

Loving life with little ones

# about toddle

MK & Bedford

Jul - Sep 2025

Fun Summer Events  
and Festivals

Bedford Baby Show!  
Sat 4th October

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WEDNESDAY 28TH MAY **MINI BEAST MADNESS**

THURSDAY 26TH JUNE **SUNSHINE AND SHADOWS**

FRIDAY 11TH JULY **TIME FOR A PICNIC**

MONDAY 18TH AUGUST **ALL ABOUT COLOURS**

Book here: 01908 574740  
[info@webberindependentschool.co.uk](mailto:info@webberindependentschool.co.uk)



Soskin Drive, Stantonbury Fields, Milton Keynes, MK14 6DP

# WELCOME

## TO THE SUMMER 2025 ISSUE!



### Our Summer Edition is Here!

Summer is finally here, bringing longer days, warmer weather, and our latest edition filled with parenting inspiration, seasonal events, and must-have baby and toddler essentials. Whether you are after expert advice on sleeping through hot nights, fun festivals for the family, or reflections on parenting, this issue has it all.

The big news? After the huge success of the **Toddle About Baby Show** in Milton Keynes, we are excited to announce our next event: **The Toddle About Baby Show is coming to Bedford this October!** (p. 23). It promises to be another must-visit for parents and little ones, packed with expert advice, top exhibitors, and local charm.

What else is in store? A thoughtful article on meeting the **six human needs as a parent** will leave you feeling seen and supported (p. 20–21). You will also find tips on **getting a good night's sleep**—even when the summer heat makes it tricky (p. 12), plus a roundup of the **best local festivals** to help plan memory-making days with your family (p. 15).

As always, this edition is full of practical tips, expert insights, and local fun to support you and your little ones all season long. Whether you are prepping for a big family day out or seeking a moment of connection, this issue is your perfect companion.

Don't miss a thing - get comfy, dive in, and enjoy everything the Toddle About Summer Edition has to offer. **See you in Bedford this October!**

*Loving life with little ones,*

Joanna

OWNER & EDITOR

**Book FREE tickets now at [toddle.fun/babyshowbedford](https://toddle.fun/babyshowbedford)**

**PS. Book FREE Baby Show tickets, and get a FREE subscription for LIFE!** Plus, you get other VIP perks such as exclusive reviews and freebies. More info at [toddle.fun/babyshowbedford](https://toddle.fun/babyshowbedford)



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[toddleabout](https://www.toddleabout.co.uk)

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Join us on Whatsapp for  
important updates!



**9,000 copies** of Toddle About are distributed every quarter all over North Bucks & Beds, including Milton Keynes, Bletchley, Bedford, Buckingham, Newport Pagnell, Olney and surrounding areas.

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Toddle About MK & Bedford Ltd, 89 Western Road, Wolverton, Milton Keynes, MK12 5AY. Call us on 01908 596050.

Follow us for  
daily updates!



## Free Family Event – Baby Show in Bedford



Get free entry to the **first ever** Toddler About Baby Show in Bedford, kindly sponsored by **Water Babies Buckinghamshire & Bedfordshire**, at King's House, Bedford on **Saturday 4th October 2025**

from **10am-2pm**. Families attending the Toddler About Baby Show can enjoy a special meet & greet with Bluey! Plus, little ones can have fun in the soft play area, tumble on the bouncy castle, and get messy with sensory play! Explore stalls from baby brands, hear from parenting experts, and grab a free goody bag if you're one of the first 200 visitors.

See P.23

Register here:

[toddler.fun/babyshowbedford](http://toddler.fun/babyshowbedford)



## FACES Bedford Named Official Charity for the Bedford Baby Show

We are delighted to announce that **FACES Bedford** will be our chosen charity for the **Bedford Baby Show**



Show taking place on **Saturday, 4th October 2025** at King's House. FACES provides vital emotional and practical support to families in need across the local area. We are proud to support the incredible work they do and look forward to helping raise awareness of their services at the show. Please come along and show your support.

See P.24

Find out more at  
[www.facesbedford.org/](http://www.facesbedford.org/)  
or scan the QR code:



## Buy & Sell Quality Preloved Baby & Children's Goods

Stalls will be bursting with new and nearly-new baby and children's clothes, toys, equipment and more, suitable from birth to 5 years old. Plus a small selection of local businesses showcasing their products and services. So pop along and grab yourself a bargain. £1.50 entry, kids go free. Or do you need to clean out those cupboards? Then book a stall!

**Broughton Pavilion:** Sunday 6th July, 3pm - 4.30pm

**Medbourne Pavilion:** Saturday 20th September, 3pm - 4.30pm

**Old Stratford Community Hall:** Sunday 12th October, 11am - 12.30pm

For more info, visit [www.littlepoppetsprelovedmarket.co.uk](http://www.littlepoppetsprelovedmarket.co.uk).

## All Aboard for Family Fun at Northampton & Lamport Railway

Experience the magic of steam at the Northampton & Lamport Railway. Heritage trains run most Sundays until 6th October, with additional select dates. Upcoming special events include:

**Kids for a Quid** (27th July), **Family Fun Weekend** (23rd–25th August), **Big Kids for a Quid** (5th October) and **Halloween Specials** (25th & 26th October, including night-time trains). Keep an eye out for their Santa Specials in the run-up to Christmas!

See [www.nlr.org.uk](http://www.nlr.org.uk) for full information, event details and online tickets. Follow them on Facebook, Instagram & X.

See P.29





## Phonics Fun Expands Across Milton Keynes and Beyond

We are excited to share that Phonics with Robot Reg has expanded in your area! Becky has now joined Claire (Milton Keynes and Olney) and Theresa (Central Beds), covering the west side of Milton Keynes through to Buckingham. With fun, games, and laughter guaranteed in every session, your little ones won't even realise they're learning and developing those key early literacy skills! They offer classes for children aged 1 through to school starters, as well as Home Ed classes in Milton Keynes.

For more info email [claired@robotreg.co.uk](mailto:claired@robotreg.co.uk)

or visit [www.robotreg.co.uk](http://www.robotreg.co.uk)

See P.33



## New Guide Helps Parents Find Childcare

The Childcare Guide has just launched, giving parents reliable, supportive guidance in finding childcare. From local providers to understanding funding and comparing different settings, The Childcare Guide has it covered. It offers support parents didn't know they needed.

One recent customer shared, "...open[ed] my eyes to things that I hadn't thought about. I would recommend this for anyone trying to navigate their childcare options."

For more info visit [www.thechildcareguide.co.uk](http://www.thechildcareguide.co.uk)

See P.18, 29



## Where Gentle Sleep Support Meets Real Life

Restful Nest Sleep Consultancy offers personalised support through the most common (and exhausting) early sleep challenges. Using gentle, evidence-based strategies shaped around your family, the aim is to nurture healthy sleep habits that last, while preserving the bond you've worked so hard to build. Because sleep shouldn't feel like a daily struggle for your baby or for you.



Discover more:

Facebook: [Restful Nest Sleep Consultancy](https://www.facebook.com/restfulnestsleepconsultancy)

Instagram: [@restfulnestsleepconsultancy](https://www.instagram.com/restfulnestsleepconsultancy)

[www.restfulnestsleepconsultancy.com](http://www.restfulnestsleepconsultancy.com).

See P.12, 18

## Universal Studios Coming to Bedford

Exciting news for families! **Universal Studios** has announced plans to open a major **theme park and resort in Bedford** – its first in Europe. The 476-acre site will feature immersive themed lands, a 500-room hotel, shops, and restaurants, creating a world-class family destination right on our doorstep. Set to open around **2031**, the resort is expected to attract millions of visitors and bring a huge boost to the local area.

## What's On Bedford Borough Hub Opens in Heart of Town Centre

The new What's On Bedford Borough Hub has opened in the former Debenhams building, celebrating local culture, tourism, and community. It includes a Visitor Centre, Box Office, and Bedford gift shop. With art displays and helpful services under one roof, it's set to become a go-to destination and marks the start of revitalising the town centre. To find out what's on, call 01234 718044 or email [cornexchange@bedford.gov.uk](mailto:cornexchange@bedford.gov.uk)

# Summer Fun

SUMMER FAMILY EVENTS IN BEDS & BUCKS FOR LITTLE ONES

JUL  
12-13

## EMBERTON COUNTRY PARK'S 60TH

Emberton Country Park. 10am - 4pm

Emberton Country Park is 60 this year.

There will be a variety of craft stalls, bands, food, 60's-themed funfair, Blue light services, children's activities, falconry display, 17th Century cavalry display, wildlife walks and more.

Bands from 11-4. Cavalry on 12th, falconry on 13th—both at 12 & 2. Wildlife walks all day.

Emberton Country Park, Olney Road, MK46 5FJ

Tel: 01234 711575  Emberton Country Park

[www.milton-keynes.gov.uk](http://www.milton-keynes.gov.uk)

JUL &  
AUG

## SUMMER HOLIDAY OPEN MORNINGS

Howe Park Wood. 9.30am - 12.30pm

Every Tue, Wed, Thu from 29/07 to 28/08.

Free weekly wildlife activities this summer in Milton Keynes parks! Explore mammals, conservation, birds, freshwater life, and minibests through hands-on displays, expert talks, and fun nature-based learning for families.

Howe Park Wood, Milton Keynes, MK4 3GG

Tel: 01908 233600  The Parks Trust

[www.theparkstrust.com](http://www.theparkstrust.com)

*Car parking charges may apply.*

JUL  
30

## PEARTREE BRIDGE

Pear tree Bridge, Woughton. 12pm - 6pm

Join the Parks Trust and the Woughton Community Council for a fun afternoon at the Triceratops, in Peartree Bridge.

Experience the life of a researcher, by excavating and identifying dinosaur fossils. Have fun hunting dinosaur eggs on their interactive trail.

Pear tree Bridge, Milton Keynes MK6 3DQ

Tel: 01908 233600  The Parks Trust

[www.theparkstrust.com](http://www.theparkstrust.com)

*Car parking charges may apply.*

AUG  
1-31

## BEDFORD SUMMER SAFARI TRAIL

Bedford Town Centre, Bedford

This August, BedfordBID/Love Bedford's new Summer Safari Trail takes little ones on a journey discovering animal themed places, shops and businesses, there's even a 'jungle' in town!

Complete the trail and enter the competition to win a £20.00 Love Bedford gift voucher.

See the Love Bedford website for more details.

 Love Bedford

[www.lovebedford.co.uk](http://www.lovebedford.co.uk)

AUG  
7-28

## CRAFTY THURSDAYS

John Bunyan Museum. 11am - 3pm

Every Thursday through August (7, 14, 21, 28).

Join creative Thursday workshops this August! Make rock pools (7th), design 17th-century plates (14th), explore mirrors and mosaics (21st), and sculpt with clay (28th). Fun, hands-on activities to spark imagination and artistic skills in all ages.

John Bunyan Museum & Library and Bunyan, Mill Street, Bedford, MK40 3EU

Tel: 01234 270303  John Bunyan Museum

[www.bunyanmeeting.co.uk](http://www.bunyanmeeting.co.uk)

AUG  
8

## KRISGAR'S MAGIC SHOW

Marston Moretaine. 10.30am - 1.30pm

Award-winning magician Krisgar returns to the Forest Centre with his immersive magic and puppet show. The show lasts one hour, and there are two time slots - 10.30am and 12.30pm.

Join Krisgar and Tricky Teddy for an hour of tricks, laughs, and interactive fun.

The Forest Centre, Millennium Country Park, Marston Moretaine, MK43 0PR

Tel: 01234 767037  Forest of Marston Vale

[www.marstonvale.org](http://www.marstonvale.org)

AUG  
14

## LITTLE CITY

Marston Moretaine. 11am - 2.30pm

Little City is an entirely mobile role play city for the under 6's to explore and enjoy. With bespoke backdrops and specially selected high-quality toys and equipment, your child can fully immerse themselves in their own world and welcome you in too!

There are two time slots to choose from:  
11:00 AM – 12:30 PM and 13:00 PM – 14:30 PM

At Little City, children can step into grown-up roles like hairdresser, firefighter, builder, café owner, and more, with nothing off limits.

**The Forest Centre, Millennium Country Park,  
Marston Moretaine, MK43 0PR  
Tel: 01234 767037**

 **Forest of Marston Vale**  
[www.marstonvale.org](http://www.marstonvale.org)



MAKE THE MOST OF THE  
SUMMER HOLIDAYS WITH  
THESE GREAT DAYS OUT

AUG  
15+26

## OPEN ACCESS PLAY SESSION

Western Recreation Ground.  
10.30am - 3.30pm

This "Risky Play" session allows children to encounter risky experiences to develop survival skills and conquer fears. Suitable for children up to 12 years.

Activities include climbing, using ropes to build and balance, using tools, assault courses and water slides. Also includes giant games and a bouncy castle.

