

September - December 2025

What's on at Biggleswade Children's Centre

To book or for more information please call us 0300 300 8134 or text 07435 775975

email sandy.childrenscentre@centralbedfordshire.gov.uk

or Facebook message [@Sandy and Biggleswade Locality Children's Centre](https://www.facebook.com/SandyandBiggleswadeLocalityChildrensCentre)



Donations towards resources and refreshments gratefully received. Donations box available at each session.

Parents / Carers must attend all our sessions with their children.

TUESDAY

Session	Time	Date	Location	For information and booking	Information
Self- Weigh	09.30-12.30	2 nd and 4 th Tuesday of each month	Biggleswade Children's Centre SG18 0LL	DROP IN	No appointment necessary. Drop in Self Weigh. A member of staff will be on site should you have any concerns.
Revive	09.30-10.30	02.09.25 16.09.25 07.10.25 21.10.25 04.11.25 18.11.25 02.12.25 16.12.25	Biggleswade Children's Centre SG18 0LL	paula.murphy@centralbedfordshire.gov.uk DROP IN SESSION	Women's support group for those experiencing low mood or anxiety. A safe space to express your emotions, be heard and take part in our craft/activity session. Children and babies welcome.
SEND Stay & Play in your Own Way	13.30-15.00	09.09.25 14.10.25 11.11.25	Biggleswade Children's Centre SG18 0LL	karen.burton@centralbedfordshire.gov.uk DROP IN SESSION	A SEND stay and play session for children under 5 with their parents/carers. Parents welcome without children to attend for support and advice from our Early Years SEND team.
Outdoor Play Session for children with SEND	13.30-15.00	28.10.25	Robert Peel Forest School Dapifer Drive Sandy	karen.burton@centralbedfordshire.gov.uk BOOKING REQUIRED Entrance is via the school car park.	Outdoor play session for children with SEND and siblings up to 12 years. Please wear appropriate outdoor clothing.

WEDNESDAY

Session	Time	Date	Location	For information and booking	Information
Baby Days	10.00-11.30	17.09.25 (6 week course)	Biggleswade Children's Centre SG18 0LL	kirsty-anne.beard@centralbedfordshire.gov.uk paula.murphy@centralbedfordshire.gov.uk BOOKING REQUIRED	6 Week course for new parents and babies 0-4 months, covering sleep, feeding, baby brain development, childhood illnesses and healthy relationships.
Communication Tots	13.30-14.30	01.10.25 (3 week course)	Biggleswade Children's Centre SG18 0LL	karen.burton@centralbedfordshire.gov.uk BOOKING REQUIRED	3 week course for non verbal children aged 18 months to 3 years delivered by Early Years SEND team and Children's Centre Staff.
Baby Massage	13.30-14.30	05.11.25 (4 week course)	Biggleswade Children's Centre SG18 0LL	karen.burton@centralbedfordshire.gov.uk BOOKING REQUIRED	Bond with your baby through baby massage. This course is for babies 6 weeks to 6 months. Non-refundable course fee of £20.00 to be paid when booking (cash only).

THURSDAY

Session	Time	Date	Location	For information and booking	Information
Breast feeding Support and Social Group	13.30-15:00	Weekly	Biggleswade Children's Centre SG18 0LL	jade.o'neill2@centralbedfordshire.gov.uk DROP IN SESSION	Breast Feeding drop in. Social and support group for parents and parents to be. Self Weigh will be available for those attending the group.
Rhyme Time	13.30-14.00	Weekly Term Time only	Biggleswade Library SG18 0LL	kirsty-anne.beard@centralbedfordshire.gov.uk DROP IN SESSION Term Time only	Singing session for babies up to 12 months.
Introducing Solids Online session	10.00-11.00	18.09.25 20.11.25	ONLINE	kirsty-anne.beard@centralbedfordshire.gov.uk BOOKING REQUIRED	Online advice and support around introducing solids to your 6 month old baby.
T.O.A.S.T. Stay and Play session run by local parents	09.30-11.00	18.09.25 23.10.25 20.11.25 11.12.25	Pavillion, Mill Lane, Potton, SG19 2PG	T.O.A.S.T. (Thursday's Opportunity for Activities, Stories and Toys) DROP IN. Small fee charged of £2 per child and £1 per additional child. Cash only. Term time only.	Children's Centre staff will attend TOAST 09.30-10.30am on dates listed for self-weigh.

