

Loving life with little ones

toddle

about

MK & Bedford

July - Sept 2024

FREE

Taste-Safe
Paint Craft
Activity

Tips for
Travelling
with children

SUMMER
EVENTS

TOP OF THE TOTS
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& toddler providers

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COGNITA

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WELCOME



TO THE SUMMER 2024 EDITION!

Summer is here, and we are thrilled to bring you a jam-packed issue full of fun days out and activities.

We are especially excited to introduce a brand-new feature: Top of the Tots (p. 13). This is our celebration of the best baby and toddler providers in Milton Keynes & Bedford, based on your valuable reviews on our website. If your favourite places aren't listed, please help them out by leaving a review and spreading the love.

Don't miss our special feature (p.15-16), where we share how you can turn simple household items into educational toys. It's a wonderful way to boost your child's creativity and imagination while keeping them engaged at home.

Toddle About MK & Bed Franchise is for Sale

Ever dreamt of being at the helm of a beloved family magazine and baby show? Well, here's your chance! The Toddle About MK & Bedford **magazine and baby show franchise is up for grabs**. If you're passionate about supporting families and building community connections, this could be the opportunity you've been waiting for.

If this sounds of interest, please download our franchise prospectus at toddle.fun/franchise

Here's to a summer full of laughter, learning and lots of fun!

Loving life with little ones,

Pia

OWNER/EDITOR

Learn more at toddle.fun/subscribe

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. More info at www.toddle.fun/subscribe

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MEET THE TEAM



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Join us on WhatsApp for important alerts!

toddle.fun/ta-mk



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 Suffolk & S. Warwickshire, MK & Bedford, 42 Woodland Close, Risby, Bury St Edmunds, Suffolk, IP28 6QN. Call us on 07748 020141.

Addressing Young Parents' Low Mood

AADAPT is a research study to see if a short series of online sessions can help you understand the TRAPs that keep you feeling low. AADAPT will give you practical ideas about small changes you can make to feel better. It will also give you information on how you are building your baby's brain every day. If you are a 16-24 year old parent and are feeling low or stressed, this new project might be able to support you.



Visit https://www.trial-deck.com/trial/aadapt?reg_code=Yp_vBBU9vnxov P.23



Stay Fit with Fit Mummy MK

Fit Mummy MK celebrates 6 years of providing a safe space for Mums with babies and toddlers to exercise under the guidance of pre and post natal qualified trainers. Back when Helen launched the business she never dreamed it would reach and help so many mums, but the friendly and supportive environment at Fit Mummy MK has helped mums to regain their fitness, improve their mental health and make new friends. Extra session added to any block of sessions purchased.

Visit www.majorfitness.co.uk/fitmummy P.33



Tatty Bumpkin Milton Keynes is For Sale

Would you like to run your own business? Looking for a new challenge that fits around your family life, and you get to make the decisions? Perhaps a Children's yoga franchise could be the answer. If you are passionate about the wellbeing of all children, and think you could help more children build their inner strength through these yoga inspired classes, then please do get in touch for a free information pack.

To find out more email miltonkeynes@tattybumpkin.com or visit www.childreninspiredbyyoga.com/miltonkeynes P.7

Get Your 3 Wishes Ready!

Stanto-Panto returns this December with RARE Pantomimes bringing the classic tale, Aladdin, to life! Join street-urchin, Aladdin as he falls in love with the beautiful Princess but is thwarted at every opportunity by the evil Abanazer! Will Aladdin's fortune change when he encounters a magical lamp? A family-friendly professional production with all the slapstick and comedy expected from a traditional pantomime.



Book now at www.stantonburytheatre.co.uk P.8

Ambassadors Wanted

Wanting to make extra income while on maternity leave? Embrace the opportunity to sell UBERE MAMA's high-quality breastfeeding clothing to other mums. Seize the chance to stay connected to the workforce while enjoying the flexibility of working from home. Their collection features a range of coordinating colours to layer under hoodies, secret support vests for discreet wear under blouses, and stylish options for beach outings.



To find out more email sj@uberemama.co.uk or call 07887 992173. P.23



Heritage Train Summer Fun

Experience the magic of steam at the Northampton & Lamport Railway. Heritage trains run every Sunday until 8th Sept, plus select dates after. Up-coming special events include: 28th July: Kids for a Quid, 24th-26th Aug: Family Fun Weekend, 6th Oct: Big Kids for a Quid, 26th & 27th Oct: Halloween specials (inc. night time trains). Keep an eye out for their Santa Specials in the run up to Christmas.

