

January - March 2026

What's on at Biggleswade 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

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 & 4 th Tuesday of each month	Biggleswade Children's Centre SG18 0LL	DROP IN Self weigh is also available on the 1 st and 3 rd Tuesday of each month 09.30-12.30 at the Sandy Children's Centre.	No appointment necessary. A member of staff will be available should you have any concerns.
Revive	09.30-11.00	1 st & 3 rd Tuesday of each month starting 06.01.26	Biggleswade Children's Centre SG18 0LL	sandy.childrenscentre@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	13.01.26 10.02.26 10.03.26	Biggleswade Children's Centre SG18 0LL	sandy.childrenscentre@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.

WEDNESDAY

Session	Time	Date	Location	For information and booking	Information
Baby Days	10.30-12.00	18.02.26 (6 week course)	Biggleswade Children's Centre SG18 0LL	sandy.childrenscentre@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.
Baby Massage	10.30-11.30	07.01.26 (4 week course)	Biggleswade Children's Centre SG18 0LL	sandy.childrenscentre@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 £25.00 to be paid when booking (cash only).
Parent Puzzle	13.00-15.00	07.01.26 (11 week course)	Biggleswade Children's Centre SG18 0LL	sandy.childrenscentre@centralbedfordshire.gov.uk BOOKING REQUIRED No session half term week (18.02.26).	11 week course for parents/carers of children 2-7 years. Tips and strategies for parenting in a positive way – giving praise, time to calm down, handling anger and stress. Adults only.
Half Term Outdoor Play Session for all	10.00-11.30	18.02.26	Robert Peel Forest School, Dapifer Drive SG19 1QJ	sandy.childrenscentre@centralbedfordshire.gov.uk BOOKING REQUIRED Entrance is via school carpark	Outdoor play session for children up to 12 years. Please wear appropriate outdoor clothing.

THURSDAY

Session	Time	Date	Location	For information and booking	Information
Breastfeeding Support and Social Group	13:30-15:00	Weekly from 08.01.26	Biggleswade Children's Centre SG18 0LL	sandy.childrenscentre@centralbedfordshire.gov.uk DROP IN SESSION	Breastfeeding 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	sandy.childrenscentre@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	15.01.26 19.03.26	ONLINE	sandy.childrenscentre@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	22.01.26 26.02.26 26.03.26	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.
Bump, Birth and Baby Stuff	09.00-17.00	15.01.26	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.	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.

	09.00-17.00	19.02.26	Sandy Children's Centre SG19 1HQ	Please bring your lunch with you.	Facilitated by Midwife, Children's Centre staff and Baby Friendly Team.
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FRIDAY

Session	Time	Date	Location	For information and booking	Information
Bouncing Bunnies	09:30-11:00	Weekly from 09.01.26 Term Time Only	Biggleswade Youth Centre SG18 8JU	sandy.childrenscentre@centralbedfordshire.gov.uk DROP IN SESSION term time only	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	09.01.26 23.01.26 06.02.26 20.02.26 06.03.26 20.03.26	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	13.02.26	Sandy Children's Centre SG19 1HQ	sandy.childrenscentre@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	27.02.26 (4 week course)	Biggleswade Children's Centre SG18 0LL	sandy.childrenscentre@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 £25.00 to be paid when booking (cash only).

SATURDAY

Session	Time	Date	Location	For information and booking	Information
First Aid for Parents	09.00-11.30	31.01.26	Laburnum Primary School 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 £20 per adult to be paid when booking (cash only). Adults only please due to space restrictions.
	09.00-11.30	18.04.26	Biggleswade Children's Centre SG18 0LL		

Dad's Club	10:00-11:30	07.02.26 07.03.26	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! Bacon rolls available for a £1 donation.
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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://bedslutonchildrenshealth.nhs.uk/services/bedfordshire-and-luton-childrens-speech-and-language-therapy-service/early-advice-session/>
- **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 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	
					