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2024 / 2025 Open Days Book Now!

Join us for our Maltman's Green School Autumn Open Mornings or book a 1:1 visit



JOIN US FOR A TOUR OF THE SCHOOL

- Meet the Head and the Senior Leadership team
- Tour the School
- Chat to the girls

BOOK ONLINE:



For more information or to book a 1:1 tour please email:

registrar@maltmansgreen.com or call 01753 883022

www.maltmansgreen.com/admissions/open-events/

WELCOME



TO THE SUMMER 2024 FDITION!

What is that giant yellow ball in the sky?! Oh wait it's the sun - hooray! Finally we can get outdoors and enjoy the warmer weather and this issue has not one but two features to help you with ideas and great places to go. Make sure you check out the great outdoor events that we have found for you on p.12 as well as a Summer Fun ideas checklist on p.14 that you can tear out, stick on the fridge and tick off where you've been. Plus discover some new regular groups or classes near you in our Daily Activity Planner from p.23.

Leave a Review and See Our New Top of the Tots!

Ever found a great-looking activity or product for your little one and hesitated before buying because, well, you just weren't sure? Well, you needn't hesitate much longer! All businesses listed on the Toddle About website now have a review facility, so you can see how other parents rate them. Handy, eh? BUT, for this to be useful, we need your reviews!

How to Help Your Fellow Parents

Visit toddleabout.co.uk/search and pop in your postcode. Select any providers that you have bought from or experienced and add a review to their listing. That's it! We will then select the top 10 and feature them on our NEW Top of the Tots page found on p.22.

Leave a review at toddleabout.co.uk/search

So head out, enjoy the sunshine (or inevitably rain) and share what you love about your local businesses.

Loving life with little ones,

Steph & Matt

PS. Subscription to Toddle About is just £2 every 3 months and your first issue is free! Plus, you get other VIP perks such as automatic entry to exclusive giveaways and freebies. Visit: www.toddle.fun/subscribe

IN THIS ISSUE

Bite Sized News 4-5
Travelling With Children6
Summer Fun Products 8
Subscribe to VIP Club10
VIP Club Reader Review11
Outdoor Toy Competition11
Summer Events12
Summer Ideas Checklist14
North Hayne Competition_15
Toddle Models 16-17
Special Offer Vouchers18
Lunch Box Mama Recipe19
Play Power 20
Safe Paint Craft21
NEW! Top Of The Tots22
Daily Activity Planner 23-34
Directory35

Cover picture:

Local photographer? Want to provide a photo for our next magazine? Send us an email to find out more:



stephandmatt@toddleabout.co.uk

MEET THE TEAM







Tim & Ruth - Franchisors

Call: 07975 904902

Email: stephandmatt@toddleabout.co.uk Text: www.toddle.fun/whatsapp

- toddleaboutsouthbucks
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Bite SIZED NEWS

Ride On Time Franchise Offer Price



Ride On Time are expanding and to meet demand they are now searching for franchisees in new locations.

If you are looking for flexible work that fits with your family, is fantastic fun and gives you the freedom to run your own business, get in touch to find out

more! They have an amazing offer price of £2500 for the first 5 pioneer franchisees who join them and one has already signed up so get in touch today.

Visit www.rideontimehire.com See P.13



Toddler Takeover Summer Pass

Rush High Wycombe is the perfect day out for the whole family, come rain or shine! Put a big smile on a little face at Toddler Takeover sessions – ages 1-6, £11 per adult and child. Get a Toddler Takeover Summer Pass! Five sessions for £29 valid until the 6th September. Ruby & Red's Soft Play is a giant space-themed soft play adventure perfectly designed for children aged 1– 10. It's filled with slides, climbing areas, look-outs, ballpits, swings and more.

Visit www.rushuk.com See P.13



Sleep Struggles With your Little One?

Charlotte is a certified infant sleep consultant, mum of two toddler boys, and founder of The Good Snooze Company.

Charlotte supports tired parents of newborns up to 4 years old, to help you and your family get the good snooze they need. Using gentle yet effective sleep support methods. Virtual consultations are available, with a variety of Snooze Packages depending on the level of support you prefer.

Visit www.thegoodsnoozecompany.co.uk See P.19

Open Morning

Join Maltman's Green for their whole School Open Morning on the 4th October

During your visit, you will meet with their Headmistress and Senior Leadership Team



who will tour you around the school and facilities. During the tour you will have the opportunity to observe lessons and engage with teachers and pupils and ask any questions you may have.

You can contact their Registrar directly on 01753 883022 or email registrar@maltmansgreen.com.

Visit www.maltmansgreen.com See P.2

New Preloved Clothes Concept

Local mum has launched Little Threads, a pre-loved children's clothing business, that finds high-quality and

hand-checked outgrown, but not outworn, children's clothes a loving new home.

They act like a pre-loved personal shopper; customers tell them what they need, as well as the styles they and their children like best, and they do the hard work for you by tailoring a box of meticulously handchecked items at a fraction of the original prices.



Visit www.littlethreads.com See P.9





Keep Kids Active This Summer

Tot Bop's Summer dance classes and workshops for children aged 1-9 at The Anthony Hall, Aston Clinton 23rd – 25th July and at Billington Village Hall, Leighton Buzzard 30th July - 1st August. Classes for preschoolers and longer sessions for ages 4-9 including craft session and mini disco! Usual term time classes across Herts, Beds and Bucks will resume from 9th September. Classes give children an age appropriate, inspiring and nurturing introduction to dance, where learning and fun are delivered in equal measures.

Visit www.totbop.co.uk See P.24

New Under 5s Days

Following on from their successful term-time Titchy Toddlers sessions. the Roald Dahl Museum in Great Missenden is hosting some special days for toddlers as part of their summer holiday



celebrations. All ages are welcome, but there will be extra free drop-in activities and storytelling for little ones - all inspired by James and the Giant Peach. Perfect if you're trying to find activities for different ages this summer. Join in the fun on 30 July and the 14 and 29 August.

Visit www.roalddahlmuseum.org See P.13

Bite SIZED NEWS

Moo-sical Fun For Your Little One

Recently had a baby? Need to get out of the house? Singing the same nursery rhymes over and over? Might you be looking for a stimulating but welcoming music and sensory class to bring your little one to?

Come and give Moo Music a try! Elvan runs welcomina, relaxed and fun sessions for you both to enjoy together.

Term bookings and pay as you go available.

Visit www.moo-music/hwmb See P.30

Free Rugbytots Taster Session



Rugbytots classes are catered for 1.5-7-year-old children, attended with their parent(s) and act as a great bonding experience whilst coaches facilitate the dynamic, cross-curricular and engaging fun. Children have lead and assistant coaches as well as their grownup involved to fully support their learning and enjoyment whilst having lots of fun learning to catch and move! Email to arrange a free taster class at your local venue.

Email tom.brown@rugbytots.co.uk See P.7

Robot Reg now in Flackwell Heath

Do you want to give your child a headstart before they start school? Do you want them to be a fantastic reader?

To celebrate 1 year of Phonics with Robot Reg in High Wycombe, they have opened classes at Flackwell Heath Community Centre.

If you have a child aged 2-4 years, come and join them for a fun, preschool session on Mondays at 1.30pm.

Free trials class for first time customers for readers of Toddle About!

Visit www.robotreg.co.uk/find-a-class/highwycombe See P.28









TRAVELLING by Tom Kreffer WITH CHILDREN

I love to travel. I've been lucky enough to see and experience many wonders of our planet. And when my wife fell pregnant with Arlo, I was determined not to let parenthood rob me of collecting passport stamps. And I haven't.

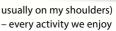
I've travelled a lot with my family: camping, caravan holidays, and abroad to Cyprus, Jordan, Iceland and the US.

And sure, I've had to rethink my approach to travelling; bar crawls and three-day hikes have been traded in for early nights in the hotel watching Disney films, but I couldn't hack a bar crawl now anyway. And what parent is turning their nose up at an early night? Certainly not me!

Travelling with children does require some adjustments. But it's entirely possible to have a fantastic family holiday. Here are five tips for travelling with children:

- What's the purpose of your trip? Is it to kill time during the holidays? If so, a caravan park by the seaside might be your BFF. Maybe a holiday with friends and their children so the kids can all play together while you reconnect with the lost art of reading a book (remember those?). What about a road trip? There's no wrong answer here, but whatever you decide to do, think about everyone's experience, the parents' and the children's. What do you all want to get out of this holiday? Considering everyone's interests will ensure the trip is a success.
- It doesn't matter where you go or what you do as long as you prioritise play. One of Arlo's highlights in Iceland was playing with rocks, acting out scenes from his favourite movie. Whether we're in the pool or midway along a hiking trail (Arlo is





together is enjoyed through the lens of play.

- Pack plenty of snacks. In fact, pack all of the snacks! Whether for the aeroplane, for the car during a road trip or as backup in restaurants. Having familiar snacks on hand can be a lifesaver. Arlo did not enjoy the food in Jordan, but home-bought snacks prevented any mealtime meltdowns.
- Buy them something new for the journey: a toy, a book, a colouring book, etc. My wife shops around on Facebook Marketplace. This will delay the arrival of that question. You know the one: 'Are we there yet?' Pro tip: get them something for the journey back as well.
- Work together so that everyone gets time to do something for themselves. Arlo loves time in the pool, and I like to hike. Often, I'll get up early and go hiking alone, but then I ensure I spend some time in the pool with Arlo later in the day while my wife chills out. We work as a team so everyone can do things they enjoy.

Fantastic family holidays are possible. You just need the right mindset. Try it. Pack a bag (or ten) and go and have an awesome family trip. Just don't forget those snacks! Oh, and passports. But especially snacks! Those gold-plated holiday memories are waiting for you. And they're worth every bit of effort.

If you have any questions, you can email me at tom@tomkreffer.com



Tom Kreffer is the author of **Dear Dory: Journal of a Soon-to-be First-time Dad**, Dear Arlo: Adventures in Dadding, Toddler Inc., The Search for Sanity: Life with a Two-Year-Old and he is the creator of the Lessons in Dadding Newsletter. He lives in Northampton with his family, whom he intends to exploit for many more story opportunities in the years to come. Find out more at tomkreffer.com







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0345 313 0447

tom.brown@rugbytots.co.uk

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Development grows from the heart That moment. When everything else melts away. And their smile washes over you. That skin-to-skin contact. Nurturing, bonding and developing in the warmth of the water. Water confidence builds life confidence,

for you and your baby.

And who better to guide you than the best trained teachers in the world?

