


# Pebbles Children's Centre Programme October 2021

Pebbles Children's Centre, Newlyn Place, Fishermead, Milton Keynes, MK6 2LP, Tel: 01908 240556

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>10.00am -11.00am</b>  <b>Baby Massage</b>  <b>0-4months</b>                      5-week courses for parents with young babies to strengthen bonding and promote relaxation.  <b>Please contact Pebbles for more details.</b>  <b>Booking required</b></p> <p><b>1.30pm – 3.00pm</b>  <b>Tea and Talk</b>  <b>Drop-In</b>                      Come along meet new people and talk to the staff. This session is drop in you can bring your children or pop and in and see us before you pick up your children from school.</p> 	<p><b>9:00am – 10:00</b>  <b>Fun Fitness 4 Women</b>                      Come and get fit with us in this fun active session.  <i>This session is run by All People Active</i>  <b>Please contact Pebbles for more details.</b>  <b>Booking required</b></p> <p><b>10.00am -11.30am</b>  <b>Stay and Play</b>                      Fun activities for both you and your child to help support their learning and development.  <b>Booking required</b></p> <p><b>1.00pm – 2.00pm</b>  <b>Baby Explorers</b>                      Enjoy a calm and relaxing session with your baby exploring songs, rhymes, and sensory experiences together.                      Non-movers  <b>Booking required</b></p>	<p><b>Parenting Programmes</b>                      A range of programmes are available to support parenting skills, child development and healthy lifestyles.  <i>Our first 4-week Nurture Programme starts 12<sup>th</sup> January 2022</i>  <b>Please contact Pebbles for more details.</b>  <b>Booking required</b></p> <p><b>ESOL</b>                      English for speakers of other languages                      This course is suitable for parents and carers where English is not their first language.  <b>Please contact Pebbles for more details.</b>  <b>Booking required</b></p>	<p><b>10.00- 11.00am</b>  <b>Mini Movers</b>                      A friendly group for babies that are on the move. Exploring soft play, movement, songs, and rhymes.  <b>Booking required</b></p> <p><b>1.00pm – 2.30pm</b>  <b>Stay and Play</b>                      Fun activities for both you and your child to help support their learning and development.  <b>Booking required</b></p>	<p><b>10.00am – 11.00am</b>  <b>Story and Song Time.</b>  <b>Every 1<sup>st</sup> and 3<sup>rd</sup> week of the month</b>                      Come and join us as we explore stories, songs, and rhymes.  <b>Booking required</b></p> <p><b>10:00- 11:00am</b>  <b>Messy Play</b>  <b>Every 2<sup>nd</sup> week of the month</b>                      A fun and exciting session explore our senses. Please bring extra clothes.  <b>Booking required</b></p> <p><b>9.00am -11.00am</b>  <b>MKC Foster Carers group</b>  <b>4<sup>th</sup> week of each month</b>                      A chance to network with other MKC foster carers.</p> <p><b>1.30pm – 3.00pm</b>  <b>Meet and Greet</b>  <b>Drop-In</b>                      Are you new to the local area?                      Are you pregnant?                      Do have a child under 5 years old?                      Come along to register and find out what the centre can offer.</p>

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### **We also offer support in the following areas:**

- **We offer family support for parents/carers with children from 0-5yrs. If you have any worries with your home or family life including your child's development or behaviour; or with your past or present partner, then come along to speak to a member of our team. They can help you access the support and information you need.**
  - **Support for returning to work or training: volunteering opportunities and Employment advice**
- **Do you have a 2-year-old? Did you know that they could qualify for up to 15 hours a week free childcare. Please contact us for more information.**
  - **Healthy Start Vitamins are available to collect at Pebbles Children's Centre.**
  - **Advise and programmes to support healthy lifestyles.**



You can register with your Children's Centre online at: [www.milton-keynes.gov.uk/childrens-centres](http://www.milton-keynes.gov.uk/childrens-centres)

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