Visit www.nlr.org.uk for online tickets or follow them via Facebook, Instagram and X.

P.7

Bite SIZED NEWS

A Real Passion for Learning

New Nursery Manager Lana Race welcomes you to experience a specialist school readiness education provision like no other at The Webber Nursery, Milton Keynes. It provides a nurturing, engaging and stimulating environment for children to grow and flourish, equipping them with the skills to move onto their next stage within education. A home from home environment for children to flourish and feel supported, and to challenge them in their daily learning through providing engaging and stimulating activities.



Book a tour with the Nursery Manager via www.webberindependentschool.co.uk P.40

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!

Medbourne Pavillion: Sat 13th July & Sat 14th Sept from 3pm - 4.30pm

To book a stall visit www.littlepoppetsprelovedmarket.co.uk



Polam is the Perfect Start for Young Learners

Polam School & Nursery in Bedford is proudly celebrating 100 years! Join their open morning on Wednesday October 16th, and discover their nurturing "home from home" environment for your child aged 1 to 7. With a curriculum exceeding national standards, small class sizes, and a focus on wellbeing, Polam builds confidence and creativity, helping children thrive in a rapidly evolving world. Recognised with ISI's "Double Excellent" and Ofsted's "Outstanding" ratings, Polam is the perfect start for young learners.



Book now at www.polamschool.co.uk P.17

Summer Dance Classes & Workshops

Keep kids active this Summer with 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 Aug. Classes for pre-schoolers (parent/carer participatory) 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 Sept.



Visit www.totbop.co.uk to find out more. P.19

Summer Fun

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

SUMMER EVENTS FOR FAMILIES AND THEIR LITTLE ONES

July
24&25

PEPPA PIG'S FUN DAY OUT

Milton Keynes Theatre.

Join Peppa, along with her family and friends as they go to the zoo and also the beach for a special party. Prepare to sing and dance with colourful scarecrows, feed the penguins, build big sandcastles, and even swim in the sea. Packed full of songs, dance and muddy puddles, Peppa's Fun Day Out guarantees giggles and snorts for all Peppa fans, and a perfect introduction to theatre.

Milton Keynes Theatre, MK9 3NZ
Tel: 0333 0096690  MKTheatre
www.atgtickets.com/miltonkeynes

24 Aug-
1 Sept

JURASSIC TRAIL

Forest of Mareston Vale.

11am - 12pm and 1pm-2pm

Join a dinosaur safari. The dinosaurs have escaped in the park, can you find them all before they cause any damage? All kinds of different dinos have been stomping and flying around the Sensory Wildlife Garden! Spot them all and complete the trail sheet to tell where you saw them and win a prize.

Forest Centre, Marston Moretaine, MK43 0PS
Tel: 01234 767037  Forest of Marston Vale
www.marstonvale.org

£3 per child. Includes trail sheet, a certificate and small prize.


Every
Sun-Fri

SEND: SENSORY ROOM

John Bunyan Sports Centre. Weekdays

1pm-6pm, Sundays 9am-1pm

Tailored for individuals with unique needs, the centre's sensory room offers a calming and stimulating environment, equipped with special lighting, interesting textures and soothing elements. Whether it's relaxation or sensory exploration, the SEND sensory room provides a supportive and inclusive setting.


John Bunyan Sports Ctr, Mile Rd, Bedford, MK42 9TS
Tel: 01234 364481  BunyanFit
www.better.org.uk
40 minute slot bookings.

Aug
17

DINO HUNT

in aid of Emily's Star. 10am - 2pm
(Quiet time from 9.30am)

Hunt around the Secret Garden finding the hidden letters which spell out a dino related word. Along the way, look out for the Raptor who will be walking around the garden or visit the baby dinos in their den. Quiet Time entrance is at 9.30am for children who find busy & loud places hard. Each child will receive a certificate & a prize for taking part.

Secret Garden, Wolverton, Milton Keynes, MK13 0DY
Tel: 01908 506870  EmilysStar220212
www.emilysstar.co.uk

£7 per child. Adults go free.