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To book your first class call 01295 709221

waterbabies.co.uk







SUMMER FUN



ABC & NUMBER FLASHCARD SET. £19.99

These innovative flashcards from Little Letterbox Learning are designed to promote engaging hands-on learning for children of all abilities. With a focus on multi-sensory learning to help your child reach their full potential. Packed with fun facts and child-friendly illustrations, they're the perfect way to start a long-lasting love for learning. www.littleletterboxlearning.co.uk





BLING2O GOGGLES. FROM £19.99

Add some bling to your swim with the Bling2o collection of truly epic swimming goggles and swim accessories. Suitable for ages 3+, they are the must-have accessory for everyone, even adults. The 100% silicone designs are latex and lead free, with anti-fog resistant lenses that also provide maximum UV protection - making them functional as they are fun. www.bling2o.co.uk



ANTI-ROLL BABY CHANGING MAT. £35

The Turning Tot, portable anti-roll baby changing mat for ages 6 months-2 years, will make nightmare nappy changes a thing of the past. This comfortably padded mat with a hidden bamboo insert and its adjustable tactile fabric bodice, helps prevent even the most determined of tots from turning. Throw in its ability to be either rolled or folded, it is the ultimate travel companion. www.theturningtot.com



WHIZZER™ COMPACT ECO-TOILET, £19.99

Deemed a game changer for family life beyond potty-training, the Whizzer is a multi awardwinning silicon made saviour with kids and adult sizes available to save stress on all your summer adventures! A perfect product for taking with you for summer festivals, last minute days out, travel and more

www.kiddiwhizz.com **OFFER: 15% OFF WITH CODE** TABOUT15

BUNCH O BALLOONS OCTOPUS SPLASH PAD. £16.99



Young children can chill out with the 1.6m Octopus Splash Pad that gets kids learning while playing - this friendly sea creature includes eight numbered tentacles along with 3 x Bunch O Balloons Stems (+100 rapid filling, self-sealing balloons) and a circular sprinkler system which is activated once attached to a hose. A great way for little ones to have some fun-filled soaking on a hot summer's day!

Buy from Amazon



Scan to find out more and enter:





LITTLE THREADS

Newborn to 6 yrs from pre-loved to re-loved







圆

Your preloved personal shopping service

We hand-pick selection boxes of beautiful quality pre-loved children's clothes tailored to what your child needs and the styles & brands they like to wear

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83

www.littlethreads.com











Yep! Subscribe to Toddle About and pay nothing for 3 months!

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🏠 🧼 (You can cancel any time)







You will get:





Scan to see all prize details:





THIS ISSUE YOU COULD WIN:

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A WEEKEND TRIP BOOK, WORTH





MINIMEIS G5 SHOULDER CARRIER, WORTH £169





GLOW TRAVEL SLEEP EASY. WORTH £99.95

SAFARI CANVAS HEIGHT CHART, WORTH £16



SMASHERS JUNIOR DINO DIG EGGS. WORTH £32.98



SWEET DREAMERS SLEEPING BAG. WORTH £34.99





Subscribe to Toddle About today at vww.toddle.fun/vip

VIP CLUB READER REVIEW:

Voxblock Starter Pack





* * * * * * Written by Rachael Finlayson, Toddle About Subscriber

Voxblock is the screen-free, easy-to-use audiobook player, that makes learning and listening fun and engaging. No need for apps, downloads, or setups. Just play and go. Anytime, anywhere. From £59.99: www. voxblock.co.uk

We wasted no time unpacking the Voxblock as soon as it arrived and put the first story on: The Gruffalo! The quality of the story is great and gives a good atmosphere. The books themselves are so easy to place on to player. I loved how the audio books look like actual little books and on the back they say how long each story is. My son (2 years old) found it so easy to change the books that were playing.

The player itself is so user friendly for kids: one large play/power button which lights up (blue for pause/green or playing). You have the option to skip chapters and adjust the volume. I love the option to be able to have it on loudspeaker or plug in

headphones making it great for travel! We took the Voxblock on a trip out and it was so easy for little hands to hold whilst in the buggy or the car seat, and it can be conveniently packed in a bag or put in the bottom of the buggy.

I was slightly concerned that my son would be a little too young for this, but actually it's so great for any age - he can easily pick which story he wants to listen to himself and can play/pause at any point. The stories hold their place as well so if we turned it off and came back to it, it would restart at the same place which I thought was fantastic.



Rachael and her family were given this product as a freebie in return for writing this review. Subscribe to Toddle About and you can do the same! Discover the products up for grabs right now at www.toddle.fun/vip-reviews



B&M SUMMER 2024 TOY COMPETITION

CHILDREN'S OUTDOOR TOY **BUNDLE, WORTH £124.9**

With the summer holidays just around the corner, there is no better time to make unforgettable memories outdoors with your little ones, with a little help from B&M Stores.

Toddle About have teamed up with B&M Stores to offer the chance to win a children's outdoor toys bundle worth £124.95! The range is perfect for making an unforgettable summer for the entire family.

B&M's toy range is packed with hours of fun and adventure, from Swing Ball to a whopping 10ft Pool, they have everything the little ones (and adults!) need to enjoy hours of fun in the sun.

> To see more of range visit bmstores.co.uk





Enter now at toddle.fun/bm

Competition closes at midnight on 26th August 2024. T & C's apply, see www.toddle.fun/b&m for details.

Summer Fun



SUMMER EVENTS FOR FAMILIES AND THEIR LITTLE ONES

JUL 20 SUMMER OF FUN

Discover Bucks Museum. 10am - 5pm (Mon - Sat) 12pm - 4pm (Sun)

Experience the Sensory Playroom, Toy Room and

Tudor Mural Activity in the Tudor Rooms or try one of their exciting new Discovery Duck Activity Trails which are a fun way to explore the stunning Discover Bucks Galleries. They'll be running Special Family Craft Days where you can choose from Make-A-Toy Mondays, Out-Of-This-World Wednesdays and Fantastic Fridays.

9 Church Street, Aylesbury, HP20 2QP

www.discoverbucksmuseum.org

JUL 24

Odds Farm Park. 10am - 5:30pm

Enjoy acres of outdoor adventures including their giant play frame and ride on tractors. Say hello and have a go at hand feeding their goats and sheep in the animal barn. Beat the heat and have a splashtastic time in their waterplay area plus SO much more! Enjoy huge savings with their Summer Sizzler Pass if you are to visit more than once over the holidays.

Wooburn Common, High Wycombe, HP10 0LX

www.oddsfarm.co.uk/summer-sizzler-pass

10am - 3pm

Affordable end of summer family fun day, open to the whole community. £5 per child, parents and carers attend for FREE. Activities include: soft play. inflatable assault course, splash park, jumping pillow, face painting, trampolines, sensory rooms and lots more. There will also be all day refreshments including pizzas, ice cream and drinks. A fun-filled day of endless activities for children of all ages. Booking essential.

Menmarsh Road, Worminghall, HP18 9JZ

www.thomley.org.uk/events

JUL 24 SUMMER ON THE FARM

Hogshaw Farm. 10am - 5:30pm

For an experience-filled family day out, look no further. A visit to the farm park this summer offers the perfect opportunity to connect with nature, to explore, play, learn and relax. From close-up animal encounters, bird displays and bug hunts and nature trails, to tractor rides and water play, you won't be short of things to do. Come and enjoy their 44 acres of beautiful Buckinghamshire countryside.

Claydon Road, Hogshaw, MK18 3LA

www.hogshawfarm.co.uk/events/summer-on-the-farm

FAMTLY NATURE DAY

Amersham Field Centre.

Join the Field Studies Council education team for a day of discovering the outdoors this summer. Explore the grounds, look for wildlife, follow the trail to find the clues and make some crafts. Find out what lives beneath the surface of the pond by doing some pond dipping. To help plan and safely staff the sessions, please book your place in advance.

Mop End, Amersham, HP7 0QR Tel: 01743 852100 1 FieldStudiesC

www.field-studies-council.org/locations/amersham

EMERGENCY SERVICES DAY

Buckinghamshire Railway Centre. 10:30am - 5pm

Meet Emergency Service personnel and their vehicles! Plus enjoy steam train rides, the railway museum and much more!

Emergency Services personnel get free entry on production of their work ID on the day. All other family members need to pre-book their tickets which are £7 per person. Under 3s are free.

Station Road, Quainton, Aylesbury, HP22 4BY

www.bucksrailcentre.org









Follow us for

daily updates!



Outdoor toddle Loving life with little one Summer Fun Ideas

- 🔅 Fruit Picking at Peterley Manor Farm 🍓
- Splish Splash at Cutteslowe Park
- Waddesdon Manor
- Rushmere County Park
- Buckinghamshire Railway Centre
- Hughenden NT
- Browns Wood Sports Ground 66
- ☆ College Lake Nature Reserve
- Waterperry Gardens
- Wendover Woods
- Bernwood Forest
- Brill Windmill
- Harcourt Arboretum
- ☆ Wycombe Rye Lido

 ↑
- ☼ Waddesdon Greenway
- Thomley Activity Centre
- Punting on The Cherwell
- Cliveden NT
- Hodgemoor Woods
- Odds Farm Park
- Plane Spotting at Air Adventures Cafe

- Hogshaw Farm and Wildlife Park
- The Little Green Boat Company
- Bletchley Park

- 🌣 Emberton Park 🧶
- Chesham Open Air Pool
- The Rye Park
- Chiltern Open Air Museum
- Amersham Field Centre
- Iver Environment Centre
- ★ The Rye & Holywell Mead Park
- Burnham Beeches
- → Thrift Farm
- Ford Fnd Watermill
- → Go Ape Wendover
- Higginson Park
- Ashridge Estate
- Vale Park
- Stowe Gardens
- Gulliver's Land



A Family Break at the award-winning North Hayne Farm Cottages, worth £550



The lucky winner will receive a 3-night midweek stay in a 2 bedroom cottage with their own private hot tub and on-site children's farm in the beautiful North Devon countryside.

Set in 10 acres on the fringe of the wonderful Exmoor National Park this amazing baby & toddler friendly break has everything you'll need to relax and enjoy quality family time.

Prize includes a Devonshire Cream Tea on arrival and includes use of all farm facilities including an indoor

games room, indoor under-7s play barn, outdoor facilities with lots of ride on tractors and twice daily animal feeding sessions with a free donkey ride!

Babysitting, cooked meals and holistic pampering treatments also available.

