

Conniburrow Family Centre & Pebbles Family Centre

1 Germander Place, Conniburrow, MK14 7DU
01908 675575

Pebbles Outreach Hub
Newlyn Place, Fishermead MK6
2LP
01908 240556

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stay & Play 9.30-11.00 Follow your child's lead in our stimulating play environment inside & out</p>	<p>Baby Clinic 9.30-11.30 Rowans Family Centre, MK11 2BD An opportunity to talk to the health visiting team & get your baby weighed</p>	<p>Songs, Stories & Rhymes 9.30-11.00 Come and share our love of books with fully interactive stories, songs & crafts</p>	<p>Baby Clinic 9.30-11.30 Hedgerows Family Centre MK6 4NP An opportunity to talk to the health visiting team & get your baby weighed</p>	<p>Adult Learning Cooking on a Budget Course with a creche 9.30-11.30 Come and cook new healthy recipes. (6 September-4 October)</p>
<p>Baby Group 1.00-2.30 Come & join your relaxed nurturing session for non-walkers. A member of the health visiting team will join us on the 1st Monday of the month to answer any questions</p>	<p>Healthy Movers 9.30-11.00 Conniburrow Community Centre, MK14 7DX Join us for an energetic music & movement session followed by physical play</p>	<p>LIPS, Lets, Interact & Play 10.00-11.00 Do you need advice & strategies to support & encourage your child's speech & language? 6 -week course Booking required</p>	<p>Adult Learning English Speaking Course with creche 9.30-11.30 Is English your second language? An opportunity to become more confident in everyday conversations in a relaxed environment. (26 September-5 December) Booking required</p>	<p>Songs, Stories & Rhymes 10.00-11.30 Come and share our love of books with fully interactive stories, songs & craft.</p>
<p>Community Larder 10.00-11.00 Trinity Centre, MK6 2LA A membership scheme where surplus food is saved from landfill for a low weekly price.</p>	<p>Conniburrow Social Space 9.30-1.00 Conniburrow Community Centre, MK14 7DX</p> <ul style="list-style-type: none"> • Community café • Citizen Advice drop in. • Food Bank Top up Shop (store cupboard items available to buy for £2 or £4 (10.00-11.30)) 	<p>Baby Clinic 1.00-3.00 Neath Hill Medical Centre MK14 6JY An opportunity to talk to the health visiting team & get your baby weighed</p>	<p>Walk & Talk 9.30-10.30 Join us for a gentle stroll. around Linford Woods, come with or without your child. (24 October-12 December) Meet outside the Centre at 9.30</p>	<p>Downs Barn Community Café 10.00-1.00 Downs Barn Pavilion, MK14 7QP FREE Community Café & £2.00 food bags with fresh food.</p>
<p>Baby Group 1.00-2.30 Come & join your relaxed nurturing session for non-walkers. A member of the health visiting team will join us on the 2nd Monday of the month to answer any questions</p>	<p>Stay & Play 10.00-11.30 Follow your child's lead in our stimulating play environment inside & out</p>	<p>Stay & Play 1.30-2.45 CMK library MK9 3HL Toys, stories & fun activities (Term Time only)</p>	<p>Tea & Toast 10.30-11.30 Join us for a hot drink, slice of toast, fruit & play opportunities (24 October-12 December)</p>	<p>Foodshare 12.30-1.00 Help reduce food waste, FREE fruit, vegetables & bakery items DON'T FORGET YOUR BAGS</p>
<p>Nurture Programme Course with creche. 12.30-3.00 Come & learn tips & strategies on how to deal with the challenges of parenting. (4 November-25 November) Booking required.</p>	<p>Downs Barn Community Larder 11.00-12.30 Cross & stable, MK14 7RZ A membership scheme where surplus food is saved from landfill for a low weekly price</p>	<p>Community Fridge 3.00-4.30 Conniburrow Community Centre, MK14 7DX Help reduce food waste, FREE fruit, vegetables & bakery items. DON'T FORGET YOUR BAGS</p>	<p>Employment & Career advice 8.30-12.30 <i>Speak to a member of the team to book an appointment.</i></p>	<p>Wellbeing Cuppa 1.00-2.30 Mindfulness adult colouring & wordsearches along with a hot drink. A chance to have some me time with friends. Play opportunities for the children</p>
Monday	Tuesday	Wednesday	Thursday	Friday



Milton Keynes
City Council

Conniburrow Family Centre & Pebbles Family Centre

1 Germander Place, Conniburrow, MK14 7DU
01908 675575

Pebbles Outreach Hub
Newlyn Place, Fishermead MK6
2LP
01908 240556

<p>Q:Hub 4.00-5.30 CMK library, MK9 3HL A drop in club for LGBTQ+ A weekly session in the foyer. Come along for friends, information, advice, wellbeing, support & activities.</p>	<p>Foodshare 12.30-1.00 Help reduce food waste, FREE fruit, vegetables & bakery items. DON'T FORGET YOUR BAGS</p>	<p>Parent Hub 12.30-2.00 Are you a young care leaver who is now a parent? Come along & meet other parents & enjoy fun activities with your child</p>	<p>English Conversations 11.00-12.00 CMK library MK9 3HL Is English your second language? If yes, come along and practice everyday conversations.</p>	<p>Adult Learning Story Sacks Course with creche 12.30-2.30 Make a story Sack for your child & make their favourite story come to life! (27 September- 6 December) Booking required</p>
	<p>Young Parents Group 1.00-2.30 Are you a young parent? Come along & meet other parents & enjoy fun activities with your child. (Under 25yrs parents only)</p>	<p>Perinatal Mental Health Group 1.30-3.00 A dedicated group for new mothers working with the perinatal team. (invite only)</p>	<p>Socatots 1.00-2.00 Join us for an interactive session, supporting your child's all-round development.</p>	<p>Community Fridge 1.00-2.30 Conniburrow Community Centre, MK14 7DX Help reduce food waste, FREE fruit, vegetables & bakery items. DON'T FORET YOUR BAGS</p>
	<p>Lego & Duplo club 4.00-5.00 CMK library, MK9 3HL Time to be creative with bricks.</p>	<p>Food & Friends 4.30-6.00 Conniburrow Community Centre, MK14 7DX An opportunity to come together socially for a hot meal for the whole family.</p>	<p>Washing Machine use 1.00-3.00 Do you need to wash clothes & don't have access to a machine now? Bring your detergent & use our machine.</p>	<p>Youth Cafe 6.30-8.30 Conniburrow Community Centre, MK14 7DX For ages 11-17, free drop in café. Term time only. Drinks & snacks & a variety of activities</p>

We welcome families who live in- Conniburrow, CMK, Campbell Park, Bradwell Common, DownsBarn, Fishermead, Springfield, Oldbrook North, Heelands, Two Mile Ash, Bradwell, Bradwell Abby, Great Holm & Woolstone

Support and Advice- we are here to help. We work in partnership with a host of agencies, so please reach out, no amount of help needed is too big or small. Employment, Training & Career advice is also available, alongside childcare & funding options.