

**Rainbow Family Centre**  
**Kingsfold, Bradville, MK13 7BQ**  
**01908 227925**

**Wolverton Library and Community Outreach**  
**Creed Street, Wolverton, MK12 5LY**  
**01908 227925**

**We welcome families who live in- Bancroft, Bancroft Park, Blue Bridge, Bolbeck Park, Bradville, Downhead Park, Great Linford, Linford Wood, Neath Hill, New Bradwell, Oakridge Park, Pennyland, Stantonbury and Wolverton**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Baby Group</b>  <b>10.00-11.30</b>            Come and join our relaxed nurturing session for non-walkers.</p> <p><b>Songs, Stories and Rhymes</b>  <b>12.30-2.00</b>            Come and share books, sing songs, and find out about the support available.</p> <p><b>Run by the Rainbow Team@ Wolverton Library</b></p>	<p><b>Faith Dimensions</b>  <b>12.00-1.00</b>            Takeaway hot meal service. Open to the local community in need</p> <p><b>Lego &amp; Duplo club</b>  <b>3.30-4.30</b>  <b>Wolverton library,</b>            Time to get creative with bricks.</p>	<p><b>Fit while you Sit</b>  <b>@ The Community Hub</b>  <b>2.00-3.00</b>            Whatever your level of ability or mobility, chair exercise classes are ideal. Make new friends and improve your fitness.</p> <p><b>Top-Up-Shop</b>  <b>12.30-2.00</b>  <b>Kings Community Centre</b>            In partnership with FoodBank and Baby Basics. 10 items for £2</p>	<p><b>Citizens Advice Drop-In</b>  <b>Great Linford Parish Council</b>  <b>10.00-1.00</b>            Help with legal rights, benefits, debt management, housing problems and more. For residents in Great Linford and Stantonbury Parish Council</p> <p><b>Job Club</b>  <b>@The Community Hub</b>  <b>1.00-3.00</b>            Open to anyone in the community to come for advice, support with confidence and free courses.</p> <p><b>Butterflies</b>  <b>1.30-2.30</b>  <b>The Mead Centre Sensory Room- Newport Pagnell</b>            Support for parents and Carers of young children with additional needs- Please call 01908 217135</p>	<p><b>Milton Keynes Community Fridge</b>  <b>11.30-12.30</b>  <b>Great Linford (Little Bookshop)</b>            Help reduce food waste, <b>FREE</b> fruit, vegetables &amp; bakery items.            Dont forget your bags</p> <p><b>Foodcycle</b>  <b>12.30</b>  <b>The Old Bath House</b>            Anyone can join as a guest to enjoy a free meal            Family and disability friendly</p> <p><b>Story Time</b>  <b>2.00-2.30</b>  <b>Wolverton Library</b>            A free session for all under fives</p>
<p><b>Community Fridge</b>  <b>11.30-12.30</b>  <b>Great Linford Little Bookshop</b>            Free fruit, vegetables, and bakery items, Don't forget your bags.</p>	<p><b>Baby Clinic</b>  <b>9.30-11.15</b>  <b>Rowans Family Centre</b>            An opportunity to talk to the health visiting team &amp; get your baby weighed</p> <p><b>Young Parents Group</b>  <b>1.00-2.30</b>  <b>Conniburrow Family Centre</b>            Friendly group for the under 25's</p>	<p><b>Baby Clinic</b>  <b>1.00-2.45</b>  <b>Neath Hill Medical Centre</b>            An opportunity to talk to the health visiting team &amp; get your baby weighed</p>	<p><b>Baby Clinic</b>  <b>9.30-11.00</b>  <b>Hedgerows Family Centre</b>            An opportunity to talk to the health visiting team &amp; get your baby weighed</p>	<p><b>Free Book Swap</b>  <b>9.00-4.00</b>  <b>Monday- Friday</b>  <b>Stantonbury Parish Council</b>  <b>Bradville, MK13 7DX</b></p>

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