North Hayne Farm

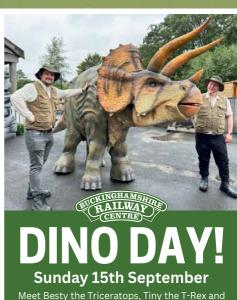
HOLIDAY COTTAGES

northhaynefarm @@north_hayne_farm_cottages_

Enter now at toddle.fun/north-hayne

Competition closes midnight on Sunday 1st September 2024. T & C's apply, see www.toddle.fun/north-hayne-farm for details.





other dinosaurs at our biggest dino event yet!

www.bucksrailcentre.org

Station Road, Quainton, Aylesbury HP22 4BY





Baby and Toddler Photo Competition Winner

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

Congratulations to little Arabella who has won a £100 voucher to spend on new outfits with PO.P at www.polarnopyret.co.uk! 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.



Arabella, 1½ years old

PO.P
Find out more at
www.polarnopyret.co.uk



Alex. 18 months



Amalie, 1 year



Benjamin, 4 years



Eduard, 4 years



Faith, 4 years



Finley, 1 year



Hudson, 3 years



Indie, 3 years



Isabella, 17 months



Kaleb & Ophelia, 5 years & 19 months



Luca & Sofia, 5 years & 19 months



Millie, 3 years



Nisreen & Zahra, 8 years & 14 months



Phoebe, 2 years



Poppy, 19 months



Ramez, 5 years



Rosamund, 2 years



Sophie & Anna, 14 months & 3.5 years



Spencer, 17 months



Sylvienne, 2 years



Tilly-Grace & Noah, 7 and 4 years



Vihaan, 14 months



Willow, 5 years



Wren, 22 months



Yakub, 2 years



Zachary, 22 months



Zoe & Pearl, 5 years & 17 months



Zuri, 3 years

COMPETITION







WIN A BUNDLE OF GAMES & PUZZLES

THE PRIZE: Win 1 of 2 Orchard Toys bundles of games and puzzles worth £50 each!

Bursting with fun, these educational games and jigsaws from Orchard Toys are perfect for keeping young children entertained and engaged!

This bundle is a great way to introduce children to gameplay, turn-taking and other early learning skills with chunky, wipe-clean pieces, ideal for little hands.

Including Dress Up Nelly a fun first colour matching game; Old MacDonald Lotto a fun farmyard lotto; Doggy Doggy Woof Woof! a hilarious card game with 2 ways to play; First Jungle Friends with two adorable 12-piece jigsaw puzzles in one box, and Rescue Squad containing six 2 & 3 jigsaw puzzles in one box!

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 15 Sept 2024.





ENTER AT: www.toddle.fun/toddlemodels

EXCLUSIVE OFFER



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Email elvan@moo-music.co.uk to claim. Refer a friend and if they sign up for a term you'll receive the free session.

Expires: 30/09/24

FREE SESSION

PHONICS WITH ROBOT REG

FREE TRIAL SESSION www.robotreg.co.uk/find-a-class/highwycombe

Email pip@robotreg.co.uk/tind-a-class/nigriwycomb/ Email pip@robotreg.co.uk to book and quote 'Toddle24'. New customers only. Expires: 30/09/24

10% OFF

RUGBYTOTS SOUTH BUCKS 10% OFF ONE TERM OF CLASSES

www.rugbytots.co.uk

Use code TODDLE10 when booking a term. Email tom.brown@rugbytots.co.uk for more info. Expires: 30/09/24

FREE REUSABLE NAPPY

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www.swimkidz.co.uk 07889 905678
Email southbucks@swimkidz.co.uk and quote
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www.totbop.co.uk 01525 237474

Email info@totbop.co.uk and quote TODDLE210FFER with the class you want to book. New customers only. Subject to availability. Expires: 30/09/24.

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CHILDREN'S ENTERTAINMENT

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FREE TRIALS

The following class providers all offer Free Trials as standard to new customers.

Please quote 'Toddle About'
when contacting them.

Little Kickers

(Amersham, Beaconsfield,
Great Missenden, Milton Keynes, Chorleywood, High
Wycombe, Chesham & Chalfont).
01494 911133 | mk@littlekickers.co.uk

Monkey Music

(Aylesbury & High Wycombe) 01494 819138 www.monkeymusic.co.uk

Phonics With Robot Reg

(High Wycombe) 07952 258095 www.robotreg.co.uk/find-a-class/highwycombe

Rugbytots

(South Bucks) 03453 130447 www.rugbytots.co.uk/class/find

All trials are subject to availability.

RAINBOW TOASTIE

I dare you to blow the kids' minds with these cheese toasties that stretch and ooze the colours of the rainbow!

YOU'LL NEED

- 2 slices of bread
- A handful of grated mozzarella (or a mix of mozzarella and Cheddar)
- 4 different food colouring gels
- Butter or spreadable butter



WHAT TO DO

- 1. Butter both slices of bread then stack them, buttered sides together, on a board.
- 2. Split your grated cheese into 4 small dishes, add a squirt of the different food colouring to each dish and mix with a spoon to coat all of the cheese.
- 3. Add the cheese to the non-buttered side of the bread, from top to bottom in rows of each colour.
- 4. Lift the top slice of bread off its partner and put it into a hot frying pan on a medium-high heat.
- 5. Top with the other slice of bread, buttered side up.

- 6. After a couple of minutes. lift the corner of the sandwich to see if it's golden-brown underneath, then flip over and toast the other side too.
- 7. Once cooked, tip onto a cooling rack for a couple of minutes so the cheese isn't too piping hot but keeping the bread from going soggy while waiting.
- 8. Cut diagonally into two triangles* and serve to mightily impressed kids!
- * Cutting across diagonally reveals all the colours of your rainbow toastie.

THE LUNCHBOX MAMA by Rachel Stirling is out on 29th August published by Black & White (£12.99). @thelunchbox.mama

© Susie Lowe

INFANT SLEEP CONSULTANT



Supporting you and your family with getting the good snooze you need

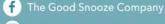






- Newborn 5 years
- Personalised sleep support plans
- Virtual or face to face consultations (HP4)







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Jo Vowles 01844 617302 jo@harmonyathome.co.uk

harmonyathome.co.uk





PLAY POWER



Turn simple household items into educational toys and give your child's creativity, imagination and social skills a boost. by Dr Alistair Bryce-Clega

Do you find yourself struggling for new ways to play with your little one? Or looking for ways to make their playtime more educational?

Good news: playing is learning!

Play, in all its forms, truly is important for development. We know from research that play has huge benefits for children, especially in their early years.

We know that play:

- Builds and strengthens connections in the brain.
- Supports babies and children to learn about their body, build strength and control (building foundations for physical skills including using tools, handwriting and sport).
- Helps children learn about themselves, other people and the society in which they live.
- Supports development of understanding of objects and how they behave.
- Supports creative thinking and imagination.
- Supports wellbeing through providing autonomy and engagement which in turn has a positive impact on motivation.

Play gives you both positive feelings - so it's good for wellbeing too!

Play releases four feel-good hormones: dopamine, serotonin, endorphins and oxytocin, and these make both you and your toddler feel good.

These four hormones collectively help us to bond with others and to feel good and happy. They are released when we do things that make us happy; for your toddler that would include when you play with them, and the same for you when having fun together.

At My First Five Years™ we firmly believe that "Play is the superpower we all possess!"

It's not as difficult as it can seem to weave meaningful play into your day. Look at the skills your toddler is working towards - you can use playful games to develop them together.

Our books, as well as our free app, contain loads of ideas for learning through play all based on what stage of learning your baby, toddler or child are mastering. (And they're all simple, using household items, so no special art supplies or expensive toys needed!)



Just for *Toddle About* readers, here's a preview from My First Five Years Toddler:

TASTE-SAFE PAINT SQUEEZY BOTTLE PAINTING

What you need:

- A mixing bowl and large spoon
- Empty squeezy bottles, such as washing up liquid bottles or ketchup bottles
- Small bowls or plastic containers and a teaspoon
- A large sheet of paper (perhaps an old roll of wall paper) or a wide tray

Always make

sure your toddler

is safe when you

are using or

pouring hot

water!

- For the paint:
 - * 250ml of corn flour
 - * 250ml of cold water
 - * 750ml of hot water
 - * Food colouring natural varieties are available

paint by adding more water if your toddler finds it difficult to squeeze hard enough for the mixture to flow out.

 Let your toddler get creative, squeezing the paint onto the paper or into the tray.

Benefits for your toddler:

- Mixing the paint encourages bilateral coordination as your toddler holds the bowl with one hand whilst mixing with the other.
- Using both hands to squeeze the mixture out of the bottle develops strength in the palm arches and fingers, whilst also using larger muscles of the arm and shoulder to guide the paint around the paper or tray.

THE STEPS:

- Encourage your toddler to help you to mix the cornflour with cold water in the mixing bowl to form a paste.
- Carefully add the hot water to the paste and stir.
- Divide up the mixture into the small bowls or plastic containers and add drops of a different food colour to each portion. Encourage your toddler to help choose the colours and to stir the food colouring into each mixture using the teaspoon.
- Allow your mixtures to cool and then spoon them into the empty squeezy bottles.
- Encourage your toddler to use both hands to squeeze the bottles. Adjust the consistency of the

Building on:

 Try the same activity outside with a squeezy bottle filled with water.





Dr Alistair Bryce-Clegg is a renowned childcare expert and co-founder of My First Five Years, the popular parent support app, as well as an award-winning author and Early Childhood consultant. Each book in the My First Five Years series explains the why behind different types of play and provides 60 activities designed to support your child's physical, social and emotional development.















Introducing Top of The Tots - our new feature celebrating the best baby and toddler providers in South Bucks! Rankings are based on YOUR reviews on our website, so if your favourites aren't here, help them out and leave them a review











































SOUTH BUCKS RUGBYTOTS



We run Rugby based games and activites for 2-7 year olds. Our fun, structure play sessions take children on a journey of sporting imagination with engaging and energetic coahces supporting them every step of the way whilst teaching how to catch, pass, kick, run with the ball and play as part of a team. Classes in Amersham, Beaconsfield, Gerrards Cross, Holmer Green, Rickmansworth and Ruislip.



07515 754391 | tom.brown@rugbytots.co.uk



Your local 'What's On Guide' for families with bumps - 5s in South Buckinghamshire.

AYLESBURY VALE

P.27 - 34 SOUTH BUCKS

AYLESBURY VALE AREA

MONDAY

PARENTS & TOTS

Buckinghamshire Family Information Service

Elmhurst Family Centre: 01296 398242, Elmhurst School, Dunsham Lane, Aylesbury, HP20 2DB. 01296 383293. www.familyinfo.buckinghamshire.gov.uk.

My First Playtime: 10:00 - 11:30. Ages: 0 - 1 yrs.
 Child Health Drop In: 13:30 - 15:00. Ages: 0 - 5 yrs.

Cost: Free (booking essential).

Dates: 8 Jul - 22 Jul.

