

### Monday

#### **Speakeasy - How to talk to children about Sex & Relationships?**

9.15am – 11.15am

Dates: September 14th, 21st & 28th, October 5th, 12th & 19th and December 2nd, 9th & 16th

Please call the centre to book your place!

Includes a free crèche so please book your places in advance!

#### **Guided Buggy Walks**

2.00pm – 3.00pm

Dates: September 21st & 28th, October 5th & 19th, November 9th & 23rd & December 7th

Come and get fit & enjoy some local walks!

#### **'Interaction'**

1.30pm – 3.00pm

Dates: September 14th & 28th, October 12th, November 9th & 23rd and December 7th

Come along and have your say on the shaping of the centre's activities & services and enjoy some activities of your choice!

#### **'Keep Fit'**

1.30pm – 3.00pm

Dates: September 21st, October 5th & 19th, November 9th & 23rd & December 7th

Exercise to music & enjoy a healthy snack.

For all levels

Includes a free crèche so please book your places in advance!

### Tuesday

#### **Messy Paws**

9.30am - 11.30am

On Every Tuesdays from

September 15th – December 15th

Be prepared to get very messy and have lots of fun at the centre and in our brand new outdoor play area!

### Tuesday continued

#### **Musical Minis**

1.30pm – 2.45pm

Dates: Every Tuesdays (except on October 27th, November 3rd, December 22nd & 29th)

Music, Songs & Rhymes

Share & borrow a book for a week too!

#### **Baby / Infant Massage**

3.15pm – 4.15pm

Limited places available so hurry & book in advance at the centre!

#### **'Story Time' with Little Tinkers Pre School**

2.45pm – 3.00pm & 3.00pm – 3.15pm

Come and enjoy calming story sessions with Rose and the Little Tinkers Pre School staff team!

### Wednesday

#### **Language & Play**

9.00am – 11.00am

Parents / Carers learn how to help their child develop language skills through play activities

Includes a free crèche so please book your places in advance!

#### **Relate – Counselling Service**

9.00am – 12 noon

One-to-one and family counselling

Please call the Relate office to book an appointment on: 01908 310010

#### **Support Group for Children with Disabilities / Learning Difficulties**

11.15am – 12.30pm

Dates: September 16th & 30th, October 14th, November 11th & 25th & December 9th & 23rd

Come & experience our brand new 'Sensory Room'

### Wednesday continued

#### **Childminders Support Group**

11.15am – 12.30pm

Dates: September 9th & 23rd, October 7th & 21st, November 18th and December 2nd, 16th & 30th

For all childminders including those that are interested in becoming childminders. Includes a FREE Lunch! Call the centre on the Monday before to book please!

#### **Healthy Lifestyles – 12 Week Course**

12.30 – 2.30pm

Dates: September 23rd & 30th, October 7th, 14th & 21st, November 11th, 18th & 25th and December 2nd, 9th & 16th

If you want to, you can gain a City & Guilds in Literacy qualification too!

Limited places and a free creche available so hurry & book in advance at the centre!

### Thursday

#### **Drop in Support Group for Young Parents**

11.30am – 12.30pm

On Every Thursday!

Share information, advice & support with other young parents & Majella & Holly!

#### **Drop in Stay & Learn**

1.00pm - 3.00pm

On every Thursday from September 17th – December 17th

Fun educational activities including Tiny Talk – Baby signing for children aged 0-5 and their carers & elements from the Change for Life Programme - NHS supported by our specialist Early Years / Children's Centre Teacher – Mrs. Holly Prentice!

### Friday

#### **Job Centre Plus**

9.00am – 10.00am – Drop in

Dates: September 18th, 2nd, October 16th, November 13th & 27th and December 11th  
General benefits advice & routes back to work

#### **Baby / Infant Massage**

10.30am – 11.30am

Limited places available so hurry & book in advance at the centre!

#### **Support Group for Parents To Be, New Parents & Babies up to 1**

1.30pm – 3.00pm

On Every Friday!

Come and meet other parents to be and new parents, supported by local community Midwives & Health Visitors

### Saturday

#### **Dads & Working Parents Zone**

10.00am – 12 noon

Session dates: October 10th,

November 14th and December 12th

For parents, including dads and their children to come along and have fun playing games, painting and making fun things that you can take home.

