

Thursday

Music, story and rhyme session at Loughton Manor First School

9.15am – 9.45am

The first Thursday of every month for 0-5's and their families who attend Loughton Manor School.

Out and about in the community

Thursday mornings

Come and meet our Family Support Worker at venues including local schools and health centres. Opportunity to find out and register with your centre.

Story sacks course

10.00am - 12.00 noon

Starts 19th January 2012 for 7 weeks

Come and get creative making props related to a story. Puppet and game making and sewing. Creche available. Limited spaces please ring 01908 503736 to book.

Seedlings Sowers parent forum

10.00am – 11.00am

The first Thursday of every month

Come and have your say and put forward ideas on how to develop your Children's Centre. Opportunities to find out about volunteering, organising events and becoming a member of our advisory board. Children are welcome.

Music, Story and Rhyme session at Watling Vale medical centre, Shenley Church End

10.00 - 10.30am

The 3rd Thursday of every month. A fun interactive session working in partnership with the Health Centre.

Stay and Play New

1.00pm - 2.30pm Term Time only

Invite only. Support from Pam – Children's Centre Teacher.

Friday

Home Visiting and outreach with partner agencies

Parent Craft Ante-natal classes

10.00am – 12.00 noon

Appointments only booked through local Midwife Tina

Saturday

Monthly group for working parents

10.00am – 11.30am

on the second Saturday of every month.

A small voluntary contribution towards the running costs of this session is welcome.

(in conjunction with Sunshine CC, Furzton and Little Owls)

For families that attend Sunshine and Seedlings Children's Centre.

January – Sunshine

February – Seedlings

March – Sunshine

For more details please contact the centre on 01908 503736

How to Find Us



Partnerships

We work in partnership with and link to many local agencies, organisations and services including:

- **Watling Vale Health Visitors** 01908 505002
- **Hilltops Health Visitors** 01908 340984
- **Community Midwives** 01908 568446
- **Job Centre Plus** 0845 6060 234

Information and support in looking for work, learning new skills or benefit claims

- **Adult Continuing Education (ACE)** 01908 556700
- **MK Act** 08443 754307
- **Women's Aid (24 hr)** 0800 2000 247
- **Citizens Advice and Welfare Rights** 0844 4994122
- **Relate** 01908 310010
One to one relationship and family counselling
- **Portage Workers** - Support to families with children aged 0-3 with additional needs
- **Local Parish Councillors and Youth Workers**
- **Pre-School Learning Alliance**
- **Local Childcare and Pre-School Providers**
For local advice, guidance and information please speak directly to us or contact Families Information Service (FIS) **0800 035 0335**
childcare@milton-keynes.gov.uk

Seedlings Sure Start Children's Centre

Singleton Drive

Grange Farm

Milton Keynes MK8OPZ

T 01908 503736

E GrangeFarm.childrenscentre@milton-keynes.gov.uk



Calendar January - March 2012

*Working together to support and empower
children and their families*

Seedlings Children's Centre

The Seedlings team are, Sam Ball Co-ordinator who is supported by Family Support Workers, Michaela Hincks, Wendy Cafearo and Receptionist/Administrator, Michelle Stevens.

Sure Start Children's Centres recognise the importance of the early years of a child's life and the essential part that families play in this. We aim to support young children and their families by working in partnership with parents, carers, agencies and organisations. This is achieved by bringing together family support, health, childcare and education to improve and enhance outcomes for all children.

We serve the areas of Crownhill, Grange Farm, Loughton, Medbourne, Oakhill and Shenley Church End by offering a range of Children's Centre services and sessions. These include: stay and play sessions, baby groups, music and rhyme sessions, toddler time sessions and a range of health related services supported by health visitors and midwives.

We are also able to support families in their own homes where a need has been identified. Taking our services out into the community, aims to support families who might otherwise find it difficult to access the services provided at the centre.

We also work closely with the local pre schools by offering a music and rhyme session once a month and taster sessions at our local Schools.

We are here to offer information and support to all families with children under 5 in our local area: Crownhill, Grange Farm, Loughton, Medbourne, Oakhill and Shenley Church End.

Outreach Sessions / Visits

Home Visits:

Home visiting by Family Support Workers is available for families with children under 5 years old living in our reach area.

These are usually arranged as part of our working together relationship with the Health Service and other agencies.

If you would like more information about any of our outreach services please ring the Centre on 01908 503736 or contact your local Health Visiting Team on 01908 505002 at Watling Vale Health Centre or 01908 340984 at Hilltops Medical Centre.

Monday

Home Visiting and Outreach with partner agencies

Employment support drop in with Sue Sapwell

10.00am – 11.30am

The second Monday of every month. Support with looking for work and training.

Health and Safety in the home course

10.00am – 12.00pm

Starts 23rd January 2012

Limited spaces. Please call the centre on 01908 503736 or speak to a member of staff for more details.

Credit crunch cooking run by ACE

9.30am – 11.30am

Starts 20th February 2012 for 6 week course

Course for parents and children working together to create simple and healthy dishes. Please call 01908 503736 to book.

Tuesday

Stay and Play Session

10.00am – 11.30am

A small voluntary contribution towards the running costs of this session is welcome.

This session is about parent's/carers working alongside their children in a range of learning experiences. This session offers all round support in you child's development along with sharing ideas and supporting each other.

Please note that this is now a bookable session.

Booking line: 07904 005847.

Please ring or text on Monday between 9-1pm (text preferred) with your name, child's name and area you live. You will only be notified if a space has been allocated to you. Priority will be given to families living within our reach area.

Family Counselling Service

Appointments available from 10.00am – 1.00pm

External provider, funded by Sure Start.

Please call the Relate Office to book an appointment on 01908 310010 or speak to a member of the Seedlings team.

Breast feeding support drop-in

2.00pm – 3.00pm fortnightly.

This is an informal drop in where you can access information support and guidance on breast feeding. Support is offered by a breast feeding support volunteer and children's centre staff.

Wednesday

Baby Rhyme

10.00am – 10.45am

(for 0 – 18 months and their parents / carers)

Interactive session for parents/carers. To support early speech and language development by using song, rhyme, stories, musical instruments and signing with their children from birth.

Please note that this is now a bookable session due to numbers.

Booking line: 07904 005847.

Please ring or text on Monday between 9-1pm (text preferred) with your name, child's name and area you live. You will only be notified if a space has been allocated to you. Priority will be given to families living within our reach area.

You will have an opportunity to borrow a book from our library at the end of the session.

Toddler Time

11.00am – 11.45am (term time only)

External provider, funded by Sure Start.

(for 18 month – 5 year olds)

Join in a fun, lively music and movement session for parents/carers and children. No need to book at present.

Seedlings Starters

1.30pm – 2.30pm

A group for first time mum's and their babies. From birth to crawlers. An opportunity to meet other mums along with support and advice from our community midwife, health visitor and support with breast feeding. An opportunity to use our sensory room at this session

Seedlings Sensory discovery sessions in our new sensory room

1.30pm – 3.00pm

Sessions are for half an hour. Please call the centre to book.