Berryfields Family Centre: 01296 383293, John Fitzjohn Avenue, Aylesbury, HP18 0FG. 01296 383293. www.familyinfo.buckinghamshire.gov.uk. Play and Explore: 13:30 - 15:00. Ages: 0 - 5 yrs.

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

Hazlemere Library

312 Amersham Road, Hazlemere, HP15 7PY. 01296 382 415.

• Hazlemere Duplo Club: 10:00 - 11:30.

Ages: 0 - 4 yrs.

Cost: Free (booking essential).

Dates: 8 Jul - 7 Oct.

MUSIC & SIGNING

Monkey Music Aylesbury & High

Wycombe

St Martha's Church, Park Road, Tring, HP23 6BP. 01494 819138. www.monkeymusic.co.uk.

- Jiggety Jig: 9:30 10:00. Ages: 2 4 yrs.
 Heigh Ho: 10:15 10:45. Ages: 1 2 yrs.
- Rock n Roll: 11:00 11:30. Ages: 3 mths 1 yrs.
 Ding-Dong: 11:45 12:15. Ages: 3 5 yrs.

Cost: £9.75 per session (booking essential).

Dates: 8 Jul - 22 Jul & 9 Sep - 7 Oct.

Nora Grace Hall, Faversham Close, Tring, HP23 5BA. 01494 819138. www.monkeymusic.co.uk.

- Jiggety-Jig: 9:30 10:00. Ages: 2 4 yrs.
 Heigh-Ho: 10:10 10:40. Ages: 1 2 yrs.
- Rock'n'Roll: 10:50 11:20 & 11:30 12:00.

Ages: 3 mths - 1 yrs.

Ding-Dong: 12:15 - 12:45. Ages: 3 - 5 yrs.

Cost: £10 per session (booking essential). Dates: 8 Jul - 15 Jul & 9 Sep - 7 Oct.

SWIMMING

Swimkidz South Bucks

Reflexions Leisure, Watermead, Aylesbury, HP19 0FY. • Times: 10:30 - 12:30. Ages: 10 mths+.

Cost: £14.50 per session (booking essential). Dates: 8 Jul - 29 Jul & 9 Sep - 7 Oct.

Are you running classes or events?









SWIMMING

Water Babies Bucks & Beds

Nuffield Health, 1-2 Trenchard Street, Aylesbury, HP19 7AA. 01295 709221. www.waterbabies.co.uk.

 Times: 10:00 - 13:00. Ages: 0 - 5 yrs. Cost: £18.50 per session (booking essential).

Dates: 8 Jul - 22 Jul & 9 Sep.

Chiltern Neuro Centre, Oakwood Close, Wendover, HP22 5GF. 01295 709221, www.waterbabies.co.uk.

• Times: 9:00 - 9:30. Ages: 0 - 5 yrs. Cost: £18.50 per session (booking essential).

Dates: 8 Jul - 22 Jul & 9 Sep.

TUESDAY

PARENTS & TOTS

Buckinghamshire Family Information Service

Elmhurst Family Centre: 01296 398242, Elmhurst School, Dunsham Lane, Aylesbury, HP20 2DB.

01296 383293. www.familyinfo.buckinghamshire.gov.uk. **Grandparent's Group**: 10:00 - 11:30. **Ages:** 0 - 5 yrs.

Cost: Free (booking essential).

Dates: 9 Jul - 23 Jul.

PARENTS & TOTS

Buckinghamshire Family Information

Wing Family Centre: 01296 398242, Church Street, Wing, Leighton Buzzard, LU7 0NY.

01296 383293. www.familyinfo.buckinghamshire.gov.uk. Play and Explore: 10:00 - 11:30. Ages: 0 - 5 yrs.

Cost: Free (drop in). Dates: 9 Jul - 23 Jul.

Fishes Toddler Group

Church of the Holy Spirit, Church Hall, 71a Camborne Avenue, Aylesbury, HP21 7UE.

01296 394759. www.holyspiritbedgrove.org.

 Little Fishes Baby Group: 13:00 - 14:30. Ages: 0 - 1 yrs. Cost: Free (drop in).

Dates: 9 Jul - 23 Jul & 3 Sep - 8 Oct.

Haddenham Community Library

Banks Park, Bank Road, Haddenham, HP17 8EE. 01296 382415, www.haddenhamcommunitylibrary.org.uk.

StoryTime: 10:30 - 11:00. Ages: 3 - 4 yrs. Cost: Free (drop in).

Dates: 9 Jul - 23 Jul & 3 Sep - 8 Oct.

DANCE & DRAMA

Tot Bop

Fairford Leys Church Hall, Hampden Square, Aylesbury, HP19 7HT. 01525 237474 / 07775 582791. www.totbop.co.uk.

• Tiny Tots: 9:30 - 10:05.

Ages: 1 yrs - 2 ½ yrs.
Cost: £7.75 per session (booking essential).

Baby Boppers: 10:20 - 11:05.

Ages: 2 ½ yrs - 5 yrs. **Cost:** £8.75 per session (booking essential). Dates: 9 Jul - 16 Jul & 10 Sep - 8 Oct.

The Anthony Hall, 33 London Road, Aston Clinton, Aylesbury, HP22 5HG. 01525 237474 / 07775 582791. www.totbop.co.uk.

• Tiny Tots Summer Classes: 9:30 - 10:05.

Ages: 1 yrs - 2½ yrs. **Cost:** £7.75 per session (booking essential).

Baby Boppers Summer Classes: 10:20 - 11:05.

Ages: 2 ½ yrs - 4 yrs 11 mths.

Cost: £8.75 per session (booking essential).

• Funky Monkeys / Groovy Movers Summer Workshop:

Ages: 4 yrs - 9 yrs 11 mths.

Cost: £36 per session (booking essential).

Dates: 23 Jul - 25 Jul.

SWIMMING

Swimkidz South Bucks

Reflexions Leisure, Watermead, Aylesbury, HP19 0FY.

Times: 10:00 - 12:00. Ages: 10 mths+.

Cost: £14.50 per session (booking essential).

Dates: 9 Jul - 23 Jul & 10 Sep - 8 Oct.

Water Babies Bucks & Beds

Chiltern Neuro Centre, Oakwood Close, Wendover, HP22 5GF. 01295 709221. www.waterbabies.co.uk.

Times: 9:00 - 9:30. Ages: 0 - 5 yrs.

Cost: £18.50 per session (booking essential).

Dates: 9 Jul - 23 Jul & 10 Sep.

Are you running classes or events?



WEDNESDAY

PARENTS & TOTS

Buckinghamshire Family Information

Wing Family Centre: 01296 398242, Church Street, Wing, Leighton Buzzard, LU7 0NY.

01296 383293. www.familyinfo.buckinghamshire.gov.uk. My First Playtime: 11:30 - 13:00. Ages: 0 - 1 yrs.

Cost: Free (booking essential).

Dates: 10 Jul - 17 Jul.

Southcourt Baptist Church

Southcourt Baptist Church, 40 Penn Road, Aylesbury, HP21 8HW. 01296 480080. www.southcourtbaptist.org.uk. The Ark Parent and Toddler Group: 10:00 - 11:30

Ages: 0 - 5 yrs.

Cost: Free (drop in).

Dates: 10 Jul - 17 Jul & 4 Sep - 9 Oct.

SWIMMING

Water Babies Bucks & Beds Nuffield Health, 1-2 Trenchard Street, Aylesbury, HP19 7AA. 01295 709221. www.waterbabies.co.uk.

 Times: 9:00 - 13:00. Ages: 0 - 5 yrs. Cost: £18.50 per session (booking essential). Dates: 10 Jul - 24 Jul & 10 Jul - 11 Sep.



CLUB.

Join us for a couple of hours where you can meet local mums in your area. From Brunch Clubs to Walking Clubs, Supper Clubs and so much more. See the full list here:

What's it all about?

themumclub.com/ events

Who is it for? Come alone, pregnant, with baby or child. Whatever your circumstances you are welcome at The Mum Club



Join us for our next event

(3themumclubcentralandeastbucks



MUSIC & SIGNING

Monkey Music Aylesbury & High

Wycombe

St Marys Centre, Church End, Haddenham, HP17 8AJ. 01494 819138. www.monkeymusic.co.uk.

Heigh Ho: 9:30 - 10:00. Ages: 1 - 2 yrs.

Heign RO: 9:30 - 10:40; Ages: 1 - 2 yrs.
 Ding-Dong: 10:15 - 10:45; Ages: 3 - 5 yrs.
 Jiggety Jig: 11:00 - 11:30; Ages: 2 - 4 yrs.
 Rock n Roll: 11:45 - 12:15; Ages: 3 mths - 1 yrs.

Cost: £10 per session (booking essential). Dates: 10 Jul - 24 Jul & 11 Sep - 9 Oct.

DANCE & DRAMA

Tot Bop

Northchurch Social Centre, Bell Lane, Northchurch, Berkhamsted, HP4 3RD.

01525 237474 / 07775 582791. www.totbop.co.uk. Tiny Tots: 9:30 - 10:05. Ages: 1 yrs - 2 ½ yrs.

Cost: £7.75 per session (booking essential). Baby Boppers: 10:20 - 11:05. Ages: 2 ½ yrs - 5 yrs.

Cost: £8.75 per session (booking essential). Dates: 10 Jul - 17 Jul & 11 Sep - 9 Oct.

THURSDAY

PARENTS & TOTS

Buckinghamshire Family Information

Berryfields Family Centre: 01296 383293, John Fitzjohn Avenue, Aylesbury, HP18 0FG.

01296 383293. www.familyinfo.buckinghamshire.gov.uk. Child Health Drop In: 9:15 - 11:30. Ages: 0 - 5 yrs. Cost: Free (drop in).

Dates: 11 Jul - 18 Jul.

Southcourt Family Centre Plus: 01296 398242, Aylesbury College Campus, Oxford Road, Aylesbury, HP21 8PD. 01296 383293. www.familyinfo.buckinghamshire.gov.uk.

 My First Playtime: 10:00 - 11:30. Ages: 0 - 1 yrs. Cost: Free (booking essential).

Dates: 11 Jul - 18 Jul.

Wing Family Centre: 01296 398242, Church Street, Wing, Leighton Buzzard, LU7 0NY.

01296 383293. www.familyinfo.buckinghamshire.gov.uk. Child Health Drop In: 10:00 - 11:15. Ages: 0 - 5 yrs.

Cost: Free (drop in). Dates: 11 Jul - 25 Jul.

Fishes Toddler Group

Church of the Holy Spirit, Church Hall, 71a Camborne Avenue, Aylesbury, HP21 7UE.

01296 394759. www.holyspiritbedgrove.org.

