



The Rowans Family Centre Programme September & October 2024

Open Monday to Friday 8.30am to late

<i>We welcome families who live in: Fullers Slade, Greenleys, Hodge Lea, Stacey Bushes, Stony Stratford, Galley Hill, Calverton, Kiln Farm and Fairfields</i>				
Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
<p>9.00 – 4.00pm Sensory Fun Please call the centre to book.</p> <p>9.00 – 4.00pm Drop in Café Our café is open daily.</p> <p>9.30 -10.30am Soft Play Come along and enjoy our soft play equipment. 10.30-11.00 Story and snack</p> <p>9.00 – 10.30am Greenleys First School Café and play Please speak to a member of the team or to the school for further information.</p> <p>9.00 – 4.00pm Midwife Clinic Appointments made through the Community Midwives team.</p>	<p>9.30 – 11.15am Baby Clinic An opportunity to drop in, have your baby weighed and speak to the health visiting team.</p> <p>9.30 – 11.15am Baby Group Come along and join our warm, nurturing baby group. With a variety of sensory experiences and time to meet other parents.</p> <p>9.15-12.30pm Development Reviews Health Visitor development reviews, for more information contact the health visitor's hub on 01908 725100.</p> <p>9.00 – 4.00pm Midwife Clinic Appointments made through the Community Midwives team.</p>	<p>9.00-4.00pm Drop-in Café Our café is open daily.</p> <p>9.30 – 10.30 APA Fun Fitness for women</p> <p>9.45-11.00am Messy Play Join in getting messy and having fun exploring paints, water, sand, gloop and much more.</p> <p>10.00 - 12.00pm Fullers Slade Health Checks 2nd and 4th week in Oct Please drop in for a free health check-up.</p> <p>10.00 - 1.00pm Citizen Advice Bureau 1st and 3rd week in Oct For residents of Fullers Slade, Galley Hill, and Stony Stratford to book an appointment contact Centre.</p>	<p>9.00-4.00pm Drop-in Café Our café is open daily.</p> <p>10.00 – 11.30am Baby Group *New* Come along and join our warm, nurturing baby group. Time to meet other parents.</p> <p>10.00 – 10.30am Story, Song and Rhyme Time at Stony Stratford Library Join us at the library for stories and rhymes with the librarian.</p>	<p>9.00 - 1.00pm Sensory Fun Please call the centre for more information.</p> <p>9.00 - 1.00pm Drop in Café Our café is open daily for you to drop in.</p> <p>9.30-11.00am Stay and Play A fun filled session with creative and physical activities and learning through play with story and song time for under 5s.</p> <p>9.30 – 11.00am MK Carers Support Group and Autism Support Group 27/9/24 25/10/24 22/11/24</p>

Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
<p>12.30 – 3.00 Nurture Parenting Puzzle course (Starts 30th September) Please speak to a member of the team to book a space. <i>Free creche available.</i></p> <p>12.45 – 4.15pm Development Reviews For more information, please contact the health visitor's hub on MK 725100.</p> <p>6.00 – 8.00pm Boxercise for young people aged 6 and above Would you like your child to have fitness training and learn boxing skills? If so, come along and join the group.</p>	<p>1.30 - 2.30 Socatots A fun active session for children to learn new skills and follow instructions to help with their development. Please contact the centre to book.</p> <p>1.00-3.00 Art for wellbeing This 10-week course (term-time only) will help you to unlock your creativity and use art as a tool for self-expression. Come along and join Family Learning CLMK to have fun, meet new people, and create some fantastic pieces. Please register your interest.</p>	<p>12.45-4.15pm Development Reviews For more information contact the Health Visitor's hub on 01908 725100.</p> <p>12.30 – 2.30 Healthy Home Cooking course Please contact the centre to book. <i>Free creche available.</i></p> <p>1.00pm onwards Wednesday Wonders @ The Rowans We take delivery of a whole host of food produce from Faith Dimensions to combat food waste. We wonder what we'll get this week...bring a bag and collect items for free.</p> <p>5.00pm – 6:30pm Youth Club for 11 -14 years of age Come along to join the dance lessons and then socialise with others in the Youth Club.</p>	<p>1.00 - 2.30pm Mobile Food Bank Top Up Shop To register please call the foodbank helpline on 0300 303 4933.</p> <p>1.30 - 3.00pm Plant it, grow it, eat it. Spring into the new season of planting.</p> <p>12.45 – 3.30pm Employment support Please speak to a member of the team to book an appointment for help with returning to work.</p> <p>4.00 – 6.00pm Start Art Are you interested in art? Then come and join us for our weekly after school group for 11 – 16 years Learn, create and socialise with other young people. Book through Youth Team.</p>	<p>1.30 – 2.30pm Fit While you Sit Chair Based Exercise Class funded by Stony Stratford Town Council. Book via jane@enajee.com.</p> <p>1.30-3.00pm Feel Good Friday & Community Café</p> <p>1.30 – 2.30 Baby Massage For parents and babies to strengthen bonding, promote relaxation, digestion, help relieve colic and help your baby to sleep. This is a 4-week course running throughout the year. Please register your interest.</p> <p>LIPS - Let's Interact & Play 1.30 – 2.30pm Session with a special focus on speech and language, helping you understand and support your child's stages of development. 4-week course running throughout the year. Please register your interest with the Centre.</p>

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