



Monday 24 th July	Tuesday 25 th July	Wednesday 26 th July	Thursday 27 th July	Friday 28 th July
Family Fun Time	Get Crafty	Family Mucky Pups	Baby Clinic	Family Soft Play and Snack Time
Join us for a fun filled session for you and your child/ren to enjoy. Lots to do and explore inside and out, this week's theme is animals. Family Stay and play @ Netherfield Meeting Place 1:30-2:30pm Meet us over at Netherfield meeting place, they serve a light lunch from 12pm at the coffee afternoon and we will be joining for stay and play and creative activities from 1:30pm.	Get Crafty 9:30-11:00am Join us for animal themed crafts in café, with a healthy snack. Family Ping Pong Session 1:30-3:30pm Please speak to a member of the team to book a space.	Join us for animal themed messy play, have fun exploring different materials including paint, water, sand, and gloop! Family Play and Games 1:30-3:00pm A fun filled session for you and your children to enjoy, lots to do and explore including games indoors and outdoors, including a safe space for your babies to join. Family Ping Pong Session 1:30-3:30pm Please speak to a member of the team to book a	Baby Clinic 9:30 – 11:30am An opportunity to drop in, have your baby weighed and speak to the Health Visiting team. Baby Group 9:30 – 11:30am A warm, nurturing baby group for babies under 12 months, with a variety of sensory experiences and time to meet other parents. Summer Walk and Picnic 1:30-3:00pm Join staff on a local summer walk, with a different route each week. Bring your own picnic and get out for some daily exercise – Buggy Friendly.	Café 10:00-11:30am Our range of soft play equipment is here for you to join in exploring with your young children through rolling, building, and crawling. Stay for a healthy snack after in our café. Top Up Shop 1:00-2:30pm Come along to the food bank top up shop in the centre's car park. To register please call the foodbank helpline on 0300 303 4933. Community Café 1:00-2:30pm Living in the local area? Pop in with your family, meet people from the local community and time for young children to play and get creative.





Monday 31st July	Tuesday 1 st August	Wednesday 2 nd August	Thursday 3 rd August	Friday 4 th August
Bowling at Xscape with food 10:00-2:00pm HAF activity. Meet us at Xscape for Bowling and food. Bookings must be made through the HAF booking site - EEQU. Gid Bookings must be and through the Booking site -	Family Fun Time 10:00-11:30am Join us for a fun filled session for you and your child/ren to enjoy. Lots to do and explore inside and out, this week's theme is princesses, wizards and dragons.	Playful Pottery & Reptile Roadshow 10:00-2:00pm HAF activity. Join us for pottery, reptiles and a hot meal. Bookings must be made through the HAF booking site - EEQU.	Baby Clinic 9:30 – 11:30am An opportunity to drop in, have your baby weighed and speak to the Health Visiting team. Baby Group 9:30 – 11:30am A warm, nurturing baby group for babies under 12 months, with a variety of sensory experiences and time to meet other parents. Family Lunch 1:00-2:30pm Join us for a family meal with games and craft activities.	Friday 4 th August Family Soft Play and Snack Time Café 10:00-11:30am Our range of soft play equipment is here for you to join in exploring with your young children through rolling, building, and crawling. Stay for a healthy snack after in our café.
	Summer Walk and Picnic 1:30-3:00pm Join staff on a local summer walk, with a different route each week. Bring your own picnic and get out for some daily exercise – Buggy Friendly.			Top Up Shop 1:00-2:30pm Come along to the food bank top up shop in the centre's car park. To register please call the foodbank helpline on 0300 303 4933. Community Café
			Family Ping Pong Session 2:30-4:00pm Please speak to a member of the team to book a space.	1:00-2:30pm Living in the local area? Pop in with your family, meet people from the local community and time for young children to play and get creative.





Monday 7 th August	Tuesday 8 th August	Wednesday	Thursday 10 th August	Friday 11 th August
		9 th August		
Climb Quest	Family Mucky Pups	Cinema	Baby Clinic	Family Soft Play and Snack Time Café
Climb Quest 10:00-2:00pm HAF activity to Climb Quest. Meeting at Hedgerows. Bookings must be made through the HAF booking site - EEQU.	Join us for pirate themed messy play, have fun exploring different materials including paint, water, sand, and gloop! Summer Walk and Picnic 1:30-3:00pm Join staff on a local summer walk, with a different route each week. Bring your own picnic and get out for some daily exercise — Buggy Friendly.	Cinema 10:00-2:00pm HAF activity. Meet us at the Odeon for a trip to the cinema to see The Little Mermaid. Bookings must be made through the HAF booking site - EEQU.	Baby Clinic 9:30 – 11:30am An opportunity to drop in, have your baby weighed and speak to the Health Visiting team. Baby Group 9:30 – 11:30am A warm, nurturing baby group for babies under 12 months, with a variety of sensory experiences and time to meet other parents. Family Lunch 1:00-2:30pm Join us for a family meal with games and craft activities. Family Ping Pong Session 2:30-4:00pm Please speak to a member of the team to book a space.	Top Up Shop 1:00-2:30pm Community Café 1:00-2:30pm Living in the local area? Pop in with your family, meet people from the local community and get creative.