Times: 10:00 - 11:30. Ages: 0 - 5 yrs. Cost: £2 per session (drop in).

Dates: 11 Jul - 18 Jul & 5 Sep - 10 Oct.

Lighthouse Toddler Group

Walton Hall, Walton Street, Aylesbury, HP21 7QX. 01296 398110. www.htaylesbury.org.

 Times: 10:30 - 11:45. Ages: 0 - 4 yrs. Cost: Free (drop in).

Dates: 11 Jul - 18 Jul & 5 Sep - 10 Oct.

Are you running classes or events?







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T: 01494 819138

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Sharing precious time together www. Inch keyinusic.co.u

PARENTS & TOTS

Toybox and Babybox

Long Crendon Baptist Church, High Street, Long Crendon,

01844 201335. www.lcbc.org.uk.

• Times: 10:45 - 12:00. Ages: Pregnancy - 3 yrs. Cost: Free (booking essential).

Dates: 11 Jul - 18 Jul & 5 Sep - 10 Oct.

CREATIVE

Sparkles - Speech Therapy for Children with Down's Syndrome

Email for Location, Aylesbury, HP20. www.sparkles.org.uk. Sparkles Speech Therapy: 9:30 - 14:00. Ages: 0 - 5 yrs.

Cost: Free (booking essential).

Dates: 11 Jul - 18 Jul, 22 Aug & 5 Sep - 10 Oct.

DANCE & DRAMA

Nora Grace Hall, Faversham Close, Tring, HP23 5BA. 01525 237474 / 07775 582791. www.totbop.co.uk.

Tiny Tots: 9:30 - 10:05. Ages: 1 yrs - 2 ½ yrs. Cost: £7.75 per session (booking essential).

Baby Boppers: 10:20 - 11:05. Ages: 2 ½ yrs - 5 yrs. Cost: £8.75 per session (booking essential).

Dates: 11 Jul - 18 Jul & 12 Sep - 10 Oct.

SWIMMING

Water Babies Bucks & Beds

Nuffield Health, 1-2 Trenchard Street, Aylesbury, HP19 7AA. 01295 709221. www.waterbabies.co.uk.

Times: 9:00 - 12:00. Ages: 0 - 5 yrs.

Cost: £18.50 per session (booking essential). Dates: 11 Jul - 18 Jul & 11 Jul - 12 Sep.

OTHER

Weeniebeans

Fairford Leys Community Centre, Hampden Square, Aylesbury, HP19 7HT.

www.weeniebeans.co.uk.

• Times: 9:30 - 11:00. Ages: 0 - 3 yrs. Cost: £7 per session (booking essential).

Dates: 11 Jul - 18 Jul & 5 Sep - 10 Oct.

FRIDAY

PARENTS & TOTS

Buckinghamshire Family Information

Berryfields Family Centre: 01296 383293, John Fitzjohn Avenue, Aylesbury, HP18 0FG. 01296 383293. wwwfamilyinfo.buckinghamshire.gov.uk.

 My First Playtime: 10:00 - 11:30. Ages: 0 - 1 yrs. Cost: Free (drop in). Dates: 12 Jul - 19 Jul.

Southcourt Family Centre Plus: 01296 398242, Aylesbury College Campus, Oxford Road, Aylesbury, HP21 8PD. 01296 383293. www.familyinfo.buckinghamshire.gov.uk. Play and Explore: 10:00 - 11:30. Ages: 0 - 5 yrs.
 Cost: Free (booking essential). Dates: 12 Jul - 19 Jul.

Haddenham Community Library

Banks Park, Bank Road, Haddenham, HP17 8EE. 01296 382415. www.haddenhamcommunitylibrary.org.uk. Bounce and Rhyme: 10:30 - 11:00. Ages: 0 - 5 yrs.

Cost: Free (drop in).

Dates: 19 Jul, 13 Sep, 27 Sep & 11 Oct.

Wendover Community Library

High St, Wendover, HP22 6DU. 01296 382415. Bounce & Rhyme: 13:30 - 14:00. Ages: 0 - 5 yrs.

Cost: Free (drop in).

Dates: 12 Jul - 19 Jul & 6 Sep - 11 Oct.

SWIMMING

Water Babies Bucks & Beds

Chiltern Neuro Centre, Oakwood Close, Wendover, HP22 5GF. 01295 709221. www.waterbabies.co.uk.

• Times: 9:30 - 10:00. Ages: 0 - 5 yrs. Cost: £18.50 per session (booking essential).

Dates: 12 Jul - 19 Jul & 13 Sep.

OTHER

Weeniebeans

Fairford Leys Community Centre, Hampden Square, Aylesbury, HP19 7HT. www.weeniebeans.co.uk.
• Times: 9:30 - 11:00. Ages: 0 - 3 yrs.

Cost: £7 per session (drop in). Dates: 12 Jul - 19 Jul & 6 Sep - 11 Oct.

Are you running classes or events?

SATURDAY - SUNDAY AYLESBURY VALE AREA SOUTH BUCKS AREA

SATURDAY

PARENTS & TOTS

Haddenham Community Library

Banks Park, Bank Road, Haddenham, HP17 8EE.

01296 382415. www.haddenhamcommunitylibrary.org.uk. Lego & Craft Club: 10:30 - 11:30. Ages: 2 - 5 yrs.

Cost: Free (drop in).

Dates: 13 Jul - 20 Jul & 7 Sep - 12 Oct.

Hazlemere Library

312 Amersham Road, Hazlemere, HP15 7PY. 01296 382 415.

Lego & Games Club: 11:00 - 12:15. Ages: 2 - 12 yrs.

Cost: Free (booking essential). Dates: 13 Jul - 12 Oct.

Who Let The Dads Out?

Granville Street Church, Granville Street, Avlesbury, HP20 2JR. 01296 334154. www.granvillestreetchurch.org.uk.

• Times: 9:30 - 11:00. Ages: 0 - 5 yrs.

Cost: £1 per session (drop in).
Dates: 13 Jul - 20 Jul & 7 Sep - 12 Oct.

DANCE & DRAMA

Tot Bop

The Anthony Hall, 33 London Road, Aston Clinton, Aylesbury, HP22 5HG. 01525 237474 / 07775 582791. www.totbop.co.uk.

• Tiny Tots: 9:00 - 9:30.

Ages: 1 yrs - 2 1/2 yrs.

Cost: £7.75 per session (booking essential).

• Baby Boppers: 9:45 - 10:30. Ages: 2 ½ yrs - 3 ½ yrs.

• Funky Monkeys: 10:45 - 11:30. Ages: 3 ½ yrs - 5 yrs 11 mths.

Groovy Movers: 11:45 - 12:30.

Ages: 5 yrs - 9 yrs 11 mths.

Cost: £8.75 per session (booking essential).

Dates: 13 Jul - 20 Jul & 14 Sep - 12 Oct.

SWIMMING

Water Babies Bucks & Beds

Chiltern Neuro Centre, Oakwood Close, Wendover, HP22 5GF. 01295 709221. www.waterbabies.co.uk.

 Times: 8:30 - 13:00. Ages: 0 - 5 yrs. **Cost:** £18.50 per session (booking essential).

Dates: 13 Jul - 20 Jul & 14 Sep.

SUNDAY

SWIMMING

Swimkidz South Bucks

Reflexions Leisure, Watermead, Aylesbury, HP19 0FY.

• Times: 9:30 - 13:30. Ages: 10 mths+.

Cost: £14.50 per session (booking essential). Dates: 14 Jul - 21 Jul & 8 Sep - 6 Oct.

Water Babies Bucks & Beds

Chiltern Neuro Centre, Oakwood Close, Wendover, HP22 5GF. 01295 709221, www.waterbabies.co.uk.

Times: 8:45 - 12:15. Ages: 0 - 5 yrs.

Cost: £18.50 per session (booking essential).

Dates: 14 Jul - 21 Jul & 15 Sep.

SOUTH BUCKS AREA

MONDAY

PARENTS & TOTS

Amersham Library

Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH. 0845 230 3232.

Bounce & Rhyme: 10:30 - 11:00. Ages: 0 - 5 yrs.

Cost: Free (booking essential). Dates: 8 Jul - 22 Jul & 2 Sep - 7 Oct.

Buckinghamshire Family Information

Hampden Way Family Centre: 01494 450279, The Community Centre, Hampden Way, High Wycombe, HP13 7TJ. 01296 383293. www.familyinfo.buckinghamshire.gov.uk.

Messy Play: 9:30 - 11:00. Ages: 0 - 5 yrs.

Cost: Free (drop in). Dates: 8 Jul - 15 Jul.

Amersham Family Centre - 01494 764258, Little Chalfont E-Act Academy, Bell Lane, Amersham, HP6 6PF.

01296 383293. www.familyinfo.buckinghamshire.gov.uk. Play and Explore: 9:30 - 11:00. Ages: 0 - 5 yrs.

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

The Ivers Family Centre: 01753 650252, Grange Way, Iver, SL0 9NT.

01296 383293. www.familyinfo.buckinghamshire.gov.uk. Play and Explore: 9:30 - 11:00. Ages: 0 - 5 yrs.

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

Holmer Green Tiddlywinks

Christ Church Centre, Holmer Green, High Wycombe, HP15 6XQ. 01494-715195. www.pshg.org.

Tiddlywinks: 13:30 - 15:00. Ages: 0 - 4 yrs.

Cost: £2 per session (drop in). Dates: 8 Jul - 22 Jul & 2 Sep - 7 Oct.

Little Fish High Wycombe

Wycombe Marsh Baptist Church, London Road Wycombe Marsh, High Wycombe, HP11 1ET. 07940 953 909.

Times: 14:00 - 14:30. Ages: 0 - 5 yrs.

Cost: Free (drop in). Dates: 8 Jul - 22 Jul & 2 Sep - 7 Oct.

Tiddlywinks

Marlow Methodist Church, Spittal Street, Marlow, SL7 3HJ. 07799 854 535.

Times: 8:45 - 11:30. Ages: 0 - 5 vrs.

Cost: £1 per session (drop in). Dates: 8 Jul - 22 Jul & 2 Sep - 7 Oct.

Urchins Toddler Group

United Reformed Church, The Broadway, Chesham, HP5 1BX. 01494776014. www.cheshamurc.org.uk.

Times: 10:00 - 11:30. Ages: 0 - 5 yrs.

Cost: £1 per session (drop in).

Dates: 8 Jul - 22 Jul & 2 Sep - 7 Oct.

Are you running classes or events?







MUSIC & SIGNING

Monkey Music Aylesbury & High Wycombe

Wrights Meadow Centre, High Wycombe, HP11 1SQ. 01494 819138. www.monkeymusic.co.uk.