**Western Road Recreation Ground, Wolverton,  
Milton Keynes, MK12 5GH, Tel: 01908 326800**

 **Wolverton and Greenleys Town Council**  
[www.wolvertonandgreenleystowncouncil.gov.uk/](http://www.wolvertonandgreenleystowncouncil.gov.uk/)

AUG  
27

## PARKLAND PLAY: FAIRFIELDS

All Hallows Place Park. 12pm - 3pm

Get ready for a fun-filled day with face painting, crafts, soft play, sports, lawn games, sensory activities, water safety games, and adventures with our Community Rangers and Outdoor Learning team.

Experience a free animal encounter with Teaching Talons! Meet a variety of reptiles, small mammals, giant creepy crawlies, and an owl.

**Fabius Dr, Milton Keynes, MK11 4BW  
Tel: 01908 233600**  **The Parks Trust**

[www.theparkstrust.com](http://www.theparkstrust.com)

SEP  
7

## BARTON LE CLAY FAMILY FUN DAY

Barton Le Clay Village Hall. 12pm - 4pm

Get ready for a fun-packed day at Barton Le Clay Village Hall from 12–4pm! Enjoy owl encounters, slime making, sand art, games, candy floss, popcorn, sweets, a pop-up café, exciting stalls, and live entertainment. Perfect for all ages—come along for an unforgettable afternoon of community fun!

**Barton Le Clay Village Hall, Hexton Road, Barton Le Clay, Bedfordshire, MK45 4JY**

**Tel: 07935 146311**  **Barton-le-clay Village Hall**  
[www.bartonleclayvillagehall.co.uk](http://www.bartonleclayvillagehall.co.uk)

SEP  
14

## MINI MOO 2025

Willen North Lake. 9.30am - 12pm

Join a fun-filled morning at the Mini Moo event, sponsored by Brioche Pasquier UK. Dress up as your favourite character, and choose to scoot, run, or walk a lap of Willen's North Lake.

Every Mini-Mooper will receive a fundraising pack and sponsorship form to help them reach their goal.

**Willen Hospice Lakeside, Milton Road, Willen Village,  
Milton Keynes, MK15 9AB**

**Tel: 01908 303071**  **Willen Hospice Milton Keynes**

[www.willen-hospice.org.uk](http://www.willen-hospice.org.uk)

OCT  
4

## BEDFORD BABY SHOW

King's House. 10am - 2pm

Come along to the first ever Toddle About Baby Show in Bedford.

Enjoy a special meet & greet with Bluey! Plus, little ones can have fun in the soft play area, tumble on the bouncy castle, and get messy with sensory play. Explore stalls from baby brands and hear from parenting experts.

**King's House, 245 Ampthill Rd, Bedford MK42 9AZ**

**Tel: 01908 596050**  **Toddle About MK and Beds**  
[www.toddleabout.co.uk/baby-show/bedford/](http://www.toddleabout.co.uk/baby-show/bedford/)





# THORNTON

## OUTSTANDING

CSI Inspection Report  
May 2024

## EXCELLENT

ISI Inspection Report  
October 2022

Thornton College is a leading independent day and boarding school for girls aged 3-19.

Set in a delightful 25-acre estate, Thornton is one of the most successful non-selective schools in the UK and offers a warm and nurturing educational environment alongside a rigorous and exciting curriculum.

To book a personalised tour or to enquire about our admissions process please contact the admissions team on **01280 812610** or via email **[admissions@thorntoncollege.com](mailto:admissions@thorntoncollege.com)**



For girls aged 3 to 19 years old.

**THORNTONCOLLEGE.COM**

Thornton College, Thornton, Milton Keynes, MK17 0HJ





# PIZZA PINWHEELS

Pastry pinwheels are easy to make, really tasty and a great alternative to sandwiches. Perfect for packed lunches and picnics - and they're freezable too!

## INGREDIENTS

- 1 roll puff pastry (approx 320g)
- 75g passata
- 1/2 tsp oregano
- 50g pepperoni
- 50g grated cheddar cheese
- 50g grated mozzarella
- 1 tbsp milk

## COOKING INSTRUCTIONS

1. Preheat the oven to 200c and line a baking sheet with parchment paper.
2. Roll out the pastry and spread the passata on top.
3. Sprinkle on the oregano and add the pepperoni, cheddar and mozzarella.
4. Starting with the long end of the pastry, roll the pastry up tightly then cut into 12 rounds.
5. Place on the baking tray and brush the tops and edges with the milk.
6. Bake in the oven for 18 minutes.
7. Allow to cool for a couple of minutes so that the pastry becomes more firm.



## STORAGE

These pinwheels will keep in the fridge for up to 3 days and can be reheated in the oven or microwave. They can also be frozen after being allowed to cool.

Recipe courtesy of Ciara Attwell, founder of My Fussy Eater. You can find more family-friendly recipes like this in the My Fussy Eater app — packed with meal plans, shopping lists and inspiration to make feeding your family easier than ever.



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Numi Scan Milton Keynes  
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<https://mknumiscan.co.uk>

# TODDLE MODELS

## Baby and Toddler Photo Competition Winner

Thank you to everyone who entered our Spring Toddle Models competition!

Congratulations to little Henry who won a Personalised Water and Sand Play Table from **My 1st Years**, worth £150!

We received so many gorgeous entries - we hope you enjoy looking through them as much as we have and that this gives all our entrants a lovely keepsake.



Henry, 10 months old



Find out more at  
[www.my1styears.com](http://www.my1styears.com)



Alana, 3 years 9 months



Amelia-Rose, 8 years



Amalie, 3 months



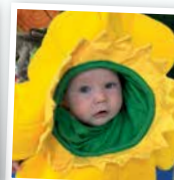
Annabelle Rose, 2 years 2 months



Arabella, 2 years 10 months



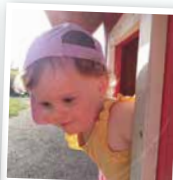
Arthur, 2 years



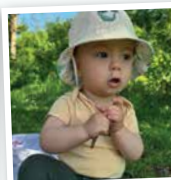
Brock, 5 months



Charlie, 2 years



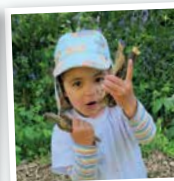
Clara, 22 months



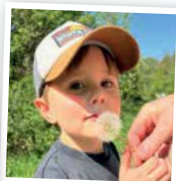
Dominic, 11 months



Ellie, 2 years



Evie, 2 years 6 months



Ezra, 3 years



Fallon, 4 years



Hope, 3 year 11 months



Elodie, 2 years 7 months



Irena, 2 years 6 months



Ivanshika & Ishika, 4 years & 1 year



Jack, 2 years 7 months

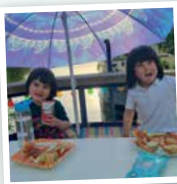


Kaelan, 1 year and 2 months





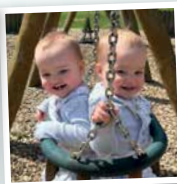
Khadija, 6 years



Kit & Arthur, 3 years and 5 years



Lily, 1 year 9 months



Mabel and Mimi, 1 year and 1 month



Mikayla, 2 years 8 months



Nicholas & Nathan, 4 years 5 months & 3 months



Piper, 2 years 2 months



Ranvir, 13 months



Riley, 3 years 10 months



Robyn, 1 year 3 months



Rowan & Robyn, 2 years & 11 months



Spencer, 2 years



Zainab, 8 months



Rowan, 6 months



Sophie & Anna, 2 years & 4.5 years

## COMPETITION

# TODDLE MODELS



## WIN A BANWOOD ECO SCOOTER AND HELMET, WORTH £118

### THE PRIZE: A Banwood Eco Scooter & Helmet

The original luxury outdoor children's lifestyle brand Banwood has launched a new Eco Collection featuring a **3-wheel Banwood scooter and helmet** for children aged 3+, in a new, earthy colour palette and at a lower price point than its classic collections.

The Eco collection is made from **100% post-consumer recycled plastic**, repurposed from discarded bottles, bags, cups and fishing nets, sourced through certified waste disposal partners

Find out more at [www.banwood.co.uk](http://www.banwood.co.uk).

# BANWOOD

T&Cs apply - all online at [www.toddle.fun/toddlemodels](http://www.toddle.fun/toddlemodels). The winners will be chosen at random.



### HOW TO ENTER:

Send us a photo of your little one enjoying some summer-time fun!

We will print as many entries as possible in the next Toddle About magazine to give you a lovely keepsake.

Enter by **Sun 28<sup>th</sup> Sept 2025**.

**WORTH  
£118**

ENTER AT:

[www.toddle.fun/toddlemodels](http://www.toddle.fun/toddlemodels)



# KUMON CONNECT

## MATHS ENGLISH

### LET'S GET READY TO START SCHOOL TODAY!

Enroll your child  
today at  
[www.kumon.co.uk/  
Bedford-north](http://www.kumon.co.uk/Bedford-north) or  
call 07341 583675



**Help your child  
develop the skills  
they need to succeed**



**Free assessment**

## HOT NIGHTS & HOLIDAY FLIGHTS:

*Supporting Children's Sleep This Summer*



Summer brings sunshine, family adventures and unfortunately, sleep challenges for many children. From rising temperatures to time zone shifts, even the most well established routines can be derailed. The good news? A few simple adjustments can help preserve sleep and ease transitions for everyone.

**Stick to familiar routines as much as possible.** While tempting to let everything go, young children thrive on predictability. Recognisable signals at bedtime can help their bodies wind down, even in unfamiliar surroundings.

**When it's hot, think light.**

The optimal sleep temperature for little ones is 18–20°C. Easier said than done in a heatwave, but small tweaks make a difference. Keep blinds closed during the day to block heat, then ventilate in the evening. A fan can help circulate air, but avoid pointing it directly at your child. Dress them based on the room temperature, using breathable fabrics like cotton. While the evidence around heat and

SIDS is mixed, keeping sleep environments cool, clear, and safe remains essential.

**Travelling across time zones?** Children adapt faster than adults thanks to their sensitivity to light. Expect some overtiredness whilst travelling. Try to maintain naps on the travel day, even if they're shorter. On arrival, share a room on the first night if needed and bring your child's own sheets to offer familiarity in a new space. Pay close attention to wake windows and expose them to sunlight to help reset their body clock. Most children can bounce back within a day or two with support.

Sleep might look a little different in summer, but with the right approach, and realistic expectations, your little one can get the rest they need.

For more evidence based guidance & personalised support visit [www.restfulnestsleepconsultancy.com](http://www.restfulnestsleepconsultancy.com) or email [support@restfulnestsleepconsultancy.com](mailto:support@restfulnestsleepconsultancy.com).





**tall stories** THE GRUFFALO'S CHILD

ADAPTED FROM JULIA DONALDSON AND AXEL SCHEFFLER'S AWARD-WINNING PICTURE BOOK

**LIVE ON STAGE**

★★★★★  
'Everything good children's theatre should be'  
The List



★★★★★  
'Warm, witty and beautifully made...  
a fantastic family favourite'  
London Theatre!

for ages **3+**

**3RD & 4TH OCT**

The Gruffalo's Child © Julia Donaldson and Axel Scheffler 2004 - Maternal Child's Books

**1<sup>TH</sup> ANNIVERSARY** BOOK TICKETS: [WWW.QUARRYTHEATRE.ORG.UK](http://WWW.QUARRYTHEATRE.ORG.UK)


 

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Email- [elliotttholistictherapies@gmail.com](mailto:elliotttholistictherapies@gmail.com)  
Visit [www.elliotttholistictherapies.com](http://www.elliotttholistictherapies.com)



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*"I started using these after my doctor recommended them. These definitely helped with my energy and iron levels. The difference was noticeable and the capsules helped me to have a good pregnancy and deliver a healthy baby. Would definitely recommend"*

★★★★★

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Discover what other parents are loving at the moment! Here's a selection of reviews that our readers have added to the Toddle About website recently:

### CHARLOTTE CASTLE PHOTOGRAPHY

5.0 ★

Charlotte did a photoshoot for my friends 30th birthday in the woods and was absolutely amazing! The photos come out perfect and I was so happy with the service.



Coral L

5.0 ★

### THE GARDEN ROOM



Brilliant baby massage class! Easy to follow instructions and was great to get to know Sarah and the other mums in the class. Highly recommend!

Nikki B

### PRESLEY & PAISLEY PEEKABOOTIQUE

5.0 ★

I love the clothes I've ordered from Presley & Paisley! My little one lives in her romper suit, it's great that it is adjustable and grows with her!



Linda S

5.0 ★

### DAISY FIRST AID



Really informative and just the right amount of time for you to learn but also keep engaged and remember it all. Lucy Read our instructor was great!

Helen M

### PHONICS WITH ROBOT REG

5.0 ★

Three weeks is all it takes to get your child into the swing of their phonics journey! Seriously take it from me a regular Robot Reg customer who nearly gave up at week 2.



Chandni P

5.0 ★

### BORNE TO CREATE



Very impressed with the beautiful baby dress and booties for our granddaughter. You can see that a great deal of work and love has gone into making it.