Sept
15

MINI MOO

Willen Lake. From 10am

Visit Willen Lake for a fun-filled morning at their Mini Moo event, and choose to scoot, run, or walk* a lap of Willen's North Lake. This year's event is extra special with a "moo-vies" theme. Participants are encouraged to dress up in their best film-inspired costumes. *Parents and guardians must run or walk alongside their child.

Willen Hospice, lakeside (Willen Lake North)
Tel: 01908 303075  WillenHospiceMK
www.willen-hospice.org.uk

£12 per child.

Every
Sun

SUNDAY FUNDAY

Bedford Central Library. 11am - 2pm

Every Sunday during staffed hours at Bedford Central Library you'll find giant board games and big building blocks to enjoy with your family in the children's section throughout the summer holidays. SEND families welcome, but not exclusively SEND.

Bedford Central Library, Harpur Street,
Bedford, MK40 1PG
Tel: 01234 718178  BedfordBoroughLibraries
www.centralbedfordshire.gov.uk

Free entry.

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 10:25am Babies

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 9:30 am Toddlers
 10:25am Babies

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www.minimozart.com

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Peppa Pig
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MILTON KEYNES THEATRE

WED 24 - THU 25 JUL
ATGTICKETS.COM/MiltonKeynes
 *Transaction fee applies

RAINBOW TOASTIES



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

Photos © Susie Lowe

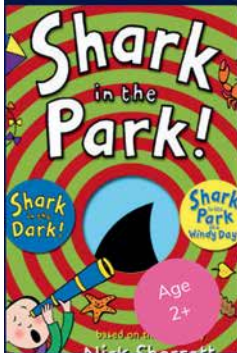


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September
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October
2pm



Saturday 12th
October
2pm



Saturday 19th
October
2:30pm

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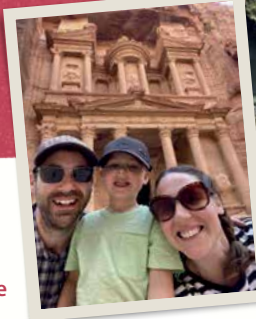


willenlake.org.uk



TRAVELLING WITH CHILDREN

by Tom Kreffer



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

usually on my shoulders) – every activity we enjoy

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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for further information www.littletinkers-preschool.co.uk

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We want to hear about your experience of your local maternity and neonatal services so we can improve them. Please scan the QR code to complete our survey.



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If you are interested in volunteering with us please email: blmkicb.mkmvp@nhs.net

[f @BedfordMVP](https://www.facebook.com/BedfordMVP) [f @LutonMVP](https://www.facebook.com/LutonMVP) [f @MaternityMK](https://www.facebook.com/MaternityMK)



SUMMER

at the Forest Centre



ROARsome Crafts

Tuesday 23rd July. £4

Afternoon Tea With The Princesses

Thursday 25th July. £15

Bits & Bobs Crafts

Wednesday 14th August. £4

Krisgars' Magic Show

Wednesday 21st August. £5

Little City

Thursday 22nd August. £9

Jurassic Trail

Saturday 24th August -
Sunday 1st September. £3



Book online at
www.marstonvale.org/events



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marstonvale.org
Registered Charity No. 1069229



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



- | | |
|---|--|
| <p>1 DAISY FIRST AID BUCKINGHAM & MK 5.0 ★ </p> | <p>6 JUMPING BEANS UNDER 5S 5.0 ★ </p> |
| <p>2 FIT MUMMY MK 5.0 ★ </p> | <p>7 DOODLEBUG 5.0 ★ </p> |
| <p>3 PHONICS WITH ROBOT REG MK 5.0 ★ </p> | <p>8 BEARS4U 5.0 ★ </p> |
| <p>4 THORNTON COLLEGE 5.0 ★ </p> | <p>9 BORROW AND NEST 5.0 ★ </p> |
| <p>5 AQUA INCLUDE 5.0 ★ </p> | <p>10 LITTLE LIFE STEPS 5.0 ★ </p> |

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Hubs**



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SCAN ME

From pregnancy to adulthood, there is something for everyone and all the support you need along the way too.

Come and see for yourself!

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-Clegg

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

Always make sure your toddler is safe when you are using or pouring hot water!

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 squeeze bottles.
- Encourage your toddler to use both hands to squeeze the bottles. Adjust the consistency of the



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.

Building on:

- Try the same activity outside with a squeeze 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.



