



Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
<p>LIPS at Tickford 10:15-11:15 <i>'It takes two to Talk'</i> A fun filled session focusing on supporting children's communication and language development- please speak to a team member to book your place- running throughout the year. Booking required.</p> <p>Reading With Your Child provided by CLMK at Newport Pagnell Library 10-11:30 Let's explore the love of books, whilst developing the fundamental skills ready to support your child in later life (4th November –9th December- booking required)</p> <p>The Nurture Programme 9:30-11:30 13th January-24th March An evidence-based parenting course aimed to help adults understand and manage behaviours and feelings to become a more positive and nurturing in their relationships with children and each other. Booking required.</p>	<p>Stay and play at Tickford 10-11:15 Follow your child's lead in our stimulating, exciting and fun play environment. Lots of exciting play opportunities inside & out to maximise your child's curiosity & learning. Healthy snack provided. Suitable from 0-5 years.</p> <p>Magic movers 11:15-11:30 Join us at the end of stay and play for 15 minutes of fun music and movement.</p>	<p>Hanslope Stay and Play 10-11.30 (Hanslope Recreational Ground) Follow your child's lead in our stimulating, exciting and fun play environment. Lots of exciting play opportunities inside & out to maximise your child's curiosity & learning. Healthy snack provided. Suitable from 0-5 years</p> <p>Community Larder at the Mead Centre 11-12.30 Why not sign up to the community larder, help reduce food waste whilst filling your fridge.</p>	<p>Development checks 9:00-1pm Health visitor clinic at Tickford Children Centre for your child's development checks. Pre-booked appointments with health visiting team only.</p> <p>Messy Movers- 10-11:15am This session will support your child to explore all their senses, whilst incorporating soft play to encourage little ones to discover their sensory surroundings. Throughout the session we will have full access to the outdoor garden where even more messy madness awaits.</p>	<p>Baby Group- 10.15-11:15 A relaxed, nurturing yet stimulating baby group to support your babies learning and development. A great opportunity to meet other parents, share experiences and make friends. Suitable for non-walkers</p> <p>Chit Chat Café and baby brasseries 11:15-12:15 An opportunity for you to enjoy a hot drink and light snack, whilst staff are available to offer support, tips, and guidance on a range of topics.</p>



Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
<p>DAFS support group 1.15-2.15pm- Offering a safe, non-judgemental and confidential support session for parents and family members of loved ones suffering from addiction.</p> <p>The Quiet Corner at Newport Pagnell Library. 3:15-4:15 (Starting 4th November) Join the Tickford team at the library to loan books, unwind after school, complete homework, use computers or play some quiet games.</p>	<p>Baby Clinic and Baby Group at Lovatt Hall– 1pm-2.45pm- An opportunity to talk to the health visiting team and get your baby weighed with a member of the Tickford team on hand for support and advice.</p> <p>Entry to Childcare 12:45-2:45 10-week City and Guilds accredited Course (starting the 1st of October) Designed for aspiring professionals who fancy working with children.</p> <p>Olney Library 1-2pm Come and join us for an engaging story, song, and rhyme session at Olney library.</p>	<p>Socatots 1-1.45pm Come and join this wonderful football class, aimed at children 18months – 5 years. Engage in physical activity, whilst promoting balance and motor coordination.</p> <p>Tickford on tour 1-3:30pm Our staff will be out and about in the local community, offering support, meeting new people and visiting new places.</p>	<p>Employment Support 1:00-4pm Book in with our employment support team to help achieve your goals. confidence building, CV writing, job applications.</p> <p>Big Cook Little Cook 1:00- 2:30 (7th Nov-12th Dec) Join this wonderful interactive cooking course, designed to teach basic cookery skills to both you and your child. Booking required.</p> <p>Wings and Wellies 1-2:30pm (7th Nov- 12th Dec) Come and explore your surrounding with this wonderful course and get creative with nature. Booking required.</p> <p>Butterflies-1.30-2.45 at Newport Pagnell Mead Centre Come explore this wonderful purpose-built sensory area with lots of fun and interaction to be had. This session is specifically designed for children who have/may have additional needs, whether diagnosed or not.</p>	<p>Pick up and play. 2pm-3.30-pm Help reduce waste, free fruit, vegetables & bakery items available and an opportunity play with your little ones in our outdoor play environment. Please only take what you need and remember your small food bags.</p>



Frequently asked questions

What are your opening hours?

Monday- Thursday 8.30am-4.30pm, Friday 8.30am-4pm all year except bank holidays

What support is on offer?

We understand the pressures of family life. Most families need additional help every now and again, or maybe just someone to talk to. We can offer support within our centre, outreach premises or through home visits. The support we offer can include (but is not limited to):

- Parenting advice and support including parenting courses/workshops and one to one appointments to discuss your child’s development.
- Speech and language support and dedicated sessions to promote speech and language
- Breastfeeding and healthy lifestyle support
- Fun and exciting play sessions for you to enjoy with your child including baby group, messy play and stay and play.
- Financial/debt management support and accessing benefits
- Support with utilities, cost of living and access to local organizations and charities such as baby basics, food bank, hygiene bank and food share
- Support for health and wellbeing (mental health, emotional health, physical health, sexual health and contraception)
- Access to free sanitary products
- Access to healthy start vitamins, health services and checks.
- Wellbeing sessions
- Signposting and referring on to specialist services such as MIND, MK Act, health visitors etc.
- Support to access nursery funding
- School readiness sessions
- Employment support and adult learning
- Volunteering opportunities are open to all members of the community
- Support to navigate the SEN procedures, provide support, parenting strategies and signpost to specialist services.

How can I contact you?



Call us on **01908217135**



Follow on us facebook or contact us via messenger



Email us at tickfordmeadow.childrenscentre@milton-keynes.gov.uk