scan for more info, dates and to book!



FREE DROP IN SESSIONS

Story Time Fun

For children with English as an additional language

This group is for children with English as an additional language. Come and enjoy your favourite stories each week as well as lots of fun activities to enhance your child's learning and development. Term Time Only.

Thursday
Cherry Trees
MK42 9LS
9:15 - 10:15am
Weekly
(Term time only)



EVENTBRITE

My Choice

The My Choice programme enables women who are victims of domestic abuse to think about their own choices and helps 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.

Please note this course is for women who are no longer in the abusive relationship.

Book via phone 0300 323 0245.

Thursday

Online

10:30 - 11:30am

25th Jan - 28th March

(Session not running on 22/2)

TELEPHONE

Baby Massage

Baby massage is a 4 week course for babies ages 8 weeks - 6 months. Learn massage strokes to support relaxation and relief from colic and constipation.

Wednesday

Queens Park

MK40 4LE

11:30am - 12:30pm

Starts 10th January

Thursday

Pine Cones

MK41 7SA

10 - 11am

Starts 7th March



ENQUIRY FORM ON WEBSITE

 FREE!

Tiny Explorers

 New Group

Tiny Explorers is a course for babies to explore the natural world around them through Treasure Baskets. Treasure Baskets contain a collection of household and natural objects that your baby can investigate using all their senses. Each week you will collect objects to make up your own Treasure Basket.

Tuesday

Kingsbrook

MK42 OHL

1.30 - 2.30pm

Starts 9th Jan
(6 week course)

Cherry Trees

MK42 9LS

1.30 - 2.30pm

Starts 27th Feb
(5 week course short term)

 £12 booking fee

 £10 booking fee


Scan for more info, dates and to book!



Introducing Solid Foods

Are you ready to start introducing solid foods to your little one?

Come and join us for an interactive, Teams session by trained Children Centre Staff. We can help you with first foods, milk and much more.....

This session is open to all parents and carers with babies no younger than 20 weeks.

Tuesday

Online

10 - 11am

16/1, 6/2, 20/2, 2/4

2 - 3pm

16/4

Thursday

Online

10 - 11am

4/1, 21/3

2 - 3pm

7/3



Triple P Baby

This course aims to prepare parents for a positive transition to parenthood and the first year with baby. The 4 week in person course allows parents to participate in a range of exercises to learn strategies to develop a positive relationship with their baby. In addition, you will receive 4 follow up calls, with a trained practitioner to support your family's individual need.

This course is designed for parents with children from birth to 12 months and they are welcome to attend the sessions with you.



Funded by
UK Government

Thursday

Queens Park

MK40 4LE

10 - 12noon

25/1, 1/2, 8/2, 15/2 & 4 follow up
phone calls on 22/2, 29/2, 7/3, 14/3

 EVENTBRITE

 TELEPHONE

 ENQUIRY FORM ON WEBSITE

 FREE!

Wriggles & Jiggles

This is a music and movement group. There are lots of action songs, rhymes, parachute fun and a chance to explore instruments.

Thursday

Pine Cones
MK41 7SA

9:30 - 10:30am

Starts 11th Jan
(5 week course)

Break week 18th Jan
due to staff training

Peter Pan
MK42 9DR

9:30 - 10:30am

Starts 29th Feb
(5 week course)

£10
+booking
fee



Scan for more
info, dates and
to book!

Bumps, Birth & Baby Stuff

Bedford Borough's Bump, Birth and Baby Stuff is a collaborative approach to providing seamless antenatal care to first time expectant parents who live in Bedford Borough. Ideally, expectant mums should be at least 32 weeks gestation or more to attend this session and they **MUST** be a resident of Bedford Borough. Partners are encouraged to attend and please provide their information when booking your ticket.

Tuesday

Online

9am - 12.30pm

23/1, 27/2, 26/3, 23/4

Wednesday

Queens Park

MK40 4LE

9am - 4pm

3/1, 17/1, 7/2, 21/2, 6/3, 20/3, 3/4, 17/4



Mini Movers

Let your mobile toddler explore body awareness and physical development at Peter Pan. Younger siblings welcome.

Monday

Peter Pan

MK42 9DR

1:30 - 2:30pm

8/1, 15/1, 22/1, 29/1,

5/2, 12/2, 26/2, 4/3,

11/3, 18/3, 25/3

£2
per
session



Triple P Discussion Groups

We have a range of workshops online and in-person to support you on your parenting journey. The workshops are designed for parents with children aged 18 months plus to 5 years of age.

Please note that you cannot bring your children along to the in-person workshops and we do not have a creche facility.

Workshop: Developing Good Bedtime Routines
Queens Park, MK40 4LE

1 - 3pm

Tuesday 6th Feb

Workshop: Managing Fighting & Aggression
Online

10am - 12noon

Tuesday 16th Jan

Workshop: Hassle Free Shopping with children
Queens Park, MK40 4LE

10am - 12noon

Friday 1st March

Workshop: Hassle Free Mealtimes
Online

1 - 3pm

Wednesday 14th Feb

 Funded by
UK Government

Workshop: Dealing with Disobedience
Online

7 - 9pm

Thursday 14th March



Mind the Bump

Mind the Bump is a weekly, women only well-being group offering emotional support in a safe environment to address low mood, anxiety and/or depression during pregnancy. To book your place please use the enquiry form on the website or call us on 0300 323 0245.

Wednesday
Queens Park
Neighbourhood Centre
MK40 4LE
10 - 11am
Weekly



Scan for more info, dates and to book!



Potty Training Workshop

Come and join our online workshop for some tips and advice on how to get Potty Training started. This course is aimed at parents who have children aged 18 months plus.

Wednesday
Online
10 - 11am
24/1, 13/3

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 to 1 year old. To book your place please use the enquiry form on the website or call us on 0300 323 0245.

Monday
Queens Park
Neighbourhood Centre
MK40 4LE
1 - 2pm
Weekly

JOP Toddler

This is four week programme aimed at parents/carers of children ages walking to 3 years.

This course will equip parents/carers with a greater understanding of: age appropriate milestones; becoming an important play partner; child development; healthy brains; parental wellbeing; mental health; strong relationships; effective routines; sleep; appropriate discipline; behaviour management & more!

Tuesday
Peter Pan
MK42 9DR
1 - 2pm
9th - 30th January



Important Info

All Children's Centres are closed on Thursday 18th January for Staff Training

Drop In Sessions

Please be aware when room capacity is reached, we will have to stop entry due to health and safety.

Chatter Tots

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

To book this service please complete the Booking Form using the QR code below:



Triple P Baby Online

Triple P Baby Online will: support you to promote your baby's development, give you confidence in your own choices, cope with frequent crying, sleeping, partner conflict and much more. You will be able to access the 7-module course online and complete this in your own time. You will be given 6 months to complete the course and one of our practitioners will regularly check-in with you to see how you are getting on. Once the Booking Form is received a member of our admin team will email you out the details of how to access the course. If you are not registered with the children centres, the team will call you before the code is emailed out, to register you. This course is for parents with babies up to the age of 12 months.

To book this service please complete the Booking Form using the QR code below:



Register with us!

Scan the QR code to register with us:



Sign up to our Parent Newsletter

Scan the QR code Sign up



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