Sharon F

## GET INVOLVED!

LEAVE YOUR OWN REVIEW FOR YOUR FAVOURITE PROVIDERS. FIND THEM HERE:



# Family-friendly festivals



**JUL  
12-13**

## SUMMER FETE @ SHUTTLEWORTH

Shuttleworth, 10am-6.30pm daily

Back by popular demand, Shuttleworth's Summer Fete returns on 12-13 July 2025. Visitors can enjoy a weekend of family fun across the Collection, Swiss Garden, Lakeside Parkland, and Shuttleworth House.

Shuttleworth, Bedfordshire, SG18 9DT

Tel: 01767 627927 Shuttleworth

[www.shuttleworth.org](http://www.shuttleworth.org)

**JUL  
19**

## CULTURE FEST @ MK MUSEUM

Wolverton, 11am-5pm

Local community groups and visitors will unite to celebrate Milton Keynes' shared identity and cultures. Enjoy global cuisine, music, dance, storytelling, and creative workshops—highlighting the talent, diversity, and sustainability at the heart of the community.

McConnell Drive, Wolverton, MK12 5EL

Tel: 01908 316222 Milton Keynes Museum

[www.miltonkeynesmuseum.org.uk](http://www.miltonkeynesmuseum.org.uk)

**JULY  
13**

## CHEDDINGTON ANNUAL FAMILY FUN DAY

Cheddington, Sun 12pm-6pm

Mark your calendars for Cheddington's annual Family Fun Day. Enjoy a giant inflatable obstacle course, helter skelter, crazy golf, coconut shy, lucky dips, and henna workshops. A fantastic day packed with fun, games, and excitement for the whole family awaits.

Cheddington Village Hall, Bedfordshire, LU7 0RU

Cheddington Village Hall

[www.cheddington.org.uk](http://www.cheddington.org.uk)

**JUL  
19**

## MK DRAGON BOAT FESTIVAL

Willen Lake, 9am - 6pm

Soak up the carnival atmosphere at Willen Lake for the 22nd Milton Keynes Dragon Boat Festival! Enjoy thrilling races, food stalls, entertainment, and family activities—while supporting Brain Tumour Research with up to 48 teams competing.

Willen Lake, Milton Keynes, MK15 0DS

Tel: 01908 867200

Milton Keynes Dragon Boat Festival

[www.braintumourresearch.org](http://www.braintumourresearch.org)

**JUL  
26**

## SUMMER AIR SHOW

Shuttleworth, 9am-9pm

Spend a summer's day at a relaxed family air show featuring breath-taking flying displays, vintage aircraft and vehicles, Discovery Zone activities, a fun fair, and delicious food and drink—perfect for a memorable day out together.

Shuttleworth, Bedfordshire, SG18 9DT

Tel: 01767 627927 Shuttleworth

[www.shuttleworth.org](http://www.shuttleworth.org)

## WIN Big Feestival festival tickets!

Alex James' Farm, The Cotswolds

Win a family ticket to the Big Feestival 2025 taking place 22-24 August 2025 on Alex James' farm in the Cotswolds!

Competition closes midnight on Thursday 31st July 2025. Enter now at:

[www.toddle.club/bigfeestival](http://www.toddle.club/bigfeestival)

Details are correct at time of printing but may change.  
Please check with the event host for prices, times & dates.



# BOREDOM BUSTERS JAR

Add loads of fun ideas to a Boredom Busters Jar so when kids get bored, you can simply tell them to pick an idea! It's a fun way to give kids something to do and an easy way to access those fun ideas you can never come up with a moment's notice.

## WHAT YOU WILL NEED:

- 1 mason jar
- Boredom Busters printable: [www.toddle.club/jar](http://www.toddle.club/jar)
- Scissors
- Double-sided tape

## INSTRUCTIONS:

1. Print out boredom busters and jar label.
2. Write any boredom busters you want on the blank sheets.
3. Cut out the boredom busters and jar label.
4. Tape the label to your jar and fill jar with boredom busters (folded).

## TIPS & NOTES:

- Include not so fun options as well to keep kids from constantly saying I'm bored and just wanting to go through all the options in the jar.
- Make a rule that they do whatever it is they pull out, unless there is a very good reason why they can't (e.g., it's pouring with rain or snowing).
- Write specific boredom busters rather than generic ones so that kids know exactly what to do. E.g. Putting in "write a story about dinosaurs" rather than "write a story".



SCAN ME

Craft courtesy of **Britni Vigil**, creator of [www.playpartyplan.com](http://www.playpartyplan.com), a website dedicated to making life more fun by offering one-stop resources for parties, games, easy recipes, & kid activities! Facebook and Instagram – @PlayPartyPlan



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Find out more at [www.meadowbay.com/haylingisland](http://www.meadowbay.com/haylingisland)



SCAN ME

**Enter now at [www.toddle.club/Hayling](http://www.toddle.club/Hayling)**

Competition closes midnight on Sunday 21st September 2025. T&C's apply, see [toddle.club/Hayling](http://toddle.club/Hayling) for details.



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[www.pickplates.com](http://www.pickplates.com)



## HT MIRRORS, FROM £77.99

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[www.htmirrors.co.uk](http://www.htmirrors.co.uk)



## INFANTINO MY 1ST TUMBLER, £12.99

Infantino's My 1st Tumbler is a baby-friendly, leak-proof silicone cup made for little hands learning to drink independently. Designed to fit most cup holders and strollers, it's ideal for mess-free hydration on the go. Available in five stylish colours, it makes sipping simple - whether at home or out and about.

[www.amazon.co.uk](http://www.amazon.co.uk)



## YOTO MINI PLAYER, £59.99

The Yoto Mini is a screen-free audio player made for children. Compact and easy to use, it plays stories, music, podcasts and more via physical cards. Perfect for travel and quiet time, it encourages imagination without screens. Just pop in a Yoto card and kids can listen independently, with hours of content and no ads.

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JoeyFootballFun

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www.rugbytots.co.uk

### Kumon Connect (Bedford)

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# MEETING THE SIX HUMAN NEEDS AS A PARENT

by Nikki, *The Scottish Soul Sister*

**Whether you're an expecting parent, a birth mother, a father, a foster parent, an adoptive parent, a step-parent—or simply a tired parent... being a mum or a dad is an exciting part of this crazy ride we call life!**

It can be hard to articulate the emotions that come with looking after this wee person - or wee people, if you have multiple kids - and it can certainly feel like a rollercoaster!

I know, I'm on the parenting train too. My son was born in 2017 and I still find myself in awe of how much love I feel for this little dude (which, at times, has him squirming away from me as I try to snuggle him and sniff his wee head like I did when he was a baby). But let's be honest: navigating this role - whilst amazing - can bring a fair bit of overwhelm, right?

Expectations we place on ourselves as parents (alongside the expectations we place on others and the roles they play) can really impact the dynamics within your household. It's common to lose focus on your own needs as you immerse yourself in caring for your little one(s). And let's not even get started on the endless ways you can compare yourself with others online! It can all feel pretty overwhelming, can't it?

## **So, what can you do about it?**

Don't worry - I've got you. No sugar-coating, no scaremongering! Just some tried-and-tested tips and tools to accompany you on your parenting rollercoaster ride.

All of these are based on the brilliant concept that we each have Six Human Needs: **Certainty, Variety, Significance, Love and Connection, Growth, and Contribution.**

Understanding these needs can help you build a foundation that supports your wellbeing - and your family's. It can bring more clarity, organisation, and joy into your everyday life. And let's face it, we could all do with more of that... am I right?

## **So here we go... ready?**

### **1. Certainty**

Get organised. As a family, create a weekly schedule to manage the day-to-day tasks. Discuss who does what, and consider whether external resources (like a cleaner or meal delivery service) could lighten the load for a while.

Create meal plans or order some if feasible - freeing up the brain space normally taken up by the eternal question: 'What's for dinner?' Arrghhhh!

Establishing supportive habits and routines helps meet the need for Certainty. But remember: these routines need to be **baggy enough to live in!** I go for an 80/20 approach - otherwise, you risk getting stuck trying to maintain an unrealistic standard. You need wiggle room, OK?



## 2. Variety

Parenting - especially in the early days - can feel a bit isolating. You might also be navigating big life changes, such as no longer working or shifting routines.

Now that you're here reading this, take it as an invitation to explore new routines or meet new people. Try attending local groups, classes or community events. Make a list of things you'd like to do, places to visit, food to try.

Beware the pressure to 'bounce back' to your pre-baby life. Instead, welcome the idea of evolving.

## 3. Significance

If you're no longer working or engaging in your old routines, you might start to feel less significant. Friends and family may now focus more on the cutie-patootie you've introduced into their lives - and less on you.

Keep communication open with your loved ones to ensure you feel seen and heard. If this feels tough, consider reaching out to a coach, therapist or counsellor for a safe space to share how you're feeling. (In my humble opinion, we should normalise having these people in our lives - just like we do hairdressers, doctors and dentists.)

## 4. Love and Connection

We often hear about the importance of 'date night' to maintain connection with your partner. While that's valuable, I want to emphasise the importance of also loving and connecting with **yourself**.

Engage in a little personal development. Make sure your days include things that energise you, bring you joy, or offer a sense of calm. That way, you'll have the capacity to share yourself with others more meaningfully.

This goes for dads too! For all you couples: remember, it's not a competition over who's more tired or doing more. Those sneaky little narratives can creep in. You're a **team**. Keep talking!

## 5. Growth

As you busy yourself caring for your wee gang member(s), don't forget to stimulate your own mind.

Parenting is emotionally, mentally, and physically demanding - but not often academically (unless you're helping with homework... and can I just say, **who** decided to change how we do maths?!).

It's easy to neglect your own intellectual growth. Make time to read, study, listen to podcasts, or enjoy music you love. Even 10 minutes a day counts. Use that grey matter!

## 6. Contribution

This one? You've already nailed it. You're raising the next generation, for crying out loud! Contributing to humanity? **Tick**.

But if you feel this need still isn't being met, why not volunteer, donate to a worthy cause, or share a skill with someone? (If you're a whizz on social media, for instance, give a mate some tips for their small business.)

So, my lovely new friend, I hope this helps you understand that - just like a jigsaw - it takes many small pieces to create a full and beautiful picture.

There are countless ways to navigate feelings of overwhelm, but the Six Human Needs framework is a brilliant place to start.

This isn't about removing the challenges. It's about having a toolkit to rely on when the challenges start kicking your butt!

Be kind to yourself. Never feel like you must resist the emotions that come with being human - never mind being a parent! We're often bombarded with messages like '*just think positively*' or '*be grateful for what you have*', but these can diminish what our emotions are really telling us.

Instead of fearing them, get curious. You might just discover that a particular need isn't being met - and a little attention in the right place could make a world of difference.

Here for you,  
Nikki x



*Nikki is a Scottish lassie married to an American guy, with a Montenegrin rescue dog and a wee boy with a huge personality. Nikki's journey to becoming a coach, speaker and course creator has been a rollercoaster of highs and lows: relocations, postpartum depression, running her own businesses, and navigating the challenges of a transient lifestyle. Becoming a mum was Nikki's catalyst for change—and it's now her passion and purpose to share what she's learned with others. [www.thescottishsoulister.com](http://www.thescottishsoulister.com)*





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# toddle<sup>about</sup> BABY SHOW

Sat 4th October 2025  
King's House, Bedford

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## Back again for the Toddle About Baby Show MK & Bedford!

The excitement is building as we prepare for the Toddle About Baby Show's first year at **King's House on Saturday 4th October 2025**. This event will bring together small, local independent businesses and well-known national brands, all celebrating everything from **pregnancy to preschool** under one roof.

You'll have the chance to meet and learn from children's service providers and parenting experts, and try out and purchase a variety of products. Refreshments and snacks will be available at the venue, and there's plenty of free parking.

To make the day extra special, little ones can enjoy **free soft play**, **bouncy castle**, **kid dancing** and there will be **special guest appearances** from their favourite characters throughout the day, including **Bluey**, **Chase**, **Bing** and others.

Visitors can also buy **raffle tickets** for a chance to win fantastic prizes (all listed in the **Baby Show Guide**). We invite the community to nominate local charities that could benefit from the funds raised through the raffle. The chosen charity, **FACES**, will also have the opportunity to raise awareness of their work at the event.

There will be a jam-packed program with activities such as car seat safety and pram demonstrations, baby and toddler first aid, weaning/feeding advice, and much more.

Don't miss the opportunity to engage with experts in parenting and child development who will be available for consultations.



The show is **FREE to attend if you book online**, or £2 per family at the door. Receive one of our **exclusive goody bags** filled with great treats! Goody bags are limited to one per family and will only be available to the first 200 visitors.



## Calling all Business Owners

Don't miss out on this amazing opportunity to showcase your products and services. This event is a fantastic platform to reach a highly engaged audience of parents with 0-5s. For the ultimate exposure, **grab one of our last remaining spots for a stage demo opportunity**, where you can showcase your expertise with a live demo or talk! Secure your space now via **toddle.fun/babyshowmk**

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FACES



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## Ways you can help...

