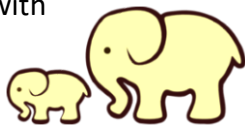




We welcome you all to join us in our sessions at the children centre, a warm and friendly team is here to meet you. We can offer support in all areas of parenting life so please ask if you would like more information.

### **Baby Days** Newborn to 4 months old Booking required

A nurturing 5 week course for new parents covering aspects about sleep, safety, feeding and development. Come along with your new baby to share experiences with other new parents in a relaxed environment.



### **SEND support**

**Last Wednesday of each month 9.30-11.00**

The Special education needs and disabilities team offer a free and confidential support service for parents and carers of children with Special Educational Needs.



### **Additional needs coffee morning**

An informal coffee morning for families with children who have additional needs. Your baby or child does not need to have a diagnosis for you to come along. **All ages welcome**

*'A chance for children to play  
with peer support for parents/carers'*

**Wednesday 26<sup>th</sup> September 10-11.30**

**Wednesday 31<sup>st</sup> October 10-11.30**

**Wednesday 28<sup>th</sup> November 10-11.30**

### **Ante-natal & New Parent Baby Group**

**Tuesdays 1.30-3.00 Term time only**

A nurturing place to meet other families with **bumps and newborns to 5month olds**. Different aspects of your baby's development covered each week.

**VENUE:** Shefford Methodist Church  
Hall, Amphill Rd, Shefford. SG17 5DJ



### **SaLT Drop ins**



Do you have concerns about your child's speech? Worried about their listening, talking or interactions? Drop in to the centre to see Sue our speech therapist.

5<sup>th</sup> Nov @ Breakfast club

11<sup>th</sup> Dec 1.30 – 2.30 @ the children's centre

### **Multiple birth and twin group**

A welcoming environment where both children and adults can play, chat and unwind, as well share experiences of life with multiples. Siblings welcome.

**First Monday of each month 1.30-3.00**

**Monday 1<sup>st</sup> October**

**Monday 5<sup>th</sup> November**

**Monday 3<sup>rd</sup> December**

**\*Brasserie and Baby group are at the Methodist Church Hall, Amphill Rd Shefford.**

### **Build, Explore & Play** 0-4 years

**Fridays 9.30-10.45**

A great session for all the family especially male carers.

Explore and play with natural and recyclable materials. Your baby or child can choose what to play with, mix it about and create play experiences in their own way.

### **DWP Employment Advisor Drop in**

**Alternate Mondays 9.30-11.00**

Support and information if you are thinking about going back to work or into further education. One to one support and advice.

Drop in to the centre no need to book.



### **Introducing Solids information**

Ideal for babies 3-9 months Find out the what, whys and hows to your baby starting solid foods. Babies welcome too.

**Monday 26<sup>th</sup> November** 10am for a 10.30 start.

### **Breakfast Club**

**Monday, Wednesday and Fridays 8.30-9.30**

**Start your day the right way!**

All ages welcome. Come along for a cuppa, play activities for your child and if you like join us for breakfast too, it's free!

**All ages welcome.** Join us before or after school drop off too.



### **Stepping Stones Drop in**

Support for women who have been in or experiencing a difficult or abusive relationship. Drop in or call for more details.

**Pop in** All ages welcome.

**Pop ins are changing**

**They will be running every month.**

**1.00-3.00**



**Wednesday 31<sup>st</sup> October**

**Wednesday 21<sup>st</sup> November**

**Wednesday 19<sup>th</sup> December**

**Wednesday 16<sup>th</sup> January**

Pop in for support and information covering all aspects about your baby or child. Self-weighing available.

**Brasserie** All ages welcome.

**Every Tuesday 1.30 – 3.00**

A friendly, café style drop in for breastfeeding or mixed feeding parents. Come along for a cuppa and meet other parents, carers & babies.

Support available if needed.

*Feeding support is also available 1 to 1 at your home or at any of our sessions.*

**VENUE:** Shefford Methodist Church Hall, Amphill Rd, Shefford. SG17 5D.