Births, Bumps and Baby Stuff	09.00-17.00	18.9.25	Biggleswade Youth Centre SG18 8JU	https://www.eventbrite.com/o/cbc-childrens-centres-bump-birth-amp-baby-stuff-33937171841 BOOKING REQUIRED by clicking link above. Please book one place per person attending. Please bring your lunch with you.	Antenatal class for parents-to-be from 30 weeks pregnant. Come and find out about labour, feeding, caring for your baby and preparing for family life. Facilitated by Midwife, Children's Centre staff and Baby Friendly Team.
		16.10.25	Sandy Children's Centre SG19 1HQ		
		18.12.25			

FRIDAY

Session	Time	Date	Location	For information and booking	Information
Bouncing Bunnies	09:30 – 11:00	Weekly from 05.09.25 Term Time Only	Biggleswade Youth Centre SG18 8JU	kirsty-anne.beard@centralbedfordshire.gov.uk karen.burton@centralbedfordshire.gov.uk jade.o'neill2@centralbedfordshire.gov.uk DROP IN SESSION	Play session focused on physical development and school readiness. Age 0-5. Includes a baby area. Suggested donation of £1 per family, cash only, to cover snacks and resources.
Twins & Multiples Club	10.00-11.30	12.09.25 26.09.25 10.10.25 24.10.25 07.11.25 21.11.25 05.12.25 19.12.25	Biggleswade Children's Centre SG18 0LL	DROP IN SESSION biggleswadetwinsandmultiples@gmail.com Follow  Biggleswade Twins and Multiples Club	Stay and Play session for parents and carers of twins and multiples.
Introducing Solids Face to Face session	10.00-11.00	17.10.25 12.12.25	Sandy Children's Centre SG19 1HQ	alison.coats@centralbedfordshire.gov.uk BOOKING REQUIRED	Face to face advice and support around introducing solids to your 6 month old baby.
Baby Massage	13.30-14.30	12.09.24 (4 week course)	Biggleswade Children's Centre SG18 0LL	kirsty-anne.beard@centralbedfordshire.gov.uk BOOKING REQUIRED	Bond with your baby through baby massage. This course is for babies 6 weeks to 6 months. Non-refundable course fee of £20.00 to be paid when booking (cash only).
Chattertots	13.00-14.00	07.11.25 (3 week course)	Biggleswade Children's Centre SG18 0LL	karen.burton@centralbedfordshire.gov.uk BOOKING REQUIRED	3 week course. Speech Language and Communications session for children 18 months to 3 years. Strategies to

help support a child's early language skills.

SATURDAY

Session	Time	Date	Location	For information and booking	Information
First Aid for Parents	09.00-11.00	20.09.25	Sandy Children's Centre SG19 1HQ	sandy.childrenscentre@centralbedfordshire.gov.uk BOOKING REQUIRED	A first aid course for new parents covering CPR, choking, burns, scalds and childhood illnesses. Non-refundable course fee of £15 per adult to be paid when booking (cash only). Adults only please due to space restrictions.
	09.00-11.00	15.11.25	Biggleswade Children's Centre SG18 0LL		
Dad's Club	10:00-11:30	06.09.25 04.10.25 01.11.25 06.12.25	Robert Peel Forest School Dapifer Drive SG19 1QJ	sandy.childrenscentre@centralbedfordshire.gov.uk BOOKING REQUIRED Entrance is via school carpark.	A fun and friendly outdoor session for dads, grandads, stepdads, male carers and children 0-12 years. Please wear warm (old) outdoor clothing and footwear as you will get muddy! Small cash donation welcome to cover snacks and resources.

To find out more

visit www.centralbedfordshire.gov.uk/childrens-centres or follow us on Facebook at <https://www.facebook.com/SandyBiggleswadeChildrensCentre>

Useful Information

- Worried about your child's talking, listening, Interaction or Stammering - This service is for children pre-school age and younger who are **NOT** already known to us or haven't already been referred to the Speech and Language Therapy Service and who live within Central Bedfordshire. You can arrange a 15 minute consultation by contacting: <https://childspeechbedfordshire.nhs.uk/how-to-refer/early-advice-sessions/>
- Rebuild – Is a 12 week rolling programme. Supporting healthier relationships. Each week will have a slightly different focus and we will look at healthy and unhealthy relationships, conflict and how it can impact a relationship, signs to look out for within an abusive relationship and what we can do about them, where to get help and support and next steps. Contact: paula.murphy@centralbedfordshire.gov.uk or alison.coats@centralbedfordshire.gov.uk for further information
- Bedfordshire & Luton Children's Community Health Hub for 0 -19 years – YOUR ONE STOP CONTACT POINTTEL 0300 555 0606 email cbs.bedsandlutonchildrenshealthhub@nhs.net OPENS 9.00am-5.00pm Monday to Friday (excl bank hol) – Scan QR Code for more information

REGISTER WITH THE CHILDREN'S CENTRE	REQUEST FOR SERVICES APPLICATION	WE WOULD LOVE YOUR FEEDBACK ON OUR SERVICES
		