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**Become a Volunteer** - Our volunteers come from all walks of life and are valued for the unique skills they bring to FACES. We offer a full training course to prepare you for the role and support through supervisions and additional training opportunities. To find out more, please visit our website: [www.facesbedford.org/volunteering](http://www.facesbedford.org/volunteering).

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FAMILY AND CHILDREN'S EARLY-HELP SERVICES

 **01234 270601**

 **office@facesbedford.org**

 **147 Church Lane, Bedford, MK41 0PW**



# PAYING ATTENTION

## WHY DO YOUNG CHILDREN FIND IT SO HARD?

By Dr. Gemma Goldenberg

Does your child seem to ignore you even when they're looking right at you? Do they flit from toy to toy without settling? Maybe they concentrate on a TV show but can't sit still at nursery? If so, you're not alone. Many young children struggle with attention - but understanding why can help us support them more effectively.

### ATTENTION CAPTURE VS. ATTENTION CONTROL

We can think of attention as having two modes: attention *capture* and attention *control*.

Attention **capture** happens automatically - when something is bright, loud, or moving, it grabs our focus without effort. This is a survival mechanism. As early humans, anything that moved or made noise nearby might have been prey - or a predator. So our brains evolved to notice these things instantly. Even very young children are skilled at attention capture, which is why they're drawn to colour, movement and sound.

Attention **control**, on the other hand, is the ability to focus deliberately and ignore distractions - like reading a book on a noisy train. It's like controlling a spotlight, and it's a far harder skill to master. The brain networks responsible for attention control don't fully mature until our mid-20s. For young children, these systems are still developing, making it biologically difficult to sustain focus or filter out background noise.

### PRACTICAL STRATEGIES TO SUPPORT YOUR CHILD'S ATTENTION

Once we understand that young children aren't choosing to be distracted - it's just their stage of development - it becomes easier to support them without frustration.



Dr Gemma Goldenberg is a psychologist and researcher at the Institute for the Science of Early Years and Youth. This article is based on her book *Take Action on Distraction* written with Professor Sam Wass. Visit [www.bloomsbury.com](http://www.bloomsbury.com).

### 1. MINIMISE DISTRACTIONS

Reduce competing distractions when you want your child to focus:

- Turn off the TV/radio or move to a quieter space.
- Move closer and make eye contact.
- Speak clearly and use expressive tones to help their brain tune in.

Young children struggle to pick out one voice in a noisy environment - this skill doesn't fully develop until around age 12. So when your child seems not to listen while others are talking, it's not rudeness - it's a normal brain response.

### 2. USE REPETITION AND PREDICTABILITY

The brain thrives on repetition and routine. These build neural pathways and help children focus.

Children's brains constantly predict what might happen next and these predictions help them pay attention to information when it arrives. Try:

- **Pre-warning:** "I'm about to tell you something..."
- **Signposting:** "Listen for the 'beep beep' in this song."
- **Prompting:** "What do we do after we brush our teeth?"
- **Repeating familiar stories, songs, and activities:** Your child is still learning from them every time.
- **Using your child's name before an instruction:** "Anna, please put your shoes on now" gives the brain time to tune in to the instruction.

Understanding the difference between attention capture and control allows us to create environments that support focus and align with children's natural development.

# WHAAAT?!?

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# HOW TO PASS ON THE RIGHT MONEY HABITS



**CELEBRATING UK SAVINGS WEEK: 22 - 28 SEPT 2025**

**Many of the habits we form as adults begin in childhood, learned from the grown-ups in our lives.**

One of the most valuable habits a parent or carer can nurture is a good savings routine. Helping children understand the value of money and encouraging regular saving can build financial independence and support their wellbeing for years to come.

Fortunately, there are lots of fun, engaging ways to start.

## **START AS EARLY AS POSSIBLE**

With toddlers, it can be as simple as using a moneybox and setting a daily routine - perhaps adding a few coins each night before bed. Make it fun by using the coins to play shop, helping them learn the value of money and distinguish between needs and wants.

As they grow, introduce savings goals - perhaps a toy they really want. Start with something achievable and build towards longer-term goals. This teaches patience and the idea that, in a world of instant gratification, some things are worth waiting for.

## **INSPIRE THEM TO SAVE**

For older children, giving regular pocket money and encouraging them to save a portion can reinforce good habits. A clear savings goal helps maintain motivation. You might also explore extra ways to grow their pot - such as small payments for chores or choosing a cheaper snack, with the savings added to their fund.

Incentives can work well. Offering small rewards for hitting milestones or saving consistently can keep

them engaged. You could even offer to match what they save to encourage them to set aside more of their own money.

Once saving becomes a habit, consider opening a savings account. Involve your child in choosing one - perhaps at a local building society - and talk through the benefits, such as interest rates and how savings grow over time. Encourage them to check their balance regularly and take pride in their progress.

## **REMEMBER THE REWARD**

To embed the habit for life, don't focus solely on the act of saving - highlight the reward. Help them imagine achieving their goal. They could draw a picture of themselves with the item they're saving for or write a short story about what they'll do with it.

## **LEAD BY EXAMPLE**

Once they've grasped the basics, talk to your children about how you manage your own savings and budget. Explain the importance of setting money aside - not just for fun things like holidays, but also for unexpected costs such as a car repair.

Discuss the difference between needs and wants: you need to pay for electricity, but you may also want to save for a new jumper. You could even involve them in family budgeting by setting a small allowance to plan a meal or a day out.

However you go about it, UK Savings Week is a great time to begin. You could be giving your child a gift that lasts a lifetime.



*UK Savings Week is an initiative from the Building Societies Association (BSA), designed to help people build better saving habits. Visit [www.uksavingsweek.co.uk](http://www.uksavingsweek.co.uk) for tips, tools, and ideas to support your family's savings journey.*

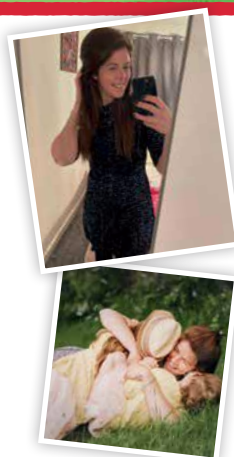




**We have teamed up with local mum vlogger Anisa, from Milton Keynes, to share some of her favourite adventures and activities to try out with your little ones.**

Hey! My name is Anisa Kealy, I'm a local Milton Keynes Vlogger. My Instagram page is [@amummyandherbeautifulgirls](#). I'm a full time Wife and Mummy to two beautiful little girls ages 3 and 6. We live here in the beautiful city of Milton Keynes. We have lived here now for 11 years! We love exploring, going on exciting adventures and making precious memories together with friends and family. We share all of our incredible days out and so much fun on Instagram for you all to see! Why do I do this? To give everyone ideas, talk costs, what to take with you and plenty of reviews on all the local food and fun and days out for all the family. Have any questions? Drop me a message I would be happy to answer any. I would also love for you to head on over and come along on our exciting journeys with us and give me a follow. Check out all that's going on this Summer 2025 in and around Milton Keynes for your little ones. We have plenty of family favourites and would love for you to come along with us. Maybe you could let us know your favourite's too!

Who's ready for some sunshine? I know we are!



Photos by Forget Me Not Photography

*Anisa is a mum blogger and the founder of [@amummyandherbeautifulgirls](#). Through her blog, she shares her adventures with her children and days out in and around Milton Keynes.*



### Little Tinkers Preschool

**Providing friendly, high quality childcare across 3 sites in Milton Keynes.**

- @Holne Chase, Buckingham road-01908 365775
- @Charles Warren, Simpson-01908 604978
- @Fern Grove, Lakes Estate-01908 371361

**For children 18 months - 4 years**

Funded & non funded children welcome!

**£20 per Non funded session for all ages**

- Early risers 8:30-9am @ £3 per session
- Morning session: 9-12
- Afternoon Session: 12-3 or
- Full day: 9-3 (2 sessions)

All enquiries please contact us on the numbers provided above  
or Email: [holnechase@littletinkers-preschool.co.uk](mailto:holnechase@littletinkers-preschool.co.uk)  
for further information [www.littletinkers-preschool.co.uk](http://www.littletinkers-preschool.co.uk)



### funtivity

PLAY VILLAGE

A children's role play village and sensory baby space for children aged 8 and under based in Leighton Buzzard



**9 different spaces to explore**

**Plus a dedicated baby area for under 2's**

**Onsite café serving delicious hot and cold food/drinks**

**Exclusive hire birthday parties available**

[www.funtivityplayvillage.co.uk](http://www.funtivityplayvillage.co.uk)  
hello@funtivityplayvillage.co.uk  
Waterborne Walk, Leighton Buzzard, LU7 1DH



# win!

## A FAMILY TICKET TO THIS YEAR'S BIG FESTIVAL!



Enjoy a weekend of food, music and family fun at the Big Festival, taking place 22–24 August 2025 on Alex James' farm in the Cotswolds!

We're giving one lucky family the chance to win tickets to this ultimate summer celebration. The music line-up features Britpop Classical with Alex James, Nelly Furtado, Faithless, Travis, The Wombats and more. Food lovers can catch top chefs like Raymond Blanc, Si King and Simon Rimmer live on the Big Kitchen stage.

Kids will love seeing Justin Fletcher and joining Oti Mabuse's Family Dance Class, while the Parent Pitstop offers a relaxing space with changing facilities, feeding areas, microwaves and play zones.

Camping, Weekend & Day Tickets available at:  
[www.bigfestival.com](http://www.bigfestival.com)

### Big Festival

Alex James' Farm, The Cotswolds



SCAN ME

Enter now at [www.toddle.club/bigfestival](http://www.toddle.club/bigfestival)

Competition closes midnight on Thursday 31st July 2025. T&C's apply, see [toddle.club/bigfestival](http://toddle.club/bigfestival) for details.

### Nurtureville Nursery

We have spaces available!

To arrange a viewing please call us on 01908 397400



A home from home environment for your child

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2 and 3 year old  
funding  
30 hour childcare  
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### NORTHAMPTON & LAMPART RAILWAY

Trains most Sundays - 30<sup>th</sup> Mar-6<sup>th</sup> Oct  
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*A great value family experience!*

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[www.nlr.org.uk](http://www.nlr.org.uk)



@NLRrailway

Buffet, souvenir shop, free parking



### The CHILD CARE Guide

Providing the guidance and support so parents can choose their right childcare, the first time



[thechildcareguide.co.uk](http://thechildcareguide.co.uk)

Follow us for daily updates!



# Daily Activity Planner

Your local 'What's On Guide' for families with bumps - 5s in MK & Bedford.



## MILTON KEYNES

### MONDAY

#### PARENTS & TOTS

##### Cornerstone Toddlers

Cornerstone Church, 300 Saxon Gate West, Milton Keynes, MK9 2ES. 01908 237777 or 07854 762676. [www.cornerstonemk.co.uk](http://www.cornerstonemk.co.uk).  
**Times:** 10:00 - 11:30. **Ages:** 1 mths - 4 yrs 11 mths. **Cost:** £1 per session (drop in). **Dates:** 7 Jul - 21 Jul, 8 Sep - 20 Oct.

##### Kumon Buckingham

Lace Hill Sports & Community Centre, Catchpin Street, Buckingham, MK18 7RR. 07368 332229. [www.kumon.co.uk](http://www.kumon.co.uk).

- **Maths & English Tuition:** 15:15 - 18:45.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 7 Jul - 20 Oct.

##### Kumon Milton Keynes Bletchley

Freeman Memorial Methodist Church, Buckingham Road, Bletchley, MK3 5HH. 07470 963834. [www.kumon.co.uk](http://www.kumon.co.uk).

- **Maths & English Tuition:** 16:00 - 18:00.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 7 Jul - 20 Oct.

##### Kumon Milton Keynes South

Denbigh School, Burchard Crescent, Shenley Church End, MK5 6EX. 07546 642060. [www.kumon.co.uk](http://www.kumon.co.uk).

- **Maths & English Tuition:** 15:30 - 18:30.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 7 Jul - 20 Oct.

##### MK Multiples

Kents Hill Community Centre, Kents Hill, Milton Keynes, MK7 6HG. **Times:** 10:00 - 12:00. **Ages:** Pregnancy - 5 yrs. **Cost:** £4 per session (drop in). **Dates:** 7 Jul - 18 Aug & 1 Sep - 20 Oct.

#### MUSIC & SIGNING

##### Music Bugs Milton Keynes

Summerlin Centre Station Rd, Woburn Sands, Milton Keynes, MK17 8SG. 0844 822 1158. [www.musicbugs.co.uk](http://www.musicbugs.co.uk).

**Times:** 10:00 - 10:40 & 11:00 - 11:40. **Ages:** 0 - 4 yrs. **Cost:** £7.50 per session (booking essential). **Dates:** 7 Jul - 21 Jul & 1 Sep - 20 Oct.

##### Ragdolly Annas

Shenley Brook End Village Hall, Church End Road, Shenley Brook End, Milton Keynes, MK5 7AA. 07989 713745. [www.ragdollyannas.co.uk](http://www.ragdollyannas.co.uk).