Jiggety Jig: 9:15 - 9:45. Ages: 2 - 4 yrs.
 Heigh Ho: 10:00 - 10:30. Ages: 1 - 2 yrs.

 Rock n Roll: 10:45 - 11:15. Ages: 3 mths - 1 yrs. Ding-Dong: 11:30 - 12:00. Ages: 3 - 5 yrs.

Cost: £10 per session (booking essential). Dates: 8 Jul - 22 Jul & 9 Sep - 7 Oct.

Moo Music - High Wycombe, Marlow, **Beaconsfield & Bourne End**

Lantern Community Church, 141 Marlow Bottom, Marlow, SL7 3PL

07360 745264. www.moo-music.co.uk/hwmb.

Mixed Moo: 10:20 - 11:00. Ages: 6 mths - 3 yrs. Cost: £8.50 per session (booking essential).

Dates: 8 Jul - 15 Jul & 9 Sep - 7 Oct.

Princes Risborough Librar

Bell Street, Princes Risborough, HP27 0AA. 0845 230 3232. www.buckinghamshire.gov.uk.

• Bounce and Rhyme: 10:15 - 10:35 & 10:45 - 11:15.

Ages: 0 - 4 vrs.

Cost: Free (booking essential).

Dates: 8 Jul - 7 Oct.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Wycombe

West Wycombe Village Hall, High Street, West Wycombe, HP14 3AB. 07952 258 095. www.robotreg.co.uk.

MINIS Phonics: 9:30 - 10:15. Ages: 1 yrs - 2½ yrs.

• Pre-school Phonics: 10:30 - 11:15.

Ages: 2 ½ yrs - 4 yrs 11 mths. Cost: £8 per session (drop in). **Dates:** 8 Jul - 15 Jul & 9 Sep - 7 Oct.

Flackwell Heath Community Centre, Swains Lane, Flackwell Heath, HP10 9BN. 07952 258 095. www.robotreg.co.uk.

Pre-school Phonics: 13:30 - 14:15. Ages: 2½ yrs - 5 yrs.

Cost: £8 per session (drop in). Dates: 8 Jul - 15 Jul & 9 Sep - 7 Oct.

CREATIVE

Mucky Ducks Bucks and Hemel

Prestwood Village Hall, 1 Wycombe Road, Great Missenden, HP16 0NZ. www.muckyducksplay.co.uk.

Mucky Ducklings: 9:30 - 10:30. Ages: 2 - 6 mths. Mucky Ducks: 11:30 - 12:30. Ages: 6 mths - 1 ½ yrs.

Cost: £12 per session (booking essential).

Dates: 8 Jul, 9 Sep, 8 Jul & 9 Sep.

PHYSICAL FUN

Field Studies Council

Amersham Field Centre, Mop End, Amersham, HP7 0QR. 01306 734501. www.field-studies-council.org. Eco Explorers - Minibeast Hunt: 9:30 - 11:30.

Ages: 5 - 8 yrs.

Cost: £15 per session (booking essential).

Eco Adventurers - Minibeast Safari: 9:30 - 15:00.

Ages: 8 - 11 yrs.

Cost: £45 per session (booking essential).

Dates: 5 Aug.

SWIMMING

Water Babies Oxford

Amersham Private Pool, Lower Park House, Sharedoles, Old Amersham, HP7 0RL. 01869325499. www.waterbabies.co.uk.

Times: 10:00 - 12:30. Ages: 3 mths - 5 yrs.
 Times: 15:00 - 17:00. Ages: 3 mths - 5 yrs.

Cost: £19.50 per session (booking essential).

Dates: 8 Jul - 29 Jul & 2 Sep - 7 Oct.

TUESDAY

PARENTS & TOTS

Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382 415. www.buckinghamshire.gov.uk.

• Tuesday Storytime: 10:30 - 11:00. Ages: 0 - 5 yrs. Cost: Free (drop in).

Dates: 9 Jul - 8 Oct.

Buckinghamshire Family Information Service

Burnham Family Centre: 01628 665380, Minniecroft Road, Burnham, Slough, SL1 7DE. 01296 383293. www.familyinfo.buckinghamshire.gov.uk.

Messy Play: 9:15 - 10:00. Ages: 0 - 5 yrs.

Cost: Free (booking essential). Dates: 9 Jul - 23 Jul.

Are you running classes or events?



PARENTS & TOTS

Buckinghamshire Family Information Service

Hithercroft Family Centre: 01494 450279, Anthony Close, High Wycombe, HP13 5SE.

01296 383293. www.familyinfo.buckinghamshire.gov.uk. Play and Explore: 9:30 - 11:30. Ages: 0 - 5 yrs.

Cost: Free (booking essential).

Dates: 9 Jul - 23 Jul.

Newtown Family Centre Plus: 01494 776786, Berkhampstead Road, Chesham, HP5 3AT.

01296 383293. www.familyinfo.buckinghamshire.gov.uk.

Messy Play: 9:30 - 10:30. Ages: 0 - 5 yrs.

Cost: Free (drop in). Dates: 9 Jul - 23 Jul

Chesham Library

Elgiva Lane, Chesham, HP5 2JD.

01296 382 415. www.buckinghamshire.gov.uk. **Bounce and Rhyme**: 10 0 - 10:30. **Ages:** 0 - 4 yrs.

Cost: Free (booking essential).
Dates: 9 Jul - 23 Jul & 3 Sep - 8 Oct.

Farnham Common Community Library Victoria Road, Farnham Common, SL2 3NL.

01296 382415. • Story Time: 10:30 - 11:00. Ages: 0 - 5 yrs. Cost: Free (drop in).

Dates: 9 Jul - 23 Jul & 3 Sep - 8 Oct.



PARENTS & TOTS

The Lantern Babies and Toddlers

St Mary's Church, 141 Marlow Bottom, Marlow, SL7 3PJ.

Cost: £1 per session (drop in). Dates: 9 Jul - 23 Jul & 10 Sep - 8 Oct.

MUSIC & SIGNING

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

St Mary's Church Hall, Glory Mill Lane, Wooburn Green, HP10 OLU. 07360 745264. www.moo-music.co.uk/hwmb.

Moo Music: 9:50 - 10:30. Ages: 6 mths - 3 yrs.

Moo Music: 11:00 - 11:40. Ages: 6 mths - 3 yrs.

Cost: £8.50 per session (drop in). Dates: 9 Jul - 16 Jul & 10 Sep - 8 Oct.

PHYSICAL FUN

Field Studies Council

Amersham Field Centre, Mop End, Amersham, HP7 0QR. 01306 734501. www.field-studies-council.org.

Summer Family Nature Day: 10:30 - 15:00.

Cost: £5 per session (booking essential). Dates: 30 Jul.

 Eco Explorers - Pirate Treasure: 9:30 - 11:30. **Ages:** 5 - 8 yrs.

Cost: £15 per session (booking essential).

Eco Adventurers - Shipwrecked: 9:30 - 15:00.

Ages: 8 - 11 yrs. Cost: £45 per session (booking essential).

Dates: 6 Aug.

SWIMMING

Swimkidz South Bucks

Alfriston School, Penn Road, Beaconsfield, HP9 2TS.

Times: 9:30 - 13:00. Ages: 10 mths+ Cost: £14.50 per session (booking essential).

Dates: 9 Jul - 23 Jul & 10 Sep - 8 Oct.

Water Babies Bucks & Beds

Holiday Inn, Breakspear Way, Hemel Hempstead, HP2 4UA. 01295 709221. www.waterbabies.co.uk.

• Times: 16:05 - 16:35. Ages: 0 - 5 yrs.

Cost: £18.50 per session (booking essential).

Dates: 9 Jul - 30 Jul & 10 Sep.

WEDNESDAY

PARENTS & TOTS

Amersham Library

Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH. 0845 230 3232.

Bounce & Rhyme: 10:30 - 11:00. Ages: 0 - 5 yrs. Cost: Free (drop in).

Dates: 10 Jul - 24 Jul & 4 Sep - 9 Oct.

Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382 415. www.buckinghamshire.gov.uk.

Bounce & Rhyme: 10:00 - 11:00. Ages: 0 - 5 vrs. Cost: Free (drop in).

Dates: 10 Jul - 17 Jul & 4 Sep - 9 Oct.

Are you running classes or events?







PARENTS & TOTS

Buckinghamshire Family Information

Service

Risborough Family Centre: 01494 450279, Princes Risborough Primary School, Wellington Avenue, HP27 9HY.

01296 383293. www.familyinfo.buckinghamshire.gov.uk.
• Child Health Drop In: 9:30 - 11:00. Ages: 0 - 5 yrs.

Messy Play: 9:30 - 11:30. Ages: 0 - 5 yrs.

Cost: Free (drop in). Dates: 10 Jul - 17 Jul.

Beaconsfield Family Centre: 01494 678244, Beacon Close, Beaconsfield, HP9 1RJ.

01296 383293. www.familyinfo.buckinghamshire.gov.uk. Play and Explore: 9:30 - 11:00. Ages: 0 - 5 yrs.

Cost: Free (drop in). Dates: 10 Jul - 17 Jul.

Castlefield Family Centre: 01494 450279, Rutland Avenue, Castlefield, High Wycombe, HP12 3LL. 01296 383293. familyinfo.buckinghamshire.gov.uk.

Mamas & Babas: 10:00 - 11:30. Ages: 0 - 2 yrs.

Cost: Free (booking essential). Dates: 10 Jul - 17 Jul.

Burnham Library

Windsor Lane, Burnham, SL1 1HR. 01296 382415. www.buckinghamshire.gov.uk.

Painting: 9:30 - 11:00. Ages: 0 - 4 yrs 10 mths.

Cost: Free (drop in). Dates: 10 Jul - 9 Oct.

PARENTS & TOTS

Radnage Mother and Toddler Group Radnage Common Road, Radnage, High Wycombe, HP14 4DF. 07789902336.

Times: 9:30 - 11:30. Ages: 0 - 5 yrs. Cost: £1.50 per session (booking essential). **Dates:** 10 Jul - 24 Jul & 4 Sep - 9 Oct.

St. Anne's Parent & Toddler Group

St. Anne's Church, London Road, High Wycombe, HP11 1ET. 07443596304.

Times: 9:30 - 11:30. Ages: 0 - 5 yrs. Cost: £1.50 per session (drop in). Dates: 10 Jul - 24 Jul & 4 Sep - 9 Oct.

St James Gerrards Cross & Fulmer, Oxford Road, Gerrards Cross, SL9 7DJ. www.saintjames.org.uk.

Tiny Tots: 9:30 - 11:00. Ages: 0 - 3 yrs. Cost: Free (booking essential). Dates: 10 Jul - 17 Jul & 4 Sep - 9 Oct.