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kumon.co.uk



little treasures
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[JoeyFootballFun](http://JoeyFootballFun.com)

Little Kickers (Milton Keynes)
 01494 911133 | mk@littlekickers.co.uk
www.littlekickers.co.uk

Rugbytots (MK and Bedford)
 0345 3136712 | shauna@rugbytots.co.uk
www.rugbytots.co.uk

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SPOUTLESS TRAINING RIM CUP, £19.99

This training cup from b.box is perfect for toddlers aged 12 months+, promoting independent sipping. With clear sides for visual learning, it minimises spills. Featuring an innovative lid for controlled flow and a versatile base for various lids, it adapts to growing needs. Dishwasher safe and free from harmful chemicals, it is available in 4 colours.

Buy from Amazon



MAPED TRAVEL BOARD, £17.63

This travel board from Maped will occupy your little ones wherever they are. The compact case is perfect for travelling, with a convenient carry handle. Place activity sheets behind the transparent board to complete the activities and pictures. The plastic shockproof board flexes and doesn't break. Marks made by the 4 markers rub out without a trace. Available from Amazon

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!

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Winner



Arabella, 1½ years old

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 P.O.P at www.polarncpyret.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.

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Ossian, 2 year 6 months old



Tilly-Grace & Noah,
7 and 4 years old



Albert 4 years old



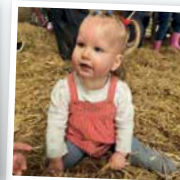
Sophie & Anna,
14months & 3.5 years old



Eduard, 4 years old



Zachary, 22 months old



Poppy, 19-months old



Nicholas, 3 years 4 months old



Vihaan, 14 months old



Annabelle, 21 months old



Indi, 3 years and 3 months old



Hattie, 2 years, 5 months old



Spencer, 17 months old



Arthur, 15 months old



Sylvienne, 2 years old



Barney, 3years old



Nadia, 10 months old



Ramez, 5 years old



Jack, 2 years old



Faith, 4 years old

TODDLE MODELS



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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**.

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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.



Review has been edited.



Rachael and her family were given this product as a freebie in return for writing this review.

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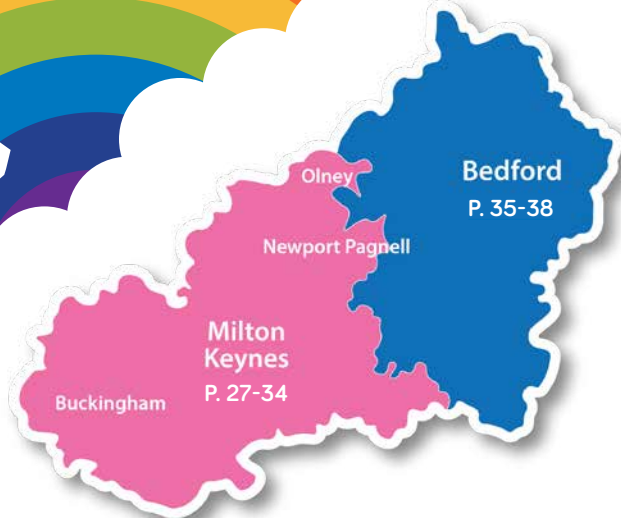


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Your local 'What's On Guide' for families with bumps - 5s in MK & Bedford.



MILTON KEYNES & BUCKINGHAM

MONDAY

PARENTS & TOTS

Cornerstone Toddlers

Cornerstone Church, 300 Saxon Gate West, Milton Keynes, MK9 2ES. 01908 237777 or 07854 762676. www.cornerstonemk.co.uk

Times: 10:00 - 11:30. **Ages:** 1 mths - 4 yrs 11 mths.

Cost: £1 per session (*drop in*). **Dates:** 8 Jul - 15 Jul & 9 Sep - 30 Sep.

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:** 8 Jul - 22 Jul & 2 Sep - 30 Sep.

Moorlands Family Centre

Beanhill Local Centre, Dodkin, Milton Keynes, MK6 4LP. 01908 679819.

• **Sensory Play:** 8:30 - 17:00.

Ages: 0 - 2 yrs. **Cost:** Free (*booking essential*).

Dates: 8 Jul - 22 Jul & 2 Sep - 30 Sep.

Robins Children's Centre

Glovers Lane, Heelands, Milton Keynes, MK13 7QL. 01908 318758.

• **Bumps and Babies:** 10:00 - 11:30.