- **Ragdolly Annas Shenley Brook End:** 10:00 - 10:45.

High energy, music and rhyme activity for the 0-5's

**Ages:** 0 - 5 yrs. **Cost:** £7.95 per session (booking essential).

**Dates:** 7 Jul - 21 Jul & 1 Sep - 20 Oct.

#### DANCE & DRAMA

##### Tot Bop

Pitstone Village Hall, Vicarage Road, Pitstone, Leighton Buzzard, LU7 9EY. 01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- **Tiny Tots (1-2.5) - Pitstone:** 9:30 - 10:05.

**Ages:** 1 yrs - 2 yrs 6 mths.

- **Baby Boppers (age 2.5 - rising 5) - Pitstone:** 10:20 - 11:05.

**Ages:** 2 yrs 6 mths - 5 yrs.

**Cost:** £8 per session (booking essential).

**Dates:** 7 Jul - 14 Jul & 8 Sep - 25 Oct.

#### PHYSICAL FUN

##### Rugbytots (Milton Keynes & Bedford)

Lace Hill Academy, Catchpin Street, Buckingham, MK18 7RR. 0845 313 6712. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

**Times:** 9:10 - 9:40 & 10:35 - 11:20. **Ages:** 2 - 7 yrs. **Cost:** £7 per session (booking essential). **Dates:** 7 Jul - 21 Jul & 28 Jul - 20 Oct.



## HEALTH & WELLNESS

### Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, Milton Keynes, MK1 1DX. 07723 020994. [www.fitmummybootcamp.com](http://www.fitmummybootcamp.com).

• **Fit Mummy Bootcamp:** 11:00 - 11:45.

Group fitness for mums with babies and small children

**Cost:** £7.50 per session (booking essential). **Dates:** 7 Jul - 21 Jul.

## PREGNANCY

### Vicki Wilkinson Birth & Baby

Restore U, 1 Well Street, Buckingham, MK18 1EW. 07581 559856. [www.vickiwillkinsonbirthandbaby.co.uk](http://www.vickiwillkinsonbirthandbaby.co.uk).

• **Pregnancy Flow - Buckingham:** 19:30 - 20:30.

**Ages:** Pregnancy. **Cost:** £11 per session (booking essential).

**Dates:** 7 Jul - 21 Jul & 1 Sep - 20 Oct.



**MINI MOZART**  
Magical Musical Moments for babies and toddlers

**Milton Keynes**  
"opens February 2024"  
Tuesdays @ St Mary and St Giles Stony Stratford  
9:30 am Toddlers  
10:25am Babies

**Bedford**  
Fridays @ Putloe Heights Church  
9:30 am Toddlers  
10:25am Babies

WITH Piano Accompanist  
Orchestral musicians  
Bubbles & games  
Giant scrunchie  
Parachute & Puppets

Without a doubt our favourite thing we did together during my maternity leave.  
— Rachel (Mum of 2) —

[www.minimozart.com](http://www.minimozart.com)

## TUESDAY

## PARENTS & TOTS

### Buckinghamshire Family Information Service

Buckingham Family Centre, Chandos Rd, Buckingham, MK18 1AJ. 01296 383293. [familyinfo.buckinghamshire.gov.uk](mailto:familyinfo.buckinghamshire.gov.uk).

• **SEND Peer Support (Drop-ins for parent/carers) -**

**Buckingham Family Centre:** 10:00 - 12:00.

**Cost:** Free (drop in). **Dates:** 8 Jul - 22 Jul.

### Kumon Milton Keynes Central

Monkston Park Community Centre, Pimlico Court (off Plaistow Crescent), Monkston Park, MK10 9PN. 07788 274382. [www.kumon.co.uk](http://www.kumon.co.uk).

• **Maths & English Tuition:** 15:15 - 18:15.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 8 Jul - 21 Oct.

### Kumon Milton Keynes South

Denbigh School, Burchard Crescent, Shenley Church End, MK5 6EX. 07546 642060. [www.kumon.co.uk](http://www.kumon.co.uk).

• **Maths & English Tuition:** 16:15 - 18:30.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 8 Jul - 21 Oct.

### Kumon Milton Keynes Wolverton

Milton Keynes Wolverton Kumon Study Centre, 1 Walker Avenue, Stratford Office Village, Wolverton Mill, MK12 5TW. 07533 332494. [www.kumon.co.uk](http://www.kumon.co.uk).

• **Maths & English Tuition:** 15:00 - 18:00.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 8 Jul - 21 Oct.

### Milton Keynes Christian Centre Parent and Toddler Group

Milton Keynes Christian Centre, Milton Keynes Christian Centre, Strudwick Drive, Oldbrook, MK6 2TG. 01908 670655. [mkcc.org.uk](http://mkcc.org.uk).  
**Times:** 10:00 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £1 per session (drop in).  
**Dates:** 8 Jul - 22 Jul & 2 Sep - 21 Oct.

### Milton Keynes Libraries

Milton Keynes Central Library, 555 Silbury Boulevard, Milton Keynes, MK9 3HL.

• **Song and Rhyme Time:** 10:00 - 10:30.

Free weekly drop-in Baby Songs and Rhymes for the Under 2s.

**Ages:** 0 - 2 yrs.

• **Storytime (MK Central Library):** 10:45 - 11:15.

Free weekly drop-in Storytimes for the Under 5s.

**Ages:** 0 - 5 yrs.

**Cost:** Free (drop in).

**Dates:** 8 Jul - 21 Oct.

Stony Stratford Library, 5-7 Church Street, Stony Stratford, MK11 1BD.

• **Tuesday Lego & Duplo Club (Stony Stratford Library):** 10:30 - 11:30.

Free weekly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in).

**Dates:** 29 Jul - 26 Aug.

Woburn Sands Library, The Institute, High Street, Woburn Sands, MK17 8SD.

• **Storytime (Woburn Sands Library):** 11:15 - 11:45.

Free weekly drop-in Storytimes for the Under 5s.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in).

**Dates:** 8 Jul - 22 Jul, 2 Sep - 21 Oct.

Milton Keynes Central Library, 555 Silbury Boulevard, Milton Keynes, MK9 3HL.

• **Summer Lego & Duplo Club (MK Central Library):** 14:00 - 15:00.

Free weekly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 29 Jul - 26 Aug.

Wolverton Library, Town Hall, Creed Street, Wolverton, MK12 5LY.

• **Lego & Duplo Club (Wolverton Library):** 15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in).

**Dates:** 8 Jul - 21 Oct.

Milton Keynes Central Library, 555 Silbury Boulevard, Milton Keynes, MK9 3HL.

• **Lego & Duplo Club (MK Central Library):** 16:00 - 17:00.

Free weekly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 21 Oct.

### Winslow Baby and Toddler Group

Winslow Public Hall, Elmfields Gate, Winslow, MK18 3JA. [www.facebook.com](http://www.facebook.com).

**Times:** 10:00 - 11:15. **Ages:** 0 - 5 yrs.

**Cost:** £2.50 per session (drop in).

**Dates:** 8 Jul, 22 Jul - 12 Aug, 26 Aug - 9 Sep & 23 Sep - 14 Oct.



MAKE YOUR CHILD'S DEVELOPMENT MORE FUN!

## TRY RUGBYTOTS

Our dynamic weekly play sessions enable boys and girls aged 2-7 to develop their social and physical skills in a fun, positive environment.

For more details, just call or email:

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[shauna@rugbytots.co.uk](mailto:shauna@rugbytots.co.uk)

[rugbytots.co.uk](http://rugbytots.co.uk)  
The world's favourite rugby play programme

## MUSIC & SIGNING

### Cha Char Chimps CIC

Old Bath House & Community Centre Tues 9:45am (Mixed ages up to 4 years), 205 Stratford Road, Wolverton, Milton Keynes, MK12 5RL. [www.cccchimps.com](http://www.cccchimps.com).

- **Tuesday Chimps with Baby VIP Area:** 9:45 - 10:45.

**Cost:** Free (booking essential). **Dates:** 15 Jul & 22 Jul.

### Mini Mozart Bedford & Milton Keynes

St Mary & St Giles Church, 1 Church Street, Stony Stratford, Milton Keynes, MK11 1FD. 0207 193 1983. [www.minimozart.com](http://www.minimozart.com).

- **Mini Mozart: Babies & Toddlers:** 10:00 - 10:40.

Live toddler music classes led by professional musicians.

**Ages:** 0 - 4 yrs. **Cost:** £12 per session (booking essential).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 21 Oct.

### Music Bugs Milton Keynes

360 Play, Roebuck Way, Knowlhill, Milton Keynes, MK5 8HL. 0844 822 1158. [www.musicbugs.co.uk](http://www.musicbugs.co.uk).

- **Music Bugs (360 Play, MK):** 10:00 - 10:40 & 11:00 - 11:40.

Get 3 sessions (in a row) as a trial for just £15.00.

**Ages:** 3 mths - 4 yrs. **Cost:** £7.50 per session (booking essential).

**Dates:** 8 Jul - 22 Jul & 2 Sep - 21 Oct.

### TinyTalk Milton Keynes and Olney

Downhead Park Quaker Centre, 1 Oakley Gardens, Downhead Park, Milton Keynes, MK15 9BH. 07581 185265. [www.tinytalk.co.uk](http://www.tinytalk.co.uk).

- **Toddler Talking:** 9:45 - 10:45. **Ages:** 1 yrs - 2 yrs 11 mths.

- **Baby Signing:** 11:00 - 12:00. **Ages:** 0 - 11 mths.

**Cost:** £8.50 per session (booking essential).

**Dates:** 8 Jul - 15 Jul, 29 Jul - 12 Aug & 9 Sep - 21 Oct.

## SENSORY & DEVELOPMENT

### The Garden Room

The Garden Room, 41 North Street, Castlethorpe, Milton Keynes, MK19 7EW. 07702604287.

- **Baby Massage - (5 week course):** 10:30 - 11:30 & 13:30 - 14:30.

Baby Massage Classes (5 week course)

**Ages:** 0 - 6 mths. **Cost:** £45 per session (booking essential).

**Dates:** 9 Sep - 7 Oct.

## DANCE & DRAMA

### Tot Bop

Billington Village Hall, Gaddesden Turn, Leighton Buzzard, LU7 9BW. 01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- **Tiny Tots (age 1-2.5) - Leighton Buzzard Summer Classes:** 9:30 - 10:05.

**Ages:** 1 yrs - 2 yrs 6 mths.

- **Baby Boppers (age 2.5 - rising 5) - Leighton Buzzard Summer Classes:** 10:20 - 11:05.

**Ages:** 2 yrs 6 mths - 5 yrs.

- **Funky Monkeys / Groovy Movers Summer Workshop (age 4-9) - Leighton Buzzard:** 11:15 - 15:15.

**Ages:** 4 - 9 yrs.

**Cost:** £8 per session (booking essential).

**Dates:** 22 Jul - 24 Jul & 8 Sep - 25 Oct.

## HEALTH & WELLNESS

### Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Blechley, Milton Keynes, MK1 1DX. 07723 020994. [www.fitmummybootcamp.com](http://www.fitmummybootcamp.com).

- **Fit Mummy Bootcamp:** 11:00 - 11:45.

Group fitness for mums with babies and small children

**Cost:** £7.50 per session (booking essential). **Dates:** 8 Jul - 22 Jul.

## WEDNESDAY

## PARENTS & TOTS

### Buckingham Library

Buckingham Library, Verney Close, Buckingham, MK18 1JP. 01296 382415. [www.buckinghamshire.gov.uk](http://www.buckinghamshire.gov.uk).

- **Bounce and Rhyme:** 10:30 - 11:00.

Nursery rhymes, action songs and simple percussion music.

**Ages:** 0 - 4 yrs. **Cost:** Free (drop in). **Dates:** 9 Jul - 22 Oct.

### Jumping Beans Under 5s stay and playgroup

Springfield Community Hall, Springfield, Milton Keynes, MK6 3JH. 07962891680. [www.instagram.com](http://www.instagram.com).

- **Every Wednesday - All Year Round:** 9:30 - 11:30.

**Cost:** £4 per session (booking essential). **Dates:** 9 Jul - 22 Oct.

### Kumon Buckingham

Lace Hill Sports & Community Centre, Catchpin Street, Buckingham, MK18 7RR. 07368 332229. [www.kumon.co.uk](http://www.kumon.co.uk).

- **Maths & English Tuition:** 15:15 - 18:45.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 9 Jul - 22 Oct.

### Kumon Milton Keynes Central

Monkston Park Community Centre, Pimlico Court (off Plaistow Crescent), Monkston Park, MK10 9PN. 07788 274382. [www.kumon.co.uk](http://www.kumon.co.uk).

- **Maths & English Tuition:** 15:15 - 18:15.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 9 Jul - 22 Oct.

### Kumon Milton Keynes South

Denbigh School, Burchard Crescent, Shenley Church End, MK5 6EX. 07546 642060. [www.kumon.co.uk](http://www.kumon.co.uk).

- **Maths & English Tuition:** 15:30 - 18:30.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 9 Jul - 22 Oct.

