


# The Saplings Children's Centre Activity Calendar

Open Monday to Thursday 8.30am - 4.30pm and Friday 8.30am - 4.00pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Baby Sensory with Song and Rhyme Time</b> 10:00am-11:00am</p> <p>Join us for a baby sensory experience, including song and rhyme time.</p>  <p><b>Sensory Room</b> The Sensory Room is available to use, contact the centre on 01908 378123 to book.</p> <p><b>Family Support Drop In</b> Family Support and advice available, including support to complete your Two Year or 30 Hour Funding applications online.</p>	<p><b>Stay and Play</b> 10:00am-11:30am</p> <p>Come along and enjoy a range of fun activities for both you and your child. Session includes messy play so we suggest you bring spare clothes.</p> <p><b>Development Checks</b> 9:00am-1:00pm</p> <p>Development Checks by appointment only. Contact the Health Visitors on 01908 725100 for enquiries about your appointment.</p> <p><b>Sensory Room</b> The Sensory Room is available to use, contact the centre on 01908 378123 to book.</p> <p><b>Family Support Drop In</b> Family Support and advice available, including support to complete your Two Year or 30 Hour Funding applications online.</p>	<p><b>Counselling Services</b> 9:30-12:30</p> <p>By appointment only, please contact the centre on 01908 378123 for more information.</p> <p><b>Ragdolly Annas</b> 10:30am-11:15am</p> <p>Come along for a fun singing session with Anna VJ. Pay as you go session.</p>  <p><b>Sensory Room</b> The Sensory Room is available to use, contact the centre on 01908 378123 to book.</p> <p><b>Family Support Drop In</b> Family Support and advice available, including support to complete your Two Year or 30 Hour Funding applications online.</p>	<p><b>Messy Play</b> 1:15pm-2:45pm</p> <p>Come along and enjoy a range of fun messy activities for both you and your child. Please bring spare clothes.</p>  <p><b>Sensory Room</b> The Sensory Room is available to use, contact the centre on 01908 378123 to book.</p>  <p><b>Family Support Drop In</b> Family Support and advice available, including support to complete your Two Year or 30 Hour Funding applications online.</p>	<p><b>Baby Clinic</b> Every 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month 9.30am-11.30am</p> <p>Come along and see the Health Visiting Team to get your baby weighed. Please arrive by 11:15am.</p> <p><b>Feel Good Friday</b> 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> (where applicable) Friday of each month 10:00-11:30am</p> <p>Would you like to learn a new skill, crochet, sewing, cooking? Do you have a skill to share or do you simply want to come along for a cuppa and chat with other staff and parents.</p> <p><b>Family Support Drop In</b> Family Support and advice available, including support to complete your Two Year or 30 Hour Funding applications online.</p>



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Other Services				
Parenting Workshops	First Aid Courses	Community Learning Courses	Volunteering Opportunities at the Centre	Family Support for Parents and Carers
Support with Two Year Funding and 30 Hour Funding	Centre events	Room Hire Options	Support with CV Writing	Dads Group at Children and Family Centres, ask staff for more information.
Baby Massage	Food Bank	Baby Basics and MK Storehouse referrals	Parent Forum	Employment Support Referrals
Coming Soon				
Summer Calendar	Summer Beach Party	MK Play Day 7 <sup>th</sup> August, Saplings and Ragdolly Anna's will take to the stage to deliver a fun singing session.	Weaning Workshops	More exploring the community events

[www.milton-keynes.gov.uk/childrens-centre](http://www.milton-keynes.gov.uk/childrens-centre)

The Saplings Children's Centre Reach Area:

Brickfields, Denbigh East, Central Bletchley and Fenny Stratford, Wavendon and Woburn Sands, Little Brickhill and Bow Brickhill

Contributions towards sessions are voluntary, although encouraged and appreciated.

The Saplings Children's Centre, Knowles Nursery School, Queensway, Bletchley, MK2 2HB

01908 378123