Ages: Pregnancy - 1 yrs. **Cost:** Free (*booking essential*).

Dates: 9 Sep - 30 Sep.

MUSIC & SIGNING

Music Bugs Milton Keynes

Summerlin Centre Station Rd, Woburn Sands, Milton Keynes,

MK17 8SG. 0844 822 1158. www.musicbugs.co.uk

Times: 10:00 - 10:35 & 11:00 - 11:35. **Ages:** 0 - 4 yrs.

Cost: £6 per session (*booking essential*).

Dates: 8 Jul - 22 Jul & 9 Sep - 30 Sep.

PHYSICAL FUN

Rugbytots (Milton Keynes & Bedford)

Lace Hill Academy, Catchpin Street, Buckingham, MK18 7RR.

0845 313 6712. www.rugbytots.co.uk

Times: 9:10 - 9:40 & 10:35 - 11:20. **Ages:** 2 - 7 yrs.

Cost: £7 per session (*booking essential*).

Dates: 8 Jul - 22 Jul & 9 Sep - 30 Sep.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Milton Keynes

Willen Pavilion, 28 Portland Drive, Willen, Milton Keynes, MK15 9JP. 07809 459648. www.robotreg.co.uk

• **MINIS Phonics:** 12:45 - 13:30. **Ages:** 1 - 3 yrs.

• **Pre-school Phonics:** 13:45 - 14:30. **Ages:** 2 ½ yrs - 4 yrs 11 mths.

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

Dates: 8 Jul & 9 Sep - 30 Sep.

DANCE & DRAMA

Tot Bop

Pitstone Village Hall, Vicarage Road, Pitstone, Leighton Buzzard, LU7 9EY. 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: 8 Jul - 15 Jul & 9 Sep - 30 Sep.

SWIMMING

Water Babies Bucks & Beds

Holiday Inn Hotel, Milton Keynes Central, 500 Saxon Gate West, Milton Keynes, MK9 2HQ. 01295 709221. www.waterbabies.co.uk

Times: 10:00 - 10:30 & 10:00 - 12:00. **Ages:** 0 - 5 yrs.

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

Cost: £17 per session (*booking essential*).

Water Babies Bucks & Beds

Buckingham Best Western Hotel, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. www.waterbabies.co.uk

Times: 9:30 - 10:00 & 9:30 - 11:00. **Ages:** 0 - 4 yrs.

Dates: 8 Jul - 29 Jul & 8 Jul - 9 Sep.

Cost: £17 per session (*booking essential*).



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HEALTH & WELLNESS

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: 8 Jul - 22 Jul & 9 Sep - 30 Sep.

TUESDAY

PARENTS & TOTS

Hummingbird Children's Centre

Broughton Fields School, Shackerstone Close, Milton Keynes, MK6 4LP. 01908 609609.

- **Stay and Play:** 10:00 - 11:30.
- **Story and Song Time:** 13:00 - 14:30.

Cost: Free (*booking essential*).
Dates: 9 Jul - 16 Jul.

Lovat Hall

Silver Street, Newport Pagnell, MK16 0EJ. 01908 609609.

- **Baby Clinic:** 13:00 - 14:45.

Cost: Free (*booking essential*).
Dates: 9 Jul - 16 Jul.

MK Christian Centre Parent and Toddler Group

Strudwick Drive, Oldbrook, MK6 2TG. 01908 670655.

Times: 10:00 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £1 per session (*drop in*).
Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

Milton Keynes Central Library

555 Silbury Boulevard, Milton Keynes, MK9 3HL.

- **Song and Rhyme Time:** 10:00 - 10:30. **Ages:** 0 - 2 yrs.
- **Storytime:** 10:45 - 11:15. **Ages:** 0 - 5 yrs.

Cost: Free (*drop in*).
Dates: 9 Jul - 23 Jul & 3 Sep - 1 Oct.

Moorlands Family Centre

Beanhill Local Centre, Dodkin, Milton Keynes, MK6 4LP.
 01908 679819.

- **Sensory Play:** 8:30 - 17:00. **Ages:** 0 - 2 yrs.

Cost: Free (*booking essential*).

Dates: 9 Jul - 23 Jul & 3 Sep - 1 Oct.

- **Baby Group:** 13:45 - 14:45. **Ages:** Pregnancy - 1½ yrs.