### Kumon Milton Keynes Wolverton

Milton Keynes Wolverton Kumon Study Centre, 1 Walker Avenue, Stratford Office Village, Wolverton Mill, MK12 5TW. 07533 332494. [www.kumon.co.uk](http://www.kumon.co.uk).

- **Maths & English Tuition:** 15:00 - 17:30.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 9 Jul - 22 Oct.

### Milton Keynes Libraries

Olney Library, High Street, Olney, MK46 4EF.

- **Storytime (Olney Library):** 11:00 - 11:30.

Free weekly drop-in Storytimes for the Under 5s.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 9 Jul - 22 Oct.

Newport Pagnell Library, St John Street, Newport Pagnell, MK16 8HQ.

- **Lego & Duplo Club (Newport Pagnell Library):** 15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 9 Jul - 22 Oct.

## MUSIC & SIGNING

### Music Bugs Milton Keynes

The Methodist Church, Silver Street, Stony Stratford, Milton Keynes, MK11 1JS. 0844 822 1158. [www.musicbugs.co.uk](http://www.musicbugs.co.uk).

**Times:** 10:00 - 10:40 & 11:00 - 11:40. **Ages:** 0 - 5 yrs. **Cost:** £7.50 per session (booking essential). **Dates:** 9 Jul - 16 Jul & 3 Sep - 22 Oct.

### Ragdolly Annas

Summerlin Community Centre, 138 Station Road, Woburn Sands, Milton Keynes, MK17 8SG. 07989 713745. [www.ragdollyannas.co.uk](http://www.ragdollyannas.co.uk).

- **Ragdolly Annas Woburn Sands:** 10:00 - 10:45.

High energy, music and rhyme activity for the 0-5's

**Ages:** 0 - 5 yrs.



**Phonics with Robot Reg**  
1 YEAR - STARTING SCHOOL

**We sing, we dance, we play!**

Join Robot Reg on an adventure into the world of phonics!

Our active, high energy classes equip your child with the skills they need to begin their journey into a world of literacy with confidence and enthusiasm.

**letter sounds** **listening** **blending**  
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Central Beds  
TandC@robotreg.co.uk



• **Ragdoll Annas SEND Woburn Sands: 11:15 - 12:00.**

High energy, music and rhyme activity all ages (SEND)

**Ages:** 0 - 30 yrs.

**Cost:** £7.95 per session (booking essential).

**Dates:** 9 Jul - 23 Jul & 3 Sep - 22 Oct.

## HEALTH & WELLNESS

### Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, Milton Keynes, MK1 1DX. 07723 020994. [www.fitmummybootcamp.com](http://www.fitmummybootcamp.com).

• **Fit Mummy Bootcamp: 11:00 - 11:45.**

Group fitness for mums with babies and small children

**Cost:** £7.50 per session (booking essential). **Dates:** 9 Jul - 16 Jul.

## THURSDAY

### PARENTS & TOTS

#### Church Mice

St Peter's & St Paul's Church, Church Street, Olney, Milton Keynes, MK46 4AD. 01234 712772. [www.olney.church](http://www.olney.church).

**Times:** 10:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** Free (booking essential).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 23 Oct.

#### Kumon Milton Keynes Bletchley

Freeman Memorial Methodist Church, Buckingham Road, Bletchley, MK3 5HH. 07470 963834. [www.kumon.co.uk](http://www.kumon.co.uk).

• **Maths & English Tuition: 16:00 - 18:00.**

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential).

**Dates:** 10 Jul - 23 Oct.

#### Kumon Milton Keynes Central

Monkston Park Community Centre, Pimlico Court (off Plaistow Crescent), Monkston Park, MK10 9PN. 07788 274382. [www.kumon.co.uk](http://www.kumon.co.uk).

• **Maths & English Tuition: 15:15 - 18:15.**

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 10 Jul - 23 Oct.

#### Kumon Milton Keynes South

Denbigh School, Burchard Crescent, Shenley Church End, MK5 6EX. 07546 642060. [www.kumon.co.uk](http://www.kumon.co.uk).

• **Maths & English Tuition: 16:30 - 18:00.**

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 10 Jul - 23 Oct.

#### Kumon Milton Keynes Wolverton

Milton Keynes Wolverton Kumon Study Centre, 1 Walker Avenue, Stratford Office Village, Wolverton Mill, MK12 5TW. 07533 332494. [www.kumon.co.uk](http://www.kumon.co.uk).

• **Maths & English Tuition: 15:00 - 18:00.**

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 10 Jul - 23 Oct.

#### Milton Keynes Libraries

Stony Stratford Library, 5-7 Church Street, Stony Stratford, MK11 1BD.

• **Stories, Songs and Rhymes: 10:00 - 10:30.**

Free weekly drop-in Storytimes for the Under 5s.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 10 Jul - 31 Jul & 4 Sep - 23 Oct.

Bletchley Library, Westfield Road, Bletchley, MK2 2RA.

• **Storytime (Bletchley Library): 10:00 - 10:30.**

Free weekly drop-in Storytimes for the Under 5s.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 10 Jul - 17 Jul, 7 Aug & 4 Sep - 23 Oct.

Kingston Library, Winchester Circle, Kingston, MK9 3HL.

• **Storytime (Kingston Library): 10:00 - 10:30.**

Free weekly drop-in Storytimes for the Under 5s.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 10 Jul - 17 Jul, 21 Aug & 4 Sep - 23 Oct.

Olney Library, High Street, Olney, MK46 4EF.

• **Read & Play: 14:30 - 16:30.**

Books to read and toys to play with!

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 10 Jul - 23 Oct.

Bletchley Library, Westfield Road, Bletchley, MK2 2RA.

• **Lego & Duplo Club (Bletchley Library): 15:30 - 16:30.**

Free weekly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 10 Jul - 23 Oct

Westcroft Library, Wimborne Crescent, Westcroft, MK4 4DE.

• **Lego & Duplo Club (Westcroft Library): 15:30 - 16:30.**

Free weekly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 10 Jul - 23 Oct.



### Cha Char Chimps

Award-winning entertainment for pre-school children

Action songs, props and puppets every week.

Fun & COVID safe environment.

Summer shows running during school holidays!

**Book online at:**

[ccchimps.com/milton-keynes-booking-sasha](http://ccchimps.com/milton-keynes-booking-sasha)

or email [ness@ccchimps.com](mailto:ness@ccchimps.com)



**Noah's Ark Baby & Toddler Group**

Whaddon Way Church Centre, Beaverbrook Court, Bletchley, Milton Keynes, MK3 7JS. 01908 372072.  
www.whaddonwaychurch.

**Times:** 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** Free (booking essential).  
**Dates:** 10 Jul - 23 Oct.

**Steeple Claydon Baby & Toddler Group**

The Village Hall, 48 Queen Catherine Rd, Steeple Claydon, MK18 2PY.

• **Steeple Claydon Baby and Toddler Group:** 10:00 - 11:30.  
**Ages:** 0 - 5 yrs. **Cost:** £2.50 per session (drop in). **Dates:** 10 Jul - 17 Jul & 4 Sep - 23 Oct.

**MUSIC & SIGNING****Music Bugs Milton Keynes**

Portfield Community Centre, 8 Wordsworth Avenue, Newport Pagnell, MK16 8SB. 0844 822 1158. www.musicbugs.co.uk.

**Times:** 10:00 - 10:40 & 11:00 - 11:40. **Ages:** 6 mths - 4 yrs.  
**Cost:** £7.50 per session (booking essential).  
**Dates:** 10 Jul - 17 Jul & 4 Sep - 23 Oct.

**TinyTalk Milton Keynes & Olney**

Wolverton The Old School, Old Wolverton, Wolverton, Milton Keynes, MK12 5NP. 07581 185265. www.tinytalk.co.uk.

• **Baby Signing:** 10:00 - 11:00. **Ages:** 0 - 11 mths.  
• **Baby Signing:** 11:15 - 12:15. **Ages:** 0 - 11 mths.

**Cost:** £8.50 per session (booking essential).  
**Dates:** 10 Jul - 17 Jul, 31 Jul - 14 Aug & 11 Sep - 23 Oct.

**DANCE & DRAMA****Tappy Toes Bedford**

Cranfield Community Centre, Thillans, Cranfield, MK43 0FZ.  
07779159710. www.tappytoes.com.

• **Mixed class: 18months-4years:** 10:20 - 10:50.

**Ages:** 1 yrs 6 mths - 4 yrs. **Cost:** £8 per session (booking essential).  
**Dates:** 10 Jul - 17 Jul & 4 Sep - 23 Oct.

**HEALTH & WELLNESS****Fit Mummy MK**

Fit Mummy MK, 24 First Avenue, Bletchley, Milton Keynes, MK1 1DX. 07723 020994. www.fitmummybootcamp.com.

• **Fit Mummy Bootcamp:** 11:00 - 11:45.

Group fitness for mums with babies and small children

**Cost:** £7.50 per session (booking essential). **Dates:** 10 Jul - 17 Jul.

**FRIDAY****PARENTS & TOTS****Deanshanger Library**

Deanshanger Library, Little London Deanshanger, Deanshanger, MK19 6HT. 0300 126 7000. www.northamptonshire.gov.uk.

• **Rhymetime:** 14:15 - 14:45.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 Jul - 17 Oct.

**Milton Keynes Libraries**

Westcroft Library, Wimborne Crescent, Westcroft, MK4 4DE.

• **Storytime (Westcroft Library):** 10:00 - 10:30.

Free weekly drop-in Storytimes for the Under 5s.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 Jul - 18 Jul, 8 Aug & 5 Sep - 17 Oct.  
Newport Pagnell Library, St John Street, Newport Pagnell, MK16 8HQ.

• **Stories, Songs and Rhymes:** 10:00 - 10:30.

Free weekly drop-in Storytimes for the Under 5s.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 Jul - 18 Jul, 8 Aug, 22 Aug & 5 Sep - 17 Oct.

Wolverton Library, Town Hall, Creed Street, Wolverton, MK12 5LY.

• **Stories, Songs and Rhymes:** 14:00 - 14:30.

Free weekly drop-in Storytimes for the Under 5s.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 Jul - 18 Jul, 8 Aug & 5 Sep - 17 Oct.

Woburn Sands Library, The Institute, High Street, Woburn Sands, MK17 8SD.

• **Lego & Duplo Club (Woburn Sands Library):** 15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 11 Jul - 17 Oct.

Olney Library, High Street, Olney, MK46 4EF.

• **Lego & Duplo Club (Olney Library)**

Free weekly drop-in Lego & Duplo Club for all ages.

**Times:** 14:30 - 16:30. **Ages:** 0 - 17 yrs. **Dates:** 25 Jul - 29 Aug.

**Times:** 15:30 - 16:30. **Ages:** 0 - 17 yrs. **Dates:** 11 Jul - 18 Jul & 5 Sep - 17 Oct.

**Cost:** Free (drop in).

Stony Stratford Library, 5-7 Church Street, Stony Stratford, MK11 1BD.

• **Friday Lego & Duplo Club (Stony Stratford Library):** 15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in).

**Dates:** 11 Jul - 25 Jul & 5 Sep - 17 Oct.

Kingston Library, Winchester Circle, Kingston, MK9 3HL.

• **Lego & Duplo Club (Kingston Library):** 15:30 - 16:30.

Free weekly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in).

**Dates:** 11 Jul - 17 Oct.

**Woburn Baby And Toddler Group**

Woburn Village Hall, Crawley Road, Woburn, MK17 9QD.  
07717883356.

• **Woburn Baby and Toddler Group:** 9:45 - 11:30.

**Ages:** 0 - 4 yrs. **Cost:** £2.50 per session (booking essential).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 17 Oct.

Fun, friendly and interactive music classes for children aged 3 months to 4 years.

Come and play with our puppets, scarves, bubbles, pom poms, parachute and percussion instruments.

Stony Stratford, Newport Pagnell, Woburn Sands, Fuzton, Towcester & Centre Milton Keynes  
Birthday parties also available  
michelle@musicbugs.co.uk

Call Michelle on: 0844 822 1158 or visit our website

**music bugs**

www.musicbugs.co.uk

**MUSIC & SIGNING****Cha Char Chimps CIC**

Cha Char Chimps Old Stratford Community Hall - Fridays 9:45am (Mixed ages up to 4 years), Deanshanger Rd, Old Stratford, MK19 6NL. cccchimps.com.

• **Cha Char Chimps Show - Old Stratford:** 9:45 - 10:45.

**Cost:** Free (booking essential). **Dates:** 11 Jul, 18 Jul & 25 Jul.

**Music Bugs Milton Keynes**

The Sunshine Centre, Dulverton Drive, Fuzton, MK4 1EZ. 0844 822 1158. www.musicbugs.co.uk.

**Times:** 10:00 - 10:40 & 11:00 - 11:40. **Ages:** 0 - 5 yrs. **Cost:** £7.50 per session (booking essential). **Dates:** 11 Jul - 18 Jul & 5 Sep - 17 Oct.