MUSIC & SIGNING

Long Crendon Community Library High Street, Long Crendon, HP18 9AF. 01296 382415.

Bounce and Rhyme: 10:15 - 10:45. Ages: 0 - 4 yrs. Cost: Free (drop in).

Dates: 10 Jul - 17 Jul & 4 Sep - 9 Oct.

Moo Music - High Wycombe, Marlow, **Beaconsfield & Bourne End**

Booker Memorial Hall, Limmer Lane, High Wycombe, HP12 4QR. 07360 745264. www.moo-music.co.uk/hwmb.

• Mixed Moo: 9:50 - 10:30. Ages: 6 mths - 3 yrs. Cost: £8.50 per session (booking essential). Dates: 10 Jul - 17 Jul & 11 Sep - 9 Oct.

PHYSICAL FUN

Field Studies Council

Amersham Field Centre, Mop End, Amersham, HP7 0QR. 01306 734501. www.field-studies-council.org.

Summer Family Nature Day: 10:30 - 15:00 Cost: £5 per session (booking essential). Dates: 31 Jul.

Eco Explorers - Super Stone Age: 9:30 - 11:30. Ages: 5 - 8 yrs.

Cost: £15 per session (booking essential). **Stone Age Discovery**: 9:30 - 15:00. **Ages:** 8 - 11 yrs. Cost: £45 per session (booking essential). Dates: 7 Aug.

Bring your little one to Moo Music, Join Elvan (and Maggie Moo) for multi-sensory musical fun. We sing, we dance and we play using instruments, props, puppets, lights and everyone's favourite ... bubbles!

Term bookings and PAYG are available.



07360 745 264





Are you running classes or events?



SWIMMING

Swimkidz South Bucks

Alfriston School, Penn Road, Beaconsfield, HP9 2TS. • Times: 12:00 - 14:00. Ages: 10 mths+.

Cost: £14.50 per session (booking essential). Dates: 10 Jul - 24 Jul & 11 Sep - 9 Oct.

THURSDAY

PARFNTS & TOTS

Beaconsfield Library Reynolds Road, Beaconsfield, HP9 2NJ. 01296 382415.

• Storytime: 10:00 - 10:30. Ages: 0 - 5 yrs. Cost: Free (booking essential).

Dates: 11 Jul - 18 Jul & 5 Sep - 10 Oct.

Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382 415. www.buckinghamshire.gov.uk.

Thursday Storytime: 15:30 - 16:15. Ages: 3 - 8 yrs.
 Cost: Free (drop in). Dates: 11 Jul - 10 Oct.

Buckinghamshire Family Information Service

Burnham Family Centre: 01628 665380, Minniecroft Road, Burnham, Slough, SL1 7DE. 01296 383293.

 Play and Explore: 7:30 - 9:00. Ages: 0 - 5 yrs. Cost: Free (drop in). Dates: 11 Jul - 18 Jul.



CLUB.

What's it all about?

Join us for a couple of hours where you can meet local mums in your area From Brunch Clubs to Walking Clubs. Supper Clubs and so much more See the full list here themumclub.com/

Who is it for?

Come alone, pregnant, with baby or child Whatever your circumstances you are welcome at The Mum Club



Join us for our next event

Contact Natasha southbucks@themumclub w thorn med in confounts



PARENTS & TOTS

Buckinghamshire Family Information

Service

Marlow Family Centre: 01494 450279, Newfield Road, Marlow, SI 7 1 JW

01296 383293. www.familyinfo.buckinghamshire.gov.uk.

Messy Play: 9:30 - 11:30. Ages: 0 - 5 yrs.
 Child Health Drop In: 9:30 - 11:30. Ages: 0 - 2 yrs.

Cost: Free (drop in). Dates: 11 Jul - 18 Jul.

Newtown Family Centre Plus: 01494 776786, Berkhampstead Road, Chesham, HP5 3AT.

01296 383293. www.familyinfo.buckinghamshire.gov.uk. Play and Explore: 9:30 - 11:00. Ages: 0 - 5 yrs.

Cost: Free (drop in). Dates: 11 Jul - 25 Jul.

High Wycombe Library

5 Eden Place, High Wycombe, HP11 2DH. 01296 382415. www.buckscc.gov.uk.

• Bounce & Rhyme: 10:00 - 10:30. Ages: 0 - 1 ½ yrs.

Cost: Free (booking essential).

Dates: 11 Jul - 18 Jul & 5 Sep - 10 Oct.

Micklefield Community Library

Micklefield Road, High Wycombe, HP13 7HU. 01296 382 415. www.buckinghamshire.gov.uk.

 Sensory Story Time: 16 00 - 16:30. **Ages:** 1 - 5 yrs. Cost: Free (booking essential).

Dates: 11 Jul - 18 Jul & 5 Sep - 10 Oct.

Penn & Tylers Green Toddler Group

Tylers Green Village Hall, Tylers Green, High Wycombe, HP10 8LN. 01494 819990.

 Times: 9:15 - 11:00. Ages: Pregnancy - 4 yrs. Cost: £3 per session (drop in).

Dates: 11 Jul - 18 Jul & 5 Sep - 10 Oct.

Playhouse Toddlers - High Wycombe

The Hub, Union Baptist Church Easton Street, High Wycombe, HP11 1NJ. 01494 473889.

Playhouse Toddlers: 9:30 - 11:30. Ages: 0 - 4 yrs.

Cost: £1 per session (booking essential). Dates: 11 Jul - 18 Jul & 5 Sep - 10 Oct.

St Peters Burnham

St Peters Church, Church Street, Burnham, SL1 7HX. 01628 664338. www.stpetersburnham.org.

• Little Angels-Baby and Toddler Group: 10:00 - 11:30.

Cost: £2 per session (drop in).

Dates: 11 Jul - 18 Jul & 5 Sep - 10 Oct.

The Lantern Babies and Toddlers Lantern Community Corner, St Mary's Church,

141 Marlow Bottom, Marlow, SL7 3PJ.

Community Corner: 13:30 - 15:00.

Cost: Free (drop in).

Dates: 1 Aug, 5 Sep & 3 Oct.

PHYSICAL FUN

AirHop & Rush Group UK

Rush UK Trampoline Park, Lexmark House, Cressex Business Park, Coronation Road, High Wycombe, HP12 3TZ. www.airhop.co.uk.

• Toddler Takeover - School Holidays: 9:00 - 10:00.

Ages: 1 - 6 yrs.

Cost: £11 per session (drop in).

Dates: 18 Jul.

Are you running classes or events?







Fun Football Classes for kids aged 18 months - 7 years

Amersham, Aylesbury, Beaconsfield, Great Missenden, Chesham, Chalfont Chorleywood, High Wycombe, Milton Keynes,

Princes Risborough, Thame & Wendover.

Contact James: 01494 911133 mk@littlekickers.co.uk

SCAN ME

Little Kickers

Where Learning's a Ball

PHYSICAL FUN

Field Studies Council

Amersham Field Centre, Mop End, Amersham, HP7 0QR. 01306 734501. www.field-studies-council.org.

 Summer Family Nature Day: 10:30 - 15:00. Cost: £5 per session (booking essential).

Dates: 25 Jul.

Eco Explorers - Marvellous Mammals: 9:30 - 11:30. Ages: 5 - 8 yrs.

Cost: £15 per session (booking essential).

Eco Adventurers - Curious Creatures: 9:30 - 15:00.

Ages: 8 - 11 yrs.

Cost: £45 per session (booking essential).

Dates: 8 Aug.

Little Kickers MK

The Polish Club, Raans Road, Amersham, HP6 6LX. 01494 911133. www.littlekickers.co.uk.

Little Kicks: 14:30 - 15:15. Ages: 1 ½ yrs - 2 ½ yrs.

Junior Kickers: 15:30 - 16:15. Ages: 2½ yrs - 3½ yrs. Mighty Kickers: 16:25 - 17:10. Ages: 3 ½ yrs - 5 yrs.

Cost: £7.85 per session (booking essential). Dates: 11 Jul - 18 Jul & 5 Sep - 10 Oct.

SWIMMING

Swimkidz South Bucks

Alfriston School, Penn Road, Beaconsfield, HP9 2TS. • Times: 10:00 - 13:00. Ages: 10 mths+.

Cost: £14.50 per session (booking essential). Dates: 11 Jul - 18 Jul & 5 Sep - 10 Oct.

FRIDAY

PARENTS & TOTS

Beaconsfield Library

Beaconsfield Library, Reynolds Road, Beaconsfield, HP9 2NJ. 01296 382415.

Bounce & Rhyme: 10:00 - 10:30. Ages: 0 - 4 yrs.

Cost: Free (booking essential).

Dates: 12 Jul - 19 Jul & 6 Sep - 11 Oct.

Buckinghamshire Family Information

Castlefield Family Centre: 01494 450279, Rutland Avenue, Castlefield, High Wycombe, HP12 3LL.

01296 383293. www.familyinfo.buckinghamshire.gov.uk. Messy Play: 9:30 - 11:30. Ages: 0 - 5 yrs.

Cost: Free (booking essential). Dates: 12 Jul - 19 Jul.

Amersham Family Centre - 01494 764258, Little Chalfont E-Act Academy, Bell Lane, Amersham, HP6 6PF. 01296 383293. www.familyinfo.buckinghamshire.gov.uk.

Messy Play: 9:30 - 10:30. Ages: 0 - 5 yrs. Cost: Free (drop in). Dates: 12 Jul - 19 Jul.

Beaconsfield Family Centre: 01494 678244, Beacon Close, Beaconsfield, HP9 1RJ.

01296 383293. www.familyinfo.buckinghamshire.gov.uk. Messy Play: 9:30 - 10:30. Ages: 0 - 5 yrs.

Cost: Free (booking essential). Dates: 12 Jul - 19 Jul.

Chalfont St Giles Community Library High Street, Chalfont St Giles, HP8 4QA.

01494 874 732. www.chalfontstgiles.org.uk.

Bounce & Rhyme: 10:30 - 11:00. Ages: 0 - 5 yrs. Cost: Free (drop in).

Dates: 12 Jul - 19 Jul & 6 Sep - 11 Oct.

Flackwell Heath Methodist Church Parent and Toddler Group

Heath End Road, Flackwell Heath, High Wycombe, HP10 9DT. 07979 541874.

 Play & Praise: 9:15 - 11:15. Ages: 0 - 5 yrs. Cost: £1 per session (drop in).

Dates: 12 Jul - 19 Jul & 6 Sep - 11 Oct.

Amersham Free Church, Woodside Road, Amersham, HP6 6AJ. 01494726816. www.amershamfreechurch.org.uk.