Cost: Free (*drop in*). **Dates:** 9 Jul - 16 Jul & 3 Sep - 1 Oct.

Robins Children's Centre

Ashbrook School, 38 The High Street, Two Mile Ash, Milton Keynes, MK8 8NA. 01908 318758.

- **Story, Songs and Rhyme Time:** 9:00 - 10:00. **Ages:** 0 - 4 yrs.

Cost: Free (*drop in*). **Dates:** 10 Sep - 1 Oct.

Winslow Baby and Toddler Group

Winslow Public Hall, Elmfield Gate, Winslow, MK18 3JA.

Times: 10:00 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £2.50 per session (*drop in*).
Dates: 9 Jul - 23 Jul & 3 Sep - 1 Oct.

Woburn Sands Library

The Institute, 6 High Street, Woburn Sands, MK17 8SD. 01908 609609.

- **Story Time:** 11:15 - 11:45. **Ages:** 0 - 5 yrs.

Cost: Free (*drop in*). **Dates:** 9 Jul - 16 Jul & 3 Sep - 1 Oct.

MUSIC & SIGNING

Cha Char Chimps CIC

Old Bath House & Community Centre, 205 Stratford Road, Wolverton, Milton Keynes, MK12 5RL. www.cchimps.com.

- **Cha Char Chimps Show:** 9:45 - 10:45.
- **Baby Chimps:** 11:00 - 12:00. **Ages:** 0 - 1 yrs.

Ages: 0 - 4 yrs. **Cost:** £6.95 per session (*booking essential*).
Dates: 9 Jul & 16 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.

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

Ages: 0 - 4 yrs. **Cost:** £12 per session (*booking essential*).
Dates: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

Music Bugs Milton Keynes

360 Play, Roeback Way, Knowlhill, Milton Keynes, MK5 8HL.
 0844 822 1158. www.musicbugs.co.uk.

- **Music Bugs:** 10:00 - 10:35 & 11:00 - 11:35.

Get 3 sessions (in a row) as a trial for just £12

Ages: 3 mths - 4 yrs. **Cost:** £6 per session (*booking essential*).
Dates: 9 Jul - 23 Jul & 10 Sep - 1 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) Summer Classes:** 9:30 - 10:05.

Cost: £7.75 per session (*booking essential*).

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

Cost: £8.75 per session (*booking essential*).

- **Funky Monkeys / Groovy Movers Summer Workshop for Ages 4-9:** 11:15 - 15:15.

Cost: £36 per course (*booking essential*).

Dates: 30 Jul - 1 Aug.

SWIMMING

Water Babies Bucks & Beds

Buckingham Best Western Hotel, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. www.waterbabies.co.uk.

Times: 9:30 - 10:00 & 9:30 - 12:00. **Ages:** 0 - 4 yrs.

Cost: £17 per session (*booking essential*).

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

Water Babies Bucks & Beds

Wolverton Swimming & Fitness Centre,
Addington Avenue, Stratford Park,
Wolverton, MK12 5GH. 01295 709221.
www.waterbabies.co.uk.

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

Cost: £17 per session (*booking essential*).

Dates: 9 Jul - 10 Sep.

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: 9 Jul - 23 Jul & 10 Sep - 1 Oct.

WEDNESDAY**PARENTS & TOTS****Buckingham Library**

Verney Close, Buckingham, MK18 1JP.
01296 382415.

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

Ages: 0 - 4 yrs. **Cost:** Free (*drop in*).

Dates: 10 Jul - 17 Jul & 4 Sep - 2 Oct.

St Mary's Wavendon

St Mary's Wavendon C of E Primary,
Friary Grv, Eagle Farm South,
MK17 7AA. 01908 609609.

- **Coffee Morning:** 9:00 - 10:15.

Cost: Free (*booking essential*).

Dates: 10 Jul - 17 Jul.

Hummingbird Children's Centre

Broughton Fields School, Shackerstone
Close, Milton Keynes, MK6 4LP.
01908 609609.

- **Morning Meet-Up:** 10:00 - 11:30.

- **Help Hub:** 10:00 - 11:30.

Cost: Free (*booking essential*).

Dates: 10 Jul - 17 Jul.

Neath Hill Medical Centre

1 Tower Cres, Neath Hill, MK14 6JY. 01908 609609.

- **Baby Clinic:** 13:00 - 14:45.

