

# April - July 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](mailto: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
<b>Self- Weigh</b>	09.30-12.30	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of each month	Biggleswade Children's Centre SG18 0LL	DROP IN <a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a>	No appointment necessary. A member of staff will be available should you have any concerns.
<b>Revive</b>	09.30-11.00	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of each month starting 07.04.26	Biggleswade Children's Centre SG18 0LL	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> DROP IN SESSION Sessions on 07.04.26 & 21.07.26 will be wellbeing walks.	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.
<b>SEND Stay &amp; Play in your Own Way</b>	13.30-15.00	2 <sup>nd</sup> Tuesday of each month	Biggleswade Children's Centre SG18 0LL	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@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>Half Term Outdoor Play Session for children with SEND</b>	13.30-15.00	26.05.26	Sandy Children's Centre SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> BOOKING REQUIRED Session will be held at the Sandy Children's Centre and the Laburnum Primary School Forest School area.	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
<b>Baby Days</b>	10.00-11.30	22.04.26 (6 week course)	Biggleswade Children's Centre SG18 0LL	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@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</b>	13.00-15.00	22.04.26 (10 week course)	Potton Primary School Mill Lane Potton SG19 2PG	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> BOOKING REQUIRED No session 27.05.26 (half term) or 03.06.26. Creche available.	10 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 but creche is available.
<b>Communication Tots</b>	10.00-11.00	10.06.26 (3 week course)	Biggleswade Children's Centre SG18 0LL	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> 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.

## THURSDAY

Session	Time	Date	Location	For information and booking	Information
<b>Easter Fun Session</b>	10.00-11.30	02.04.26	Biggleswade Youth Centre SG18 8JU	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Easter fun session for children aged 3-12 years. BOOKING REQUIRED. Donation of £1 per child to be made on the day to cover resources (CASH ONLY).
<b>Breastfeeding Support and Social Group</b>	13.30-15.00	Weekly	Biggleswade Children's Centre SG18 0LL	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> 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.
<b>Rhyme Time</b>	13.30-14.00	Weekly Term Time only	Biggleswade Library SG18 0LL	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> DROP IN SESSION term time only	Singing session for babies up to 12 months.
<b>Introducing Solids Online session</b>	10.00-11.00	21.05.26 16.07.26	ONLINE	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> BOOKING REQUIRED	Online advice and support around introducing solids to your 6 month old baby.

<b>T.O.A.S.T. Stay and Play session run by local parents</b>	09.30-11.00	23.04.26 21.05.26 02.07.26	Pavillion, Mill Lane, Potton, SG19 2PG	T.O.A.S.T. (Thursday's Opportunity for Activities, Stories and Toys) This is a weekly DROP IN group (term time only). Small fee charged of £2 per child and £1 per additional child. Cash only.	Children's Centre staff will attend TOAST 09.30-10.30am for self-weigh on dates listed only.
<b>Bump, Birth and Baby Stuff</b>	09.00-17.00	16.04.26 21.05.26 18.06.26 16.07.26	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. Bring your lunch with you. Please do not park on the graveled private road.	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.

## FRIDAY

Session	Time	Date	Location	For information and booking	Information
<b>Bouncing Bunnies</b>	09.30-11.00	Weekly Term Time Only	Biggleswade Youth Centre SG18 8JU	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> DROP IN SESSION term time only	Play session focused on physical development and school readiness. Age 0-5. Includes a baby area. <b>Donation required of £1 per family, cash only, to cover snacks and resources.</b>
<b>Twins &amp; Multiples Club</b>	10.00-11.30	24.04.26 08.05.26 22.05.26 05.06.26 19.06.26 03.07.26 17.07.26	Biggleswade Children's Centre SG18 0LL	DROP IN SESSION <a href="mailto:biggleswadetwinsandmultiples@gmail.com">biggleswadetwinsandmultiples@gmail.com</a> Follow  Biggleswade Twins and Multiples Club	Stay and Play session for parents and carers of twins and multiples.
<b>Introducing Solids Face to Face session</b>	10.00-11.00	17.04.26 19.06.26	Sandy Children's Centre SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@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  13.30-14.30	01.05.26 (4 week course)  26.06.26 (4 week course)	Biggleswade Children's Centre SG18 0LL	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> 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
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<b>First Aid for Parents</b>	09.00-11.30	18.04.26	Biggleswade Children's Centre SG18 0LL	<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 £20 per adult to be paid when booking (cash only). Adults only please due to space restrictions.
	09.00-11.30	18.07.26	Laburnum Primary School SG19 1HQ		
<b>Dad's Club</b>	10.00-11.30	09.05.26 06.06.26 04.07.26	Sandy Children's Centre SG19 1HQ	<a href="mailto:sandy.childrenscentre@centralbedfordshire.gov.uk">sandy.childrenscentre@centralbedfordshire.gov.uk</a> DROP IN SESSION Session will be held at the Sandy Children's Centre and the Laburnum Primary School Forest School area.	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>Bacon rolls available for a £1 donation.</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://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](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