Times: 13:00 - 14:40. Ages: 0 - 5 yrs. Cost: £2 per session (drop in).

Dates: 12 Jul - 19 Jul & 6 Sep - 11 Oct.

Magpie Club Baby & Toddler Group Coleshill Village Hall, Barracks Hill, Amersham, HP7 OLN.

 Times: 9:00 - 11:00. Ages: 0 - 5 yrs. Cost: £3 per session (drop in).

Dates: 12 Jul - 19 Jul & 6 Sep - 11 Oct.

Marlow Library

Institute Road, Marlow, SL7 1BL. www.buckscc.gov.uk.

 Bounce & Rhyme: 11:00 - 11:30. Ages: 0 - 2 yrs. Cost: Free (drop in).

Dates: 12 Jul - 19 Jul & 6 Sep - 11 Oct.

Small Saints

All Saints Church, Castle Street, High Wycombe, HP13 6RF. 07791 389598. www.allsaintshighwycombe.org. Times: 10:00 - 12:00. Ages: 0 - 5 yrs.

Cost: £0.50 per session (drop in). Dates: 12 Jul - 19 Jul & 6 Sep - 11 Oct.

Are you running classes or events?







Feed your child's imagination...

Singing, movement and creative discovery classes to spark your child's imagination

ABOUT OUR TWO WEEK TRIAL

Day: Saturday

Time: 09.00 - 09.45am

Venue: Wycombe High School Marlow Hill, High Wycombe, HP11 1TB







MUSIC & SIGNING

Monkey Music Aylesbury & High Wycombe

Risborough Community Centre, Stratton St, Princes Risborough, HP27 9AX.

01494 819138. www.monkeymusic.co.uk.

- Jiggety Jig: 9:30 10:00. Ages: 2 4 yrs.
 Heigh Ho: 10:15 10:45. Ages: 1 2 yrs.
 Rock n Roll: 11:00 11:30. Ages: 3 mths 1 yrs.
 Ding-Dong: 11:45 12:15. Ages: 3 5 yrs.

Cost: £9.75 per session (booking essential). Dates: 12 Jul - 19 Jul & 6 Sep - 11 Oct.

Moo Music - High Wycombe, Marlow, **Beaconsfield & Bourne End**

Downley Community Centre, School Close, High Wycombe, HP13 5TR.

07360 745264. www.moo-music.co.uk/hwmb.

Maxi: 9:50 - 10:30. Ages: 1 - 4 yrs.

Mini Moo: 11:00 - 11:40. Ages: 9 mths - 3 yrs 9 mths.
 Baby Moo: 12:10 - 12:50. Ages: 2 mths - 1 ½ yrs.

Cost: £8.50 per session (booking essential).

Dates: 12 Jul & 6 Sep - 11 Oct.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Wycombe

St Francis of Assisi Church Hall, Amersham Road, High Wycombe, HP13 5AB. 07952 258 095. www.robotreg.co.uk.

 MINIS Phonics: 9:30 - 10:15. Ages: 1 yrs - 2 ½ yrs.
 Pre-school: 10:30 - 11:15. Ages: 2½ yrs - 4 yrs 11 mths. Cost: £8 per session (drop in).

Dates: 12 Jul - 19 Jul & 6 Sep - 11 Oct.

CREATIVE

Sparkles - Speech Therapy for Children with Down's Syndrome Email for location, High Wycombe, HP10.

www.sparkles.org.uk.

Sparkles Speech Therapy: 9:30 - 14:30. Ages: 0 - 5 yrs. Cost: Free (booking essential).

Dates: 12 Jul - 19 Jul & 6 Sep - 11 Oct.

PHYSICAL FUN

Field Studies Council

Amersham Field Centre, Mop End, Amersham, HP7 0QR. 01306 734501. www.field-studies-council.org.

Summer Family Nature Day: 10:30 - 15:0

Cost: £5 per session (booking essential). Dates: 26 Jul. Eco Explorers - Summer Explorer: 9:

Ages: 5 - 8 yrs. Cost: £15 per session (booking essential). Dates: 9 Aug.

Are you running classes or events?







FREE Events in Bucks

Regular groups for everyone to attend in the community





Kindness in Bucks run regular free events everyone in the community throughout Bucks. We hold coffee mornings in Holtspur, Dad playgroups in Beaconsfield, Weekly walks in Hazelmere and Fitness Classes & Buggy Fit in High Wycombe.

We add new classes on a regular basis, so please check out our website for new additions.

Bundles of Kindness

We also make baby baskets for local families in need. If you have any preloved newborn items you would like to donate please reach out to us on our website or via social

media

www.kindnessinbucks.com

SATURDAY

@kindnessinbucks

PARENTS & TOTS

High Wycombe Library

High Wycombe Library, 5 Eden Place, High Wycombe, HP11 2DH.

01296 382415. www.buckscc.gov.uk.

Storytime: 11:30 - 12:00. Ages: 0 - 10 yrs.

Cost: Free (drop in).

Dates: 13 Jul - 20 Jul & 7 Sep - 12 Oct.

Micklefield Community Library

Micklefield Road, High Wycombe, HP13 7HU. 01296 382 415. www.buckinghamshire.gov.uk. • Lego Building Time: 11:00 - 11:30.

Cost: Free (booking essential).

Dates: 13 Jul - 20 Jul & 7 Sep - 12 Oct.

DANCE & DRAMA

Stagecoach Theatre Arts School (Buckinghamshire)

Wycombe High School, Marlow Road, High Wycombe, HP11 1TB

07539753718. www.stagecoach.co.uk.

 Mini Stages: 9:00 - 9:45. Ages: 2 - 4 yrs. Cost: £7 per session (booking essential).

Early Stages: 9:00 - 15:30. Ages: 4 - 6 yrs.

Dates: 13 Jul - 27 Jul & 7 Sep - 12 Oct. Cost: £14 per session (booking essential).

PHYSICAL FUN

Little Kickers MK

The Royal Grammar School, Amersham Road, High Wycombe, HP13 6QT. 01494 911133. www.littlekickers.co.uk. Junior Kickers: 8:45 - 9:30 & 10:25 - 11:10.

Ages: 2 ½ yrs - 3 ½ yrs.

Mighty Kickers: 9:35 - 10:20. Ages: 3 ½ yrs - 5 yrs.

Cost: £7.85 per session (booking essential). **Dates:** 13 Jul - 20 Jul & 7 Sep - 12 Oct.

Chiltern Hills Academy, Chartridge Lane, Chesham, HP5 2RG. 01494 911133. www.littlekickers.co.uk.

Little Kicks: 8:45 - 9:30. Ages: 1 ½ yrs - 2 ½ yrs.
 Junior Kickers: 9:35 - 10:20. Ages: 2 ½ yrs - 3 ½ yrs.
 Mighty Kickers: 10:25 - 11:10. Ages: 3 ½ yrs - 5 yrs.

Cost: £7.85 per session (booking essential). Dates: 13 Jul - 20 Jul & 7 Sep - 12 Oct.

The Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG. 01494 911133, www.littlekickers.co.uk.

Junior Kickers: 8:45 - 9:30 & 10:25 - 11:10.

Ages: 2 ½ yrs - 3 ½ yrs.

Mighty Kickers: 9:35 - 10:20 & 11:15 - 12:00.

Ages: 3 ½ yrs - 5 yrs.

Cost: £7.85 per session (booking essential). Dates: 13 Jul - 20 Jul & 7 Sep - 12 Oct.

South Bucks Rugbytots LLP

St Joseph's Catholic Primary School, Priory Road, Gerrards Cross, SL9 8SB. 07515754391. www.rugbytots.co.uk.

• Times: 8:45 - 9:15. Ages: 1½ yrs - 4 yrs. • Times: 9:20 - 10:05. Ages: 3 - 6 yrs. • Times: 10:10 - 10:40. Ages: 1½ yrs - 4 yrs. Cost: £8:25 per session (booking essential).

Dates: 13 Jul - 20 Jul & 7 Sep - 12 Oct.

Holmer Green Junior School, The Common, Holmer Green, HP15 6TD. 07515754391. www.rugbytots.co.uk.

Times: 9:00 - 9:30. Ages: 1 ½ yrs - 4 yrs.

 Times: 9:35 - 10:20. Ages: 3 - 6 yrs. Cost: £8 per session (booking essential). Dates: 13 Jul - 20 Jul & 7 Sep - 12 Oct.

SWIMMING

Swimkidz South Bucks

Alfriston School, Penn Road, Beaconsfield, HP9 2TS.

• Times: 8:30 - 11:30. Ages: 10 mths+. Cost: £14.50 per session (booking essential). Dates: 13 Jul - 20 Jul & 7 Sep - 12 Oct.

SUNDAY

PHYSICAL FUN

South Bucks Rugbytots LLP

Davenies School, Station Road, Beaconsfield, HP9 1AA. 07515754391. www.rugbytots.co.uk.

Times: 8:45 - 9:15. **Ages:** 1 ½ yrs - 4 yrs. Times: 9:20 - 10:05. **Ages:** 3 - 6 yrs.

Times: 10:10 - 10:40. Ages: 1 yrs 5 mths - 4 yrs. Times: 10:45 - 11:30. Ages: 3 - 6 yrs.

Cost: £8.25 per session (booking essential).

Dates: 14 Jul - 21 Jul & 8 Sep - 6 Oct.

Amersham School, Stanley Hill, Amersham, HP7 9HH. 07515754391. www.rugbytots.co.uk.

• Times: 9:00 - 9:30. Ages: 2 yrs - 3 ½ yrs.

Times: 9:35 - 10:20. Ages: 3½ yrs - 5 yrs.
 Times: 10:25 - 11:10. Ages: 3 - 6 yrs.

Cost: £8 per session (booking essential). Dates: 14 Jul - 21 Jul & 8 Sep - 6 Oct.



DIRECTORY OF ADVERTISERS

Groups & Classes	
Little Kickers	32
Monkey Music Aylesbury & High Wycombe	
Moo Music HWMB	30
Phonics With Robot Reg Wycombe	28
Rugbytots South Bucks	7
Stagecoach High Wycombe	33
Swimkidz South Bucks	30
The Mum Club Central & East Bucks	25
The Mum Club South Bucks	31
Tot Bop	24
Water Babies	7
Business Opportunities	
Ride On Time	13
Health	

The Good Snooze Company

Kiddiwhizz	9
Kindness in Bucks	34
Little Threads	9
Family Days Out	
Buckinghamshire Railway Centre	15
Field Studdies Council	29
Roald Dahl Museum	13
Rush Trampoline Park	13
Schools / Childcare	
Harmony at Home	19
Lockers Park	36

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- STUART HENDERSON BRITT

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