**Ragdolly Annas**

Whitehouse, The Hive (Whitehouse Community Centre), Barrosa Way, Whitehouse, MK8 1JS. 07989 713745.  
www.ragdollyannas.co.uk.

• **Ragdolly Annas Whitehouse:** 10:00 - 10:45.

High energy, music and rhyme activity for the 0-5's

**Ages:** 0 - 5 yrs. **Cost:** £7.95 per session (booking essential). **Dates:** 11 Jul - 18 Jul & 5 Sep - 17 Oct.

**TinyTalk Milton Keynes & Olney**

Willen Pavilion, 24 Portland Drive, Milton Keynes, MK15 9JP. 07581 185265. www.tinytalk.co.uk.

• **Toddler Talking:** 9:45 - 10:45. **Ages:** 1 yrs - 2 yrs 11 mths.

• **Baby Signing:** 11:00 - 12:00. **Ages:** 0 - 11 mths.

**Cost:** £8.50 per session (booking essential).

**Dates:** 11 Jul - 18 Jul, 1 Aug - 15 Aug & 12 Sep - 17 Oct.

**DANCE & DRAMA****Tot Bop**

Billington Village Hall, Gaddesden Turn, Leighton Buzzard, LU7 9BW. 01525 237474 / 07775 582791. www.totbop.co.uk.

• **Tiny Tots (age 1-2.5) - Billington, Leighton Buzzard:** 9:30 - 10:05.

• **Baby Boppers (age 2.5 - rising 5) - Billington, Leighton Buzzard:** 10:20 - 11:05.

**Cost:** £8 per session (booking essential).

**Dates:** 11 Jul - 18 Jul & 8 Sep - 25 Oct.

**HEALTH & WELLNESS****Fit Mummy MK**

Fit Mummy MK, 24 First Avenue, Bletchley, Milton Keynes, MK1 1DX. 07723 020994. www.fitmummybootcamp.com.

• **Fit Mummy Bootcamp:** 11:00 - 11:45.

Group fitness for mums with babies and small children

**Cost:** £7.50 per session (booking essential). **Dates:** 11 Jul - 18 Jul.

**SATURDAY****PARENTS & TOTS****DadTime**

Kents Hill Community Centre, Frithwood Crescent, Kents Hill, Milton Keynes, MK7 6HQ. 07887 756651.  
www.newcitychurch.co.uk.

**Times:** 10:00 - 12:00. **Ages:** 0 - 4 yrs. **Cost:** Free (drop in).

**Dates:** 12 Jul - 18 Oct.

**Kumon Buckingham**

Lace Hill Sports & Community Centre, Catchpin Street, Buckingham, MK18 7RR. 07368 332229. www.kumon.co.uk.

• **Maths & English Tuition:** 9:30 - 14:00.

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential).

**Dates:** 12 Jul - 18 Oct.

**Kumon Milton Keynes Bletchley**

Freeman Memorial Methodist Church, Buckingham Road, Bletchley, MK3 5HH. 07470 963834.

• **Maths & English Tuition:** 9:00 - 11:30.

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential).

**Dates:** 12 Jul - 18 Oct.

**Kumon Milton Keynes Central**

Monkston Park Community Centre, Picnic Court (off Plaistow Crescent), Monkston Park, MK10 9PN. 07788 274382.

• **Maths & English Tuition:** 13:00 - 14:30.

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential).

**Dates:** 12 Jul - 18 Oct.

**Kumon Milton Keynes Wolverton**

Milton Keynes Wolverton Kumon Study Centre, 1 Walker Avenue, Stratford Office Village, Wolverton Mill, MK12 5TW. 07533 332494.

• **Maths & English Tuition:** 9:30 - 12:00.

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential).

**Dates:** 12 Jul - 18 Oct.

**Milton Keynes Libraries**

Milton Keynes Central Library, 555 Silbury Boulevard, Milton Keynes, MK9 3HL.

• **Saturday Lego & Duplo Club (MK Central Library):** 10:00 - 12:00.

Free weekly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 12 Jul - 18 Oct.

Stony Stratford Library, 5-7 Church Street, Stony Stratford, MK11 1BD.

• **Saturday Lego & Duplo Club (Stony Stratford Library):** 11:00 - 12:00.

Free weekly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 12 Jul - 18 Oct.

Olney Library, High Street, Olney, MK46 4EF.

• **Saturday Storytime (Olney Library):** 11:00 - 11:30.

**Ages:** 0 - 7 yrs. **Dates:** 26 Jul, 30 Aug & 27 Sep.

• **Saturday Lego & Duplo Club (Olney Library):** 10:30 - 11:30.

Free monthly drop-in Lego & Duplo Club for all ages.

**Ages:** 0 - 17 yrs. **Dates:** 2 Aug, 6 Sep, 4 Oct.

**Cost:** Free (drop in).

**DANCE & DRAMA****Tot Bop**

Pages Park Pavilion, Richmond Road, Leighton Buzzard, LU7 4RF. 01525 237474 / 07775 582791. www.totbop.co.uk.

• **Tiny Tots (age 1-2.5) - Leighton Buzzard:** 8:45 - 9:15.

• **Baby Boppers (age 2.5-3.5) - Leighton Buzzard:** 9:30 - 10:15.

• **Funky Monkeys (age 3.5-5; preschool & reception year) - Leighton Buzzard:** 10:30 - 11:15.

• **Groovy Movers (age 5-9; school years 1-4) - Leighton Buzzard:** 11:30 - 12:15.

**Ages:** 5 - 9 yrs. **Cost:** £8 per session (booking essential).

**Dates:** 12 Jul - 19 Jul & 8 Sep - 25 Oct.

**PHYSICAL FUN****Rugbytots (Milton Keynes & Bedford)**

Shenley Brook End School, Walbank Grove, Shenley Brook End, Milton Keynes, MK5 7ZT. 0845 313 6712. www.rugbytots.co.uk.

**Times:** 9:00 - 9:30, 9:40 - 10:25, 10:35 - 11:05 & 11:15 - 12:00.

**Ages:** 2 - 7 yrs. **Cost:** £7 (booking essential). **Dates:** 12 Jul - 18 Oct.

Lace Hill Academy, Catchpin Street, Buckingham, MK18 7RR. 0845 313 6712. www.rugbytots.co.uk.

**Times:** 8:35 - 9:05, 9:45 - 10:30 & 11:25 - 12:10. **Ages:** 2 - 7 yrs.

**Cost:** £7 (booking essential). **Dates:** 12 Jul - 18 Oct.

**OTHER****Little Poppets Preloved Market - Milton Keynes**

Medbourne Pavilion, 31 Pascal Dr, Medbourne, Milton Keynes, MK5 6LS. 07894 126753. www.littlepoppetsprelovedmarket.co.uk.

• **Medbourne Pavilion baby & children's nearly new sales:**

15:00 - 16:30. **Ages:** Pregnancy - 8 yrs. **Cost:** £1.50 per session (booking essential). **Dates:** 20 Sep.

**SUNDAY****PHYSICAL FUN****Rugbytots (Milton Keynes & Bedford)**

Hazeley Academy, Emperor Dr, Hazeley, Milton Keynes, MK8 0PT. 0845 313 6712. www.rugbytots.co.uk.

• **Rugbytots Milton Keynes (Hazeley Academy):** 9:10 - 9:40, 9:45 - 10:30 & 22:35 - 23:20.

Rugbytots is fun, structured play sessions

**Ages:** 2 yrs - 3 yrs 5 mths. **Cost:** £7 per session (booking essential).

**Dates:** 13 Jul - 19 Oct.

## OTHER

### Little Poppets Preloved Market - Milton Keynes

Old Stratford Community Hall, Deanshanger Road, Old Stratford, Milton Keynes, MK19 6NL. 07894 126753.  
www.littlepoppetsprelovedmarket.co.uk.

- **Old Stratford baby & children's nearly new sales:** 11:00 - 12:30.

Old Stratford baby & children's nearly new sales

**Ages:** Pregnancy - 8 yrs. **Cost:** £1.50 per session (booking essential).

**Dates:** 12 Oct.

## BEDFORD

## MONDAY

### PARENTS & TOTS

#### Bedford Borough Libraries

Bedford Central Library, Harpur Street, Bedford, MK40 1PG. 01234 718178. www.virtual-library.culturalservices.net.

- **Baby Rhymetime (Bedford Central Library):** 11:30 - 12:00.

**Ages:** 0 - 1 yrs 6 mths. **Cost:** Free (booking essential).

**Dates:** 7 Jul - 20 Oct.

#### Bedford North Kumon Study Centre

Faces, The Centre, 147 Church Lane, Bedford, MK41 0PW. 07341 583675. www.kumon.co.uk.

- **Maths & English Tuition:** 15:30 - 18:30.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** £70 per session (booking essential).

**Dates:** 7 Jul - 20 Oct.

#### Bromham Benefice

St Owen's Church Bromham, Bromham, Bedford, MK43 8HH. www.bromhambenefice.org.

- **Messy Morning:** 11:30 - 13:30.

**Ages:** 0 - 5 yrs. **Cost:** £2 per session (booking essential).

**Dates:** 7 Jul - 14 Jul & 1 Sep - 20 Oct.

#### The Parish Church of Transfiguration

Transfiguration Church - Kempston, Bedford Road, Kempston, MK42 8QB. 01234 854726. www.transfiguration.org.uk.

- **Transfig Tots:** 9:15 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in).

**Dates:** 7 Jul - 21 Jul & 1 Sep - 20 Oct.

### MUSIC & SIGNING

#### Ragdolly Annas

Pages Park Pavilion, Pages Park, Billington Road, Leighton Buzzard, LU7 4TG. 07989 713745. www.ragdollyannas.co.uk.

- **Ragdolly Annas Pages Park:** 10:00 - 10:45.

High energy, music and rhyme activity for the 0-5's

**Ages:** 0 - 5 yrs. **Cost:** £7.95 per session (booking essential).

**Dates:** 7 Jul - 21 Jul & 1 Sep - 20 Oct.

## PREGNANCY

#### Mum and Baby Nurture

Parkside Community Hall, Woburn Street, Amptill, MK45 2HX. 07523323389. www.mumbabynurture.com.

- **Baby Massage Amptill AM:** 10:15 - 11:30 & 12:00 - 13:15.

Baby Massage AM Amptill

**Cost:** £12 per session (booking essential). **Dates:** 8 Sep - 6 Oct.

## TUESDAY

### PARENTS & TOTS

#### Bedford Borough Libraries

Bedford Central Library, Harpur Street, Bedford, MK40 1PG. 01234 718178. www.virtual-library.culturalservices.net.

- **Building Block Play for Over 1s (Bedford Central Library):** 11:00 - 13:00.

**Ages:** 1 - 5 yrs. **Cost:** Free (drop in).

- **Rhymetime (Bedford Central Library):** 14:00 - 14:30.

**Ages:** 1 yrs 6 mths - 5 yrs. **Cost:** Free (booking essential).

**Dates:** 8 Jul - 21 Oct.

#### Great Barford Tots & Teenies

Great Barford Village Hall, Fishers Close, Great Barford, Bedford, MK44 3HA. 07970114030.

**Times:** 9:45 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £3 per session (booking essential). **Dates:** 8 Jul - 22 Jul & 2 Sep - 21 Oct.

#### Kumon Bedford South

Centenary Hall, Kempston Town Council, 104 Bedford Road, Kempston, MK42 8BG. 01234 268 608. www.kumon.co.uk.

- **Maths & English Tuition:** 16:00 - 18:00.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (booking essential). **Dates:** 8 Jul - 21 Oct.

### MUSIC & SIGNING

#### Ragdolly Annas

Astral Park Community Centre, Johnson Drive, Leighton Buzzard, LU7 4AY. 07989 713745. www.ragdollyannas.co.uk.

High energy, music and rhyme activity for the 0-5's

- **Ragdolly Annas Astral Park:** 10:00 - 10:45.

**Ages:** 0 - 5 yrs. **Cost:** £7.95 per session (booking essential). **Dates:** 8 Jul - 22 Jul.

Parkside Community Hall, Woburn Street, Amptill, MK45 2HX.

07989 713745. www.ragdollyannas.co.uk.

- **Ragdolly Annas Amptill:** 10:00 - 10:45.

**Ages:** 0 - 5 yrs. **Cost:** £7.95 per session (booking essential). **Dates:** 8 Jul - 22 Jul & 2 Sep - 21 Oct.

### DANCE & DRAMA

#### Tappy Toes Bedford

Lidlington Village Hall, High Street, Lidlington, Bedford, MK43 0RN. 07779159710. www.tappytoes.com.

- **Mixed class 18months-4years**

**Times:** 10:15 - 10:45. **Ages:** 1 yrs 6 mths - 4 yrs. **Dates:** 8 Jul - 22 Jul & 2 Sep - 21 Oct.

**Times:** 14:15 - 14:45. **Ages:** 1 yrs 6 mths - 4 yrs. **Dates:** 8 Jul - 22 Jul. **Cost:** £8 per session (booking essential).