You are welcome to come along to any of our sessions

### Outreach sessions

**Wavendon Gate Pavilion  
Stay & Learn**  
9.30am – 11.00am  
(Every Thursday)

In partnership with the Local Health  
Visiting Team's Baby Clinic

**Tinkers Bridge Drop in:  
Songs & Rhymes**  
9.00am – 12 noon  
(Every Wednesday)

**Heronsgate School – Walnut Tree:  
MK Springer's**  
9.30am – 10.15pm  
Parent & Toddler Gymnastics  
(Thursday - Term Time Only)

**Toddler Time**  
2.15pm – 3.00pm  
(Fridays)

Fun Music & Movement sessions

Dates: October 6th, 13th & 20th, November 3rd, 10th,  
17th & 24th and December 1st  
(Term Time Only)

**Parentcraft Classes**  
10am – 12 noon  
(Fridays)

Please call us at Little Paws for the dates

**St Mary's School – Wavendon:  
Write Dance**  
9.30am – 10.30am  
(Thursdays - Term Time Only)

introducing children to pre writing skills using music,  
paint, movement & exercise

**Freedom Programme**  
1.00pm – 2.30pm  
(Wednesdays)

Please call us at Little Paws for the dates & venue

### Childcare

For further information please contact:  
Families Information Service (FIS) on  
0800 035 0335 or [childcare@milton-keynes.gov.uk](mailto:childcare@milton-keynes.gov.uk)  
The FIS provides free, impartial and  
up to date information on childcare and  
related matters in Milton Keynes.

### Information and Support

Support Groups for: Childminders, Young Parents &  
Children with Disabilities / Special Needs & their  
families, Domestic Abuse Support and Educational  
advice from our Teacher!

Chlamydia testing kits also available

We work in partnership with Simpson School, Little  
Tinkers Pre-school, Tinkers Bridge Drop-In and all other  
community organisations. Below are some useful  
contact details:

- **Simpson School** 01908 670074
- **Little Tinkers Pre-School** - call Rose on 07952 638603
- **Health Visitor** - call Barbara Tregus on 01908 396273

**The Incredible Years 2 – 8**  
Thursday's 9.30am – 12.00 noon  
Starting 17th September 2009

This is a 12 week practical course for parents of  
2-8 year olds to help them understand and  
support their child's behaviour.

To book or for further information please contact  
Dianne De Cicco, Lead Learning Mentor  
at Simpson School (01908) 670074

### Signposting

As well as providing services on site we also signpost to  
other local children's centres:

- **Teenage parents group** - at Hedgerows on  
Thursdays 1.00 - 3.00pm.
- **English for Speakers of other Languages** - at  
Hedgerows on Mondays 9.30 - 11.30am.
- **Citizen Advice Bureau** - at Hedgerows on  
Wednesdays 10.00am - 1.00pm.
- **Computer sessions for beginners and  
intermediate** - at The Moorlands Centre.

For further details call Lyn on 01908 696312

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### About us

Sure Start Children's Centre are places that offer  
access to a range of support for families with children  
aged under five.

Little Paws Children's Centre is based with Simpson  
School. We also support families living in Simpson,  
Walnut Tree, Old Farm Park, Browns Wood, Walton &  
Walton Park, Caldecotte, Wavendon Gate, Tinkers  
Bridge.

**Little Paws SureStart Children's Centre Staffing Team:**

Raksha Patel – Coordinator

Lyn Buggs – Administrator / Welcomer

Holly Prentice – Teacher

Majella Duddy – Family Support Worker

Hayley Jones – Family Support Worker

You're welcome to come along to any

of our FREE sessions and a voluntary contribution will  
be greatly received

For further information and booking onto activities  
please contact the centre on:  
01908 696312

### How to find us



**Little Paws Sure Start  
Children's Centre**  
Simpson School  
Old Grove Way  
Simpson MK6 3AZ

**T 01908 696312**

Children and Young People's Service

**SureStart**



**Timetable of Services and Activities**  
September - December 2009



[www.milton-keynes.gov.uk/childcare-and-preschool](http://www.milton-keynes.gov.uk/childcare-and-preschool)