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

Jumping Beans Under 5s stay and playgroup

Springfield Community Hall, Springfield, Milton Keynes, MK6 3JH.
07962891680.

Times: 9:30 - 11:30. **Cost:** £4 per session (*booking essential*).

Dates: 10 Jul - 2 Oct.

Moorlands Family Centre

Beanhill Local Centre, Dodkin, Milton Keynes, MK6 4LP.
01908 679819.

- **Sensory Play:** 8:30 - 17:00. **Ages:** 0 - 2 yrs.

Cost: Free (*booking essential*).

- **Stay and Play:** 13:30 - 15:00. **Ages:** 0 - 3 yrs.

Cost: Free (*drop in*).

Dates: 10 Jul - 24 Jul & 4 Sep - 2 Oct.



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MUSIC & SIGNING**Music Bugs Milton Keynes**

The Methodist Church, Silver Street, Stony Stratford, Milton Keynes,
MK11 1JS. 0844 822 1158. www.musicbugs.co.uk.

Times: 10:00 - 10:35 & 11:00 - 11:35. **Ages:** 0 - 5 yrs.

Cost: £6 per session (*booking essential*).

Dates: 10 Jul - 17 Jul & 4 Sep - 2 Oct.

SENSORY & DEVELOPMENT**Little Glow Milton Keynes**

East Street Community Centre, East Street, Olney, Milton Keynes,
MK46 4DH. 07969 247268. www.miltonkeynes.thelittlesensory.co.

Times: 10:00 - 11:00. **Ages:** 1 mths - 1½ yrs.

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

Dates: 10 Jul - 17 Jul, 4 Sep - 2 Oct & 4 Sep - 2 Oct.



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Phonics with Robot Reg Milton Keynes

360 Play, Roebuck Way, Knowhill, Milton Keynes, MK5 8HL.
07809 459648. www.robotreg.co.uk.

- **MINIS Phonics:** 10:00 - 10:45. **Ages:** 1 - 3 yrs.
- **Pre-school Phonics:** 11:00 - 11:45. **Ages:** 2 ½ yrs - 4 yrs 11 mths.

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

Dates: 10 Jul & 4 Sep - 2 Oct.

SWIMMING

Water Babies Bucks & Beds

Holiday Inn Hotel , Milton Keynes Central, 500 Saxon Gate West,
Milton Keynes, MK9 2HQ. 01295 709221. www.waterbabies.co.uk.

Times: 10:00 - 10:30 & 16:30 - 17:00. **Ages:** 0 - 5 yrs.

Cost: £18.50 per session (*booking essential*).

Dates: 10 Jul - 11 Sep.

Water Babies Bucks & Beds

Wolverton Swimming & Fitness Centre, Addington Avenue, Stratford
Park, Wolverton, MK12 5GH. 01295 709221. www.waterbabies.co.uk.

Times: 13:45 - 14:15. **Ages:** 0 - 5 yrs.

Cost: £17 per session (*booking essential*).

Dates: 10 Jul - 11 Sep.

HEALTH & WELLNESS

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 & 4 Sep - 2 Oct.

THURSDAY

PARENTS & TOTS

Bletchley Library

Westfield Road, Bletchley, MK2 2RA.

- **Story Time:** 10:00 - 10:30.

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Church Mice

St Peter's & St Paul's Church, Church Street, Olney, Milton Keynes,
MK46 4AD. 01234 712772.

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Hedgerows Family Centre

Langland Road Playzone, Netherfield, MK6 4NP. 01908 609609.

- **Baby Clinic:** 9:30 - 11:15.

Cost: Free (*booking essential*). **Dates:** 11 Jul - 18 Jul.

Hummingbird Children's Centre

Broughton Fields School, Shackerstone Close, Milton Keynes,
MK6 4LP. 01908 609609.

- **Baby Group:** 10:00 - 11:30.
- **Walk and Talk:** 13:00 - 14:00.
- **Baby Massage and Yoga:** 13:00 - 15:00.

Cost: Free (*booking essential*). **Dates:** 11 Jul - 18 Jul.

Kingston Library

Winchester Circle, Kingston, MK9 3HL.

- **Story Time:** 10:00 - 10:30.

Ages: 0 - 7 yrs. **Cost:** Free (*drop in*).

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Moorlands Family Centre

Beanhill Local Centre, Dodkin, Milton Keynes, MK6 4LP.
01908 679819.