## PREGNANCY

#### Mum and Baby Nurture

St Peter & St Paul Church hall, Church Road, Flitwick, MK45 1AE. 07523323389. www.mumbabynurture.com.

- **Mum and Baby Yoga Tuesday:** 10:15 - 11:30.

Mum and Baby Yoga Flitwick

**Cost:** £11.67 per session (booking essential). **Dates:** 2 Sep - 7 Oct.

## WEDNESDAY

### PARENTS & TOTS

#### All Nations Church Bedford

All Nations Church Bedford, Brickhill Drive, Bedford, MK41 7QF. 01234 273773. www.allnationsbedford.org.

- **New Mums and Babies:** 10:30 - 12:00.

**Ages:** 0 - 1 yrs. **Cost:** Free (drop in).

- **Stay & Play:** 13:30 - 15:00.

**Ages:** 0 - 4 yrs. **Cost:** £1 per session (drop in).

**Dates:** 9 Jul - 22 Oct.



**Bedford North Kumon Study Centre**

Faces, The Centre, 147 Church Lane, Bedford, MK41 0PW. 07341 583675. [www.kumon.co.uk](http://www.kumon.co.uk).

- **Maths & English Tuition:** 15:30 - 18:30.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** £70 per session (*booking essential*).

**Dates:** 9 Jul - 22 Oct.

**Busy Tots Silsoe**

Silsoe Village Hall, Village Hall, Silsoe, MK45 4DY. 07882418770.

- **Busy Tots Playgroup:** 10:00 - 12:00.

**Ages:** 0 - 4 yrs. **Cost:** £4 per session (*booking essential*).

**Dates:** 9 Jul - 16 Jul & 3 Sep - 22 Oct.

**Christ Church Bedford**

Christ Church Bedford, 140 Dudley Street, Bedford, MK40 3SX. 01234 327150. [www.ccbedford.churchinsight.com](http://www.ccbedford.churchinsight.com).

- **Little Fishes:** 13:30 - 14:45.

**Ages:** 0 - 1 yrs. **Cost:** Free (*drop in*).

**Dates:** 9 Jul - 23 Jul & 3 Sep - 22 Oct.

**Sharnbrook Tiny Tots**

Sharnbrook Village Hall, Lodge Road, Sharnbrook, Bedford, MK44 1JP.

- **Sharnbrook Tiny Tots Playgroup:** 9:30 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** £2.50 per session (*drop in*).

**Dates:** 9 Jul - 16 Jul, 20 Aug & 3 Sep - 22 Oct.

**DANCE & DRAMA****Tappy Toes Bedford**

Stewartby Village Hall, Churchill Close, Stewartby, Bedford, MK43 9LU. 07779159710. [www.tappytoes.com](http://www.tappytoes.com).

- **Mixed Class:** 14:15 - 14:45.

**Ages:** 1 yrs 6 mths - 5 yrs. **Cost:** £8 per session (*booking essential*).

**Dates:** 9 Jul - 16 Jul & 3 Sep - 22 Oct.

**PREGNANCY****Mum and Baby Nurture**

St Andrews C of East Church, Rectory Lane, Amphill, MK45 2EL. 07523323389. [www.mumbabynurture.com](http://www.mumbabynurture.com).

- **Mum and Baby Yoga Wednesday:** 10:15 - 11:30.

Mum and Baby Yoga Amphill

**Ages:** 0 - 11 mths. **Cost:** £11.67 per session (*booking essential*).

**Dates:** 3 Sep - 8 Oct.

**Providence Baptist Chapel Bedford**

Providence Baptist Chapel, Rothsay Road, Bedford, MK40 3PT. 07976 846159. [providencechapel.org.uk](http://providencechapel.org.uk).

- **Providence Parents and Toddlers:** 10:00 - 11:30.

**Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 10 Jul - 17 Jul & 4 Sep - 23 Oct.

**DANCE & DRAMA****Tappy Toes Bedford**

Marston Moreteyne Community Centre, Great Linns, Marston Moretaine, MK43 0DD. 07779159710. [www.tappytoes.com](http://www.tappytoes.com).

- **Tappy Toes Mixed:** 14:30 - 15:00.

**Ages:** 6 mths - 5 yrs. **Cost:** £8 per session (*booking essential*).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 23 Oct.

**Tot Bop**

Wing Village Hall, 71 Leighton Road, Wing, Leighton Buzzard, LU7 0NN. 01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- **Tiny Tots (age 1-2.5) - Wing:** 9:30 - 10:05.

**Ages:** 1 yrs - 2 yrs 6 mths.

- **Baby Boppers (age 2.5 - rising 5) - Wing:** 10:20 - 11:05.

**Ages:** 2 yrs 6 mths - 5 yrs.

**Cost:** £8 per session (*booking essential*).

**Dates:** 10 Jul - 17 Jul & 8 Sep - 25 Oct.

**FRIDAY****PARENTS & TOTS****Christ Church Bedford**

Christ Church Bedford, 140 Dudley Street, Bedford, MK40 3SX. 01234 327150. [www.ccbedford.churchinsight.com](http://www.ccbedford.churchinsight.com).

- **Morning Out:** 9:30 - 11:00.

**Ages:** 0 - 4 yrs. **Cost:** £2 per session (*drop in*).

- **Forge - after school club:** 15:30 - 16:45.

**Ages:** 9 - 11 yrs. **Cost:** Free (*booking essential*).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 17 Oct.

**Clophill Toddler Group**

Clophill Village Hall, Kiln Lane, Clophill, Bedford, MK45 4DA.

**Times:** 10:00 - 11:30. **Ages:** 0 - 3 yrs. **Cost:** £3 per session (*drop in*).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 17 Oct.

**FACES Bedford**

Kingsbrook Children's Centre, Oak Road, Cavin Way, Bedford, MK42 0HL. 01234270601. [www.facesbedford.org](http://www.facesbedford.org).

- **Multi-Tots:** 10:00 - 12:00.

Term-time group for parents with twins/triplets aged 0-5

**Ages:** Pregnancy - 5 yrs. **Cost:** £3 per session (*drop in*). **Dates:** 11 Jul - 18 Jul & 5 Sep - 17 Oct.

**THURSDAY****PARENTS & TOTS****Bedford Borough Libraries**

Bedford Central Library, Harpur Street, Bedford, MK40 1PG. 01234 718178. [www.virtual-library.culturalservices.net](http://www.virtual-library.culturalservices.net).

- **Rhymetime (Bedford Central Library):** 11:30 - 12:00.

**Ages:** 1 yrs 6 mths - 5 yrs. **Cost:** Free (*booking essential*).

**Dates:** 10 Jul - 23 Oct.

**Bromham Benefice**

St Mary's Church, Oakley, Church Lane, Oakley, Bedford, MK43 7RU. [www.bromhambenefice.org](http://www.bromhambenefice.org).

- **Messy Morning:** 10:00 - 11:45.

**Ages:** 0 - 5 yrs. **Cost:** £2 per session (*booking essential*).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 23 Oct.

**Jolly Tots**

London Road Methodist Church, 96 London Road, MK42 0NT.

**Times:** 9:15 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*drop in*).

**Dates:** 10 Jul - 17 Jul & 4 Sep - 23 Oct.

**Kumon Bedford South**

Centenary Hall, Kempston Town Council, 104 Bedford Road, Kempston, MK42 8BG. 01234 268 608. [www.kumon.co.uk](http://www.kumon.co.uk).

- **Maths & English Tuition:** 16:00 - 18:00.

Math & English Tuition for children

**Ages:** 2 - 16 yrs. **Cost:** Free (*booking essential*).

**Dates:** 10 Jul - 23 Oct.

### St Mary's Church, Marston Moreteyne and Liddington

St Mary's Church, Marston Moreteyne and Liddington, Church Walk, Bedford, MK43 0NR. [www.stmarysmarston.org](http://www.stmarysmarston.org).

- **Tea and Tots:** 9:30 - 11:00.

**Ages:** 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 11 Jul, 25 Jul, 8 Aug, 22 Aug, 12 Sep, 26 Sep & 10 Oct.

## MUSIC & SIGNING

### Mini Mozart Bedford & Milton Keynes

Putnoe Heights Church, Putnoe Heights, Bedford, MK41 8EB. 0207 193 1983. [www.minimozart.com](http://www.minimozart.com).

- **Mini Mozart Toddlers:** 9:30 - 10:10.

Live toddler music classes led by professional musicians

**Ages:** 1 yrs 4 mths - 4 yrs.

- **Mini Mozart Babies:** 10:25 - 11:05.

Live music classes for babies led by professional musicians

**Ages:** 0 - 1 yrs 4 mths. **Cost:** £12 per session (booking essential).

**Dates:** 11 Jul - 18 Jul & 5 Sep - 17 Oct.

## DANCE & DRAMA

### Tot Bop

St Leonard's Lower School, Thrift Road, Heath and Reach, Leighton Buzzard, LU7 0AX. 01525 237474 / 07775 582791. [www.totbop.co.uk](http://www.totbop.co.uk).

- **TB Dance Club at St Leonard's Lower School:** 15:30 - 16:15.

**Ages:** 4 - 9 yrs. **Cost:** £6 per session (booking essential). **Dates:** 11 Jul & 8 Sep - 25 Oct.

## PREGNANCY

### Mum and Baby Nurture

St Andrews C Of East Church, Rectory Lane, Ampthill, MK45 2EL. 07523323389. [www.mumbabynurture.com](http://www.mumbabynurture.com).

- **Pregnancy Yoga Friday**

Pregnancy Yoga Ampthill

**Times:** 19:30 - 21:00. **Ages:** 0 - 11 mths. **Dates:** 11 Jul - 18 Jul.

**Times:** 19:30 - 21:00. **Dates:** 5 Sep - 26 Sep.

**Cost:** £12.50 per session (booking essential).

## SATURDAY

## PARENTS & TOTS

### Bedford Borough Libraries

Bedford Central Library, Harpur Street, Bedford, MK40 1PG. 01234 718178. [www.virtual-library.cultural-services.net](http://www.virtual-library.cultural-services.net).

- **Lego Club:** 11:00 - 15:00.

**Cost:** Free (drop in). **Dates:** 12 Jul - 18 Oct.

## PHYSICAL FUN

### Joey Football

Great Ouse Primary Academy, Seaforth Gardens, Bedford, MK40 4TJ. [facebook.com](http://facebook.com).

- **Joey Football Classes (18mths - 2.5 years):** 8:00 - 8:45.
- **Joey Football Classes (2.5 - 3.5 years):** 9:00 - 9:45.
- **Joey Football Classes (3.5 - 5 years):** 10:00 - 10:45.
- **Joey Football Classes (5 - 7 years):** 11:00 - 11:45.

**Ages:** 5 - 7 yrs.

**Cost:** Free (drop in).

**Dates:** 12 Jul - 19 Jul & 2 Aug - 18 Oct.

### Rugbytots (Milton Keynes & Bedford)

Great Denham Community Hall, Great Denham, Bedford, MK40 4GP. 0845 313 6712. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

- **Rugbytots**

**Ages:** 2 - 7 yrs.

**Times:** 8:35 - 9:05, 9:10 - 9:40, 9:45 - 10:30 & 10:35 - 11:20.

**Cost:** £7.50 per session (booking essential).

**Times:** 11:25 - 12:10. **Cost:** £7 per session (booking essential).

**Dates:** 12 Jul - 18 Oct.

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**OR VISIT: [JOEYFOOTBALLFUN](http://JOEYFOOTBALLFUN)**

Redborne Upper School, Flitwick Road, Ampthill, Bedford, MK45 2NU. 0845 313 6712. [www.rugbytots.co.uk](http://www.rugbytots.co.uk).

**Ages:** 2 - 7 yrs.

**Times:** 8:35 - 9:05, 9:10 - 9:55, 9:45 - 10:15 & 10:35 - 11:20.

**Cost:** £7.50 per session (booking essential).

**Times:** 11:25 - 12:10. **Cost:** £7 per session (booking essential).

**Dates:** 12 Jul - 18 Oct.

## SUNDAY

## PARENTS & TOTS

### Bedford Borough Libraries

Bedford Central Library, Harpur Street, Bedford, MK40 1PG. 01234 718178. [www.virtual-library.cultural-services.net](http://www.virtual-library.cultural-services.net).

- **Sunday Funday:** 11:30 - 13:30.

**Cost:** Free (drop in). **Dates:** 13 Jul - 19 Oct.

## PHYSICAL FUN

### Joey Football

Brickhill Community Centre, Avon Drive, Bedford, MK41 7AF. [facebook.com](http://facebook.com).

Fun indoor football sessions for toddlers

- **Joey Football Classes (18mths - 2.5 years):** 10:00 - 10:45.
- **Joey Football Classes (2.5 - 3.5 years):** 10:00 - 10:45.
- **Joey Football Classes (3.5 - 5 years):** 11:00 - 11:45.
- **Joey Football Classes (5 - 7 years):** 12:00 - 12:45.

**Ages:** 5 - 7 yrs.

**Cost:** Free (drop in).

**Dates:** 13 Jul - 19 Oct.

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