

Sunshine Family Centre, Merebrook Infant School, Furzton, MK4 1EZ. Tel: 01908 508566				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00am-10:45am Starting 7th October</p> <p>Sunshine Story, Songs & Rhymes at Westcroft Library</p> <p><i>followed by</i> 10:45-am - 11:30am Westcroft Library Support Drop - in</p>	<p>10:00am-11:30am Stay and Play</p> <p>A play session for under 5's with indoor and outdoor play. Includes a healthy snack and songs and rhymes.</p>	<p>10:00am-12:00pm Perinatal Support Music Group Run by Arts for Health Coming soon. Contact the centre for more information. 9:00am-12:00pm</p> <p>Employment Support Service</p> <p>10:00am-11:00am Messy Play</p>	<p>9.30-10.45 Baby Group</p> <p>A relaxed session including songs and rhymes. From newborn to non-walkers. Breast feeding support available.</p>	<p>9.30am-11.00am Walk and Talk Join us for a walk to the local parks.</p> <p>10:00am-12:00pm Music Bugs Contact michelle@musicbugs.co.uk</p>
<p>Sensory Room available Call the centre to book.</p>	<p>9:00am-12:00pm Employment Support Service</p>	<p>Other local activities</p> <p>10:30am-12:00pm Parents & Tots Shenley Brook End Parish Council at Westcroft Pavilion, MK4 4GB</p>	<p>11:15am-12:00pm SocaTots Fun free football for 1-4-year-olds</p>	<p>Other local activities</p> <p>Storytime at Westcroft Library 10:00am-10:30am</p> <p>10:00am-1:00pm Westcroft Community Larder Contact SOFEA at: www.sofea.uk.com</p>
<p>12:30pm-2:30pm ESOL (English for speakers of Other Languages) CLMK 23rd September - 2nd December Contact the centre to book.</p>	<p>LIPS- Let's Interact and Play Advice and strategies to support your child's speech and language. 1:30-2:30 4-week course. Starting 1st October Contact the centre to book.</p>	<p>1:30pm-2:45pm Healthy Movers Music and movement with songs and rhymes. Followed by a healthy snack</p>	<p>10:00am-1:00pm Citizen's Advice Fortnightly appointments. Book at: Shenley Brook End Parish Council - Citizens Advice Milton Keynes (miltonkeynescab.org.uk) 1:15-3:00pm Employment Support Service</p>	<p>1:30pm-3:00pm Feel Good Friday Café Well-Being Cuppa with adult colouring and simple crafts. Come with or without your children.</p>
<p>Other local activities 5:00pm-6:00pm Free Fun Football Shenley Brook End Parish Council Tattenhoe Sports Pavilion 8-16 years</p>	<p>2:00pm-4:00pm Community Fridge At Westcroft Pavilion, MK44GB Help reduce food waste.</p>	<p>Other local activities YMCA Youth Club Shenley Brook End Community Centre. Term time 3:30-5:30 11-13 years.6:30-8:30pm 14-18 years</p>	<p>Other local activities 3:30pm-4:30pm Lego Club at Westcroft Library 4:45pm -6:45pm Youth Club at Westcroft Pavilion, MK4 4GB. 4:45pm -6:45pm</p>	<p>Sensory Room available Call the centre to book.</p>

We welcome families who live in Furzton, Emerson Valley, Shenley Estates, Tattenhoe, Tattenhoe Park, Loughton and Loughton Lodge, Crownhill, Kingsmead, Whitehouse, Grange Farm, Oxley Park, Westcroft, Oakhill and Medbourne.

