

# September - December 2025

## What's on at Sandy Children's Centre

To book or for more information please call us 0300 300 8114 or text 07585 888903

email [sandy.childrenscentre@centralbedfordshire.gov.uk](mailto:sandy.childrenscentre@centralbedfordshire.gov.uk)

or Facebook message [@Sandy and Biggleswade Locality Children's Centre](#)



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

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

Please note - There is no parking on the road outside Sandy Children's Centre. Please park on the public part of Laburnum Road or Robert Hunt Gardens. Thank you.

### MONDAY

Session	Time	Date	Location	For information and booking	Information
<b>Sandy Childminders Group</b>	10.00-11.30	2 <sup>nd</sup> and 4 <sup>th</sup> Monday of each month	Sandy Children's Centre SG19 1HQ	<a href="mailto:daisyotham@hotmail.co.uk">daisyotham@hotmail.co.uk</a> DROP IN SESSION including school holidays	For Childminders and children in their care from Sandy and surrounding villages.

### TUESDAY

Session	Time	Date	Location	For information and booking	Information
<b>Self-Weigh</b>	09.30-12.30	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of each month	Sandy Children's Centre SG19 1HQ	DROP IN SESSION term time only	No appointment necessary. Drop in Self Weigh. A member of staff will be on site should you have any concerns.
<b>Bumps 2 Babes</b>	09.30-11.00	Weekly from 09.09.25 (term time only)	Sandy Children's Centre SG19 1HQ	<a href="mailto:jade.o'neill2@centralbedfordshire.gov.uk">jade.o'neill2@centralbedfordshire.gov.uk</a> DROP IN SESSION term time only	A Stay and Play session for parents to be and parents/carers of children 0-12 months. Make friends and share tips. Self Weigh will be available for those attending the group.

<b>Breast feeding Support and Social Group</b>	11.00-12.30	Weekly	Sandy Children's Centre SG19 1HQ	<a href="mailto:jade.o'neill2@centralbedfordshire.gov.uk">jade.o'neill2@centralbedfordshire.gov.uk</a> 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.
<b>Inbetweenies</b>	13:30-14:30	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of each month (from 16.09.25)	Sandy Children's Centre SG19 1HQ	<a href="mailto:jade.o'neill2@centralbedfordshire.gov.uk">jade.o'neill2@centralbedfordshire.gov.uk</a> DROP-IN SESSION. Term time only.	A Stay and Play session for parents/carers and children toddling to 3 years, focussing on Physical Development.
<b>SEND Stay &amp; Play in your Own Way</b>	13.30-15.00	23.09.25 25.11.25 09.12.25	Sandy Children's Centre SG19 1HQ	<a href="mailto:karen.burton@centralbedfordshire.gov.uk">karen.burton@centralbedfordshire.gov.uk</a> 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.
<b>Outdoor Play Session for children with SEND</b>	13.30-15.00	28.10.25	Robert Peel Forest School Dapifer Drive SG19 1QJ	<a href="mailto:karen.burton@centralbedfordshire.gov.uk">karen.burton@centralbedfordshire.gov.uk</a> 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.
<b>Top Up Shop</b>	11.00-12.30	Weekly	Sandy Baptist Church SG19 1EL	DROP IN SESSION In partnership with the Need Project.	Fresh fruit, vegetables and bread when available for those experiencing hardship. To request a food parcel please contact the Children's Centre for referral.
<b>WEDNESDAY</b>					
Session	Time	Date	Location	For information and booking	Information
<b>Time for Twos</b>	10:00-11:30	24.09.25 (4 week course)	Sandy Children's Centre SG19 1HQ	<a href="mailto:lucy.rice@centralbedfordshire.gov.uk">lucy.rice@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Play, have fun & get ready for pre-school. For children starting pre-school / nursery in January 2026, & 2 year olds not in an Early Years setting.
<b>Baby Days</b>	10.00-11.30	05.11.25 (6 week course)	Sandy Children's Centre SG19 1HQ	<a href="mailto:lucy.rice@centralbedfordshire.gov.uk">lucy.rice@centralbedfordshire.gov.uk</a> <a href="mailto:alison.coats@centralbedfordshire.gov.uk">alison.coats@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	6 Week course for new parents and babies 0-4 months, covering sleep, feeding, baby brain development, childhood illnesses and healthy relationships.

<b>Parent Puzzle – evening course</b>	18.00-20.00	24.09.25 (4 week course)	Sandy Children's Centre SG19 1HQ	<a href="mailto:cathy.brighton@centralbedfordshire.gov.uk">cathy.brighton@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	4 week course for parents/carers. Tips and strategies for parenting in a positive way - giving praise, time to calm down, handling anger and stress. For parents/carers of children 2 -7 years.
<b>THURSDAY</b>					
Session	Time	Date	Location	For information and booking	Information
<b>Introducing Solids Online session</b>	10.00-11.00	18.09.25 20.11.25	ONLINE	<a href="mailto:kirsty-anne.beard@centralbedfordshire.gov.uk">kirsty-anne.beard@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Online advice and support around introducing solids to your 6 month old baby.
<b>Births, Bumps and Baby Stuff</b>	09.00-17.00	18.9.25  16.10.25 18.12.25	Biggleswade Youth Centre SG18 8JU  Sandy Children's Centre SG19 1HQ	<a href="https://www.eventbrite.com/o/cbc-childrens-centres-bump-birth-amp-baby-stuff-33937171841">https://www.eventbrite.com/o/cbc-childrens-centres-bump-birth-amp-baby-stuff-33937171841</a> 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.
<b>T.O.A.S.T. Stay and Play session run by local parents</b>	09.30-11.00	18.09.25 23.10.25 20.11.25 11.12.25	Pavillion, Mill Lane, Pottton, 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.
<b>FRIDAY</b>					
Session	Time	Date	Location	For information and booking	Information
<b>Introducing Solids Face to Face session</b>	10.00-11.00	17.10.25 12.12.25	Sandy Children's Centre SG19 1HQ	<a href="mailto:alison.coats@centralbedfordshire.gov.uk">alison.coats@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Face to face advice and support around introducing solids to your 6 month old baby.
<b>Baby Massage</b>	13.30-14.30	12.09.25 (4 week course)	Sandy Children's Centre SG19 1HQ	<a href="mailto:jade.o'neill2@centralbedfordshire.gov.uk">jade.o'neill2@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Bond with your baby through baby massage. This course is for babies 6 weeks to 6 months.

		07.11.25 (4 week course)			Non-refundable course fee of £20.00 to be paid when booking (cash only).
<b>SATURDAY</b>					
Session	Time	Date	Location	For information and booking	Information
<b>First Aid for Parents</b>	09.00-11.00	20.09.25	Sandy Children's Centre SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> 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		
<b>Dad's Club</b>	10:00-11:30	06.09.25 04.10.25 01.11.25 06.12.25	Robert Peel Forest School, Dapifer Drive SG19 1QJ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> 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! <b>Small cash donation welcome to cover snacks and resources.</b>

To find out more

visit [www.centralbedfordshire.gov.uk/childrens-centres](http://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/](https://childspeechbedfordshire.nhs.uk/how-to-refer/early-advice%20sessions/)
- **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](mailto:paula.murphy@centralbedfordshire.gov.uk) or [alison.coats@centralbedfordshire.gov.uk](mailto:alison.coats@centralbedfordshire.gov.uk) for further information
- **Bedfordshire & Luton Children's Community Health Hub for 0 -19 years – YOUR ONE STOP CONTACT POINT ....** TEL 0300 555 0606 email [ccs.bedsandlutonchildrenshealthhub@nhs.net](mailto:ccs.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
		