


## September 2024 at Hedgerows Family Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>				
<p>8.30am-12.30pm <b>Health Visitor Development Reviews</b> Booked through your health visitor.</p> <p>9:30-1pm <b>Who's In Charge</b> Booking required. Please contact centre for more information.</p> <p>10am-11:30am <b>Stay and Play</b> A fun filled session for you and your child to enjoy activities indoors and out with songs and rhymes.</p>	<p>10am-12pm <b>Woughton Advice Service</b> Support and advice from Woughton community council.</p> <p>9:30-12:30pm <b>Healthy Relationships</b> Booking required. Please contact centre for more information.</p> <p>10am-11.30pm <b>Breastfeeding Clinic</b> Support and advice around breastfeeding.</p> <p>10:00-11:00am <b>Stories, Songs and Rhymes</b> Come along and enjoy singing and stories with your child to improve their speech and language.</p>	<p>9am -10am <b>Wellbeing Wednesday at Moorlands</b> Join us for a cuppa and a chat.</p> <p>10-11am <b>Mucky Pups</b> Join in getting messy and having fun together.</p> <p>11am – 11:30am <b>Toddler Time</b> Join Annette in her fun filled music session with rhymes and action songs.</p>	<p>9.30am-11.30am <b>Baby Clinic and baby group</b> An opportunity to drop in, have your baby weighed and speak to the health visiting team.</p> <p>9:30am – 10:30am <b>APA Fitness</b> Join APA fitness in an exercise group for all abilities. Please speak to a member of staff to book a creche space.</p> <div style="text-align: center;">  </div>	<p>9am-11am <b>Support Drop In</b> Support with benefits fortnightly.</p> <p>9:30-11:30am <b>Specialist Teachers group</b> Speak to staff for more information.</p> <p>10am-11am <b>Soft Play</b> Soft play in the hall and activities in the garden.</p> <p>11am-11.30am <b>Snack Café</b> Healthy snack in the café after soft play.</p>
<p>Sensory room available daily- must be booked. Café open daily for a hot drink and a chat.</p>				

Call us on **01908 239 000**

Hedgerows Family Centre, Langland Road, Netherfield, MK6 4NP

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Afternoon</b>				
<p>1pm-2.30pm <b>Baby Group</b> A calm, relaxing sensory session with song and rhyme time for parents and babies.</p>	<p>1pm-3pm <b>Nurture / Welcome to the World</b> Booking required. Please contact centre for more information.</p> <p>1.30pm-2.30pm <b>Baby Massage</b> Booking required. Please contact centre for more information.</p> <p>1.30pm-2.30pm <b>Little Talkers</b> Session to support speech and language. Booking required.</p> <p>1.30pm-2.30pm <b>Food Share and Café</b> Come and top up your shopping and have a hot drink with us. (don't forget your bag!)</p>	<p>12:30-2:30pm <b>Childcare level 1</b> Speak to staff for more information. Creche spaces available.</p> <p>3:30pm-4.30pm <b>After School club</b> Come along with your children for an after-school play session and snack- all ages welcome.</p>	<p>12:30-2:30pm <b>Healthy Families CLMK course</b> Booking required. Please contact centre for more information.</p> <p>1pm-2:30pm <b>Sport and Movement</b> A range of sports and physical activities for you and your children to enjoy.</p> <div style="text-align: center;">  </div>	<p>12.30-3.30pm <b>Health Visitor Development Reviews</b> Booked through your health visitor.</p> <p>1pm-2.30pm <b>Top Up Shop</b> Come along every Friday to the Food Bank top up shop in the centre car park.</p>
<p>Sensory room available daily- must be booked. Café open daily for a hot drink and a chat.</p>				

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