Monday 14 th August	Tuesday 15 th August	Wednesday 16 th August	Thursday 17 th August	Friday 18 th August
Caldecotte Lake Trip 10:00-2:00pm HAF activity. Meet us at Hedgerows and travel to Caldecotte Lake for games, train ride and packed lunch. Bookings must be made through the HAF booking site - EEQU.	Family Fun Time 10:00-11:30am Join us for a fun filled session for you and your child/ren to enjoy. Lots to do and explore inside and out, this week's theme is transport. Summer Walk and Picnic 1:30-3:00pm Join staff on a local summer walk, with a different route each week. Bring your own picnic and get out for some daily exercise — Buggy Friendly.	Gravity 10:00-2:00pm HAF activity. Meeting at Gravity at Xscape with hot food provided. Bookings must be made through the HAF booking site - EEQU.	An opportunity to drop in, have your baby weighed and speak to the Health Visiting team. Baby Group 9:30 – 11:30am A warm, nurturing baby group for babies under 12 months, with a variety of sensory experiences and time to meet other parents. Family Lunch 1:00-2:30pm Join us for a family meal with games and craft activities. Family Ping Pong Session 2:30-3:30pm Please speak to a member of the team to book a space.	Family Soft Play and Snack Time Café 10:00-11:30am Our range of soft play equipment is here for you to join in exploring with your young children through rolling, building, and crawling. Stay for a healthy snack after in our café. Top Up Shop 1:00-2:30pm Come along to the food bank top up shop in the centre's car park. To register please call the foodbank helpline on 0300 303 4933. Community Café 1:00-2:30pm Living in the local area? Pop in with your family, meet people from the local community and time for young children to play and get creative.





Monday 21st August	Tuesday 22 nd August	Wednesday 23 rd August	Thursday 24 th August	Friday 25 th August
Mr Mulligans Crazy Golf 10:00-2:00pm HAF activity. Meeting at Mr Mulligans Crazy Golf in the theatre district with a hot meal. Bookings must be made through the HAF booking site -	Tuesday 22 nd August Family Fun Time 10:00-11:30am Join us for a fun filled session for you and your child/ren to enjoy. Lots to do and explore inside and out, this week's theme is space and planets.	Gulliver's Land 10:00-2:00pm HAF activity. Meeting at Hedgerows for a trip to Gulliver's Land. Bookings must be made through the HAF booking site - EEQU.	Baby Clinic 9:30 – 11:30am An opportunity to drop in, have your baby weighed and speak to the Health Visiting team. Baby Group 9:30 – 11:30am A warm, nurturing baby group for babies under 12 months, with a	Friday 25 th August Family Soft Play and Snack Time Café 10:00-11:30am Our range of soft play equipment is here for you to join in exploring with your young children through rolling, building, and crawling. Stay for a healthy snack after in our café. Top Up Shop 1:00-2:30pm
EEQU.		Land	variety of sensory experiences and time to meet other parents. Summer Walk and Picnic 1:30-3:00pm	Come along to the food bank top up shop in the centre's car park. To register please call the foodbank helpline on 0300 303 4933.
	Summer fun hats and happy jars 1:00-2:30pm Join CLMK for a fun creative afternoon. Please speak to a member of staff for more information.		Join staff on a local summer walk, with a different route each week. Bring your own picnic and get out for some daily exercise – Buggy Friendly.	Community Café 1:00-2:30pm Living in the local area? Pop in with your family, meet people from the local community and time for young children to play and get creative.





Monday	Tuesday 29th August	Wednesday 30 th August	Thursday 31st August	Friday 1 st September
28 th August	, ,	,	, ,	, .
Bank Holiday Centre Closed	Family Fun Time 10:00-11:30am Join us for a fun filled session for you and your child/ren to enjoy. Lots to do and explore inside and out, this week's theme is seaside. Summer Walk and Picnic 1:30-3:00pm Join staff on a local summer walk, with a different route each week. Bring your own picnic and get out for some daily exercise — Buggy Friendly.	Join us for seaside themed messy play, have fun exploring different materials including paint, water, sand, and gloop! Family Ping Pong Session 1:30-3:30pm Please speak to a member of the team to book a space.	An opportunity to drop in, have your baby weighed and speak to the Health Visiting team. Baby Group 9:30 – 11:30am A warm, nurturing baby group for babies under 12 months, with a variety of sensory experiences and time to meet other parents. Get Crafty 1:30-3:00pm Join us for seaside themed crafts in café, with a healthy snack.	Family Soft Play and Snack Time Café 10:00-11:30am Our range of soft play equipment is here for you to join in exploring with your young children through rolling, building, and crawling. Stay for a healthy snack after in our café. Top Up Shop 1:00-2:30pm Come along to the food bank top up shop in the centre's car park. To register please call the foodbank helpline on 0300 303 4933. Community Café 1:00-2:30pm Living in the local area? Pop in with your family, meet people from the local community and time for young children to play and get creative.





Hedgerows Family Centre Reach Area:

Ashland, Brownswood, Caldecotte, Eaglestone, Netherfield, Old Farm Park, Peartree Bridge, Simpson, Tinkers Bridge, Walnut Tree, Walton, Walton Park, Wavendon Gate.

Contributions towards sessions are voluntary, although encouraged and appreciated.

The activities are open to Hedgerows Families/Reach Area, please see <u>www.milton-keynes.gov.uk/childrens-centre</u> for information on activities at your local centre.

Food Bank	Support with Two	Family Support for	Baby Basics and
0300 303 4933	Year Funding and	Parents and	MK Storehouse
	30 Hour Funding	Carers	Referrals
Woughton Advice	Healthy Start	Breastfeeding	Employment
Service	-	Café	Support
			Referrals

Sensory room Available to book Monday – Friday 09:00 – 15:30. Call the centre to book your space on 01908 239000.