- **Sensory Play:** 8:30 - 9:30. **Ages:** 0 - 2 yrs.

Cost: Free (*booking essential*).

- **Soft Play Session:** 9:30 - 10:30. **Ages:** 0 - 5 yrs.

Cost: Free (*drop in*).

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Noah's Ark Baby & Toddler Group

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

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Robins Children's Centre

Glovers Lane, Heelands, Milton Keynes, MK13 7QL. 01908 318758.

- **Soft Play:** 10:00 - 11:15. **Ages:** 6 mths - 1 yrs 8 mths.

Cost: Free (*drop in*). **Dates:** 5 Sep - 3 Oct.

Steeple Claydon Baby & Toddler Group

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

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

Cost: £2.50 per session (*drop in*).

Dates: 11 Jul - 18 Jul & 15 Aug - 3 Oct.

Stony Stratford Library

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

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

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

St Mary's Wavendon

St Mary's Wavendon C of E Primary, Friary Grv, Eagle Farm South,
MK17 7AA. 01908 609609.

- **Song time:** 10:00 - 11:00.

Cost: Free (*booking essential*). **Dates:** 11 Jul - 18 Jul.

The Parks Trust Milton Keynes

The Parks Trust, Campbell Park Pavilion, 1300 Silbury Boulevard,
Milton Keynes, MK9 4AD. 01908 233600. www.theparkstrust.com.

- **Tree Tots (under-5s):** 10:00 - 10:50 & 11:00 - 11:50.

Cost: £1 per session (*booking essential*).

Dates: 11 Jul - 12 Sep.



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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 - 10:35 & 11:00 - 11:35. **Ages:** 6 mths - 4 yrs.

Cost: £6 per session (*booking essential*).

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

SENSORY & DEVELOPMENT

Little Glow Milton Keynes

The Quaker Centre, 1 Oakley Gardens, Downhead Park, Milton Keynes, MK15 9BH. 07969 247268. miltonkeynes.thelittlesensory.co

Times: 10:00 - 11:00 & 11:30 - 12:30. **Ages:** 1 mths - 1½ yrs.

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

Dates: 11 Jul, 5 Sep - 3 Oct.

Phonics with Robot Reg Milton Keynes

Newton Leys Pavilion, Furzey Way, Bletchley, Milton Keynes, MK3 5SP. 07809 459648. www.robotreg.co.uk

- **Reception Home Education Reception Age:** 10:30 - 11:15.

Classes for those families home educating

Ages: 4 - 5 yrs. **Cost:** £7.50 per session (*booking essential*).

Dates: 11 Jul & 5 Sep - 3 Oct.

Phonics with Robot Reg Milton Keynes

East Street Community Centre, East Street, Olney, Milton Keynes, MK46 4DH. 07809 459648. www.robotreg.co.uk

- **Pre-school Phonics with Robot Reg Class:** 13:30 - 14:15.

Ages: 2½ yrs - 4 yrs 11 mths.

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

Dates: 11 Jul & 5 Sep - 3 Oct.



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mk@littlekickers.co.uk



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PHYSICAL FUN

Little Kickers MK

Brooklands Community Sports Pavillion, Countess Way, Brooklands, Milton Keynes, MK10 7HN. 01494 911133. www.littlekickers.co.uk

• **Mighty Kickers:** 16:10 - 16:55.

Ages: 3½ yrs - 5 yrs. **Cost:** £7.85 per session (*booking essential*).

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

SWIMMING

Turtle Tots Northamptonshire, Milton Keynes & Bedford

DW Fitness - MK, Stadium Way, Milton Keynes, MK1 1ST. 01604 372747. www.turtletots.com

Times: 10:30 - 13:00. **Ages:** 3 mths - 4 yrs.

Cost: £15 per session (*booking essential*).

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Water Babies Bucks & Beds

Buckingham Best Western Hotel, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. www.waterbabies.co.uk

Times: 10:30 - 11:00 & 10:30 - 12:30. **Ages:** 0 - 4 yrs.

Cost: £17 per session (*booking essential*).

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

Water Babies Bucks & Beds

Nuffield Health, 602 Marlborough Gate, Milton Keynes, MK9 2HQ. 01295 709221. www.waterbabies.co.uk

Times: 14:45 - 15:15. **Ages:** 0 - 5 yrs.

Cost: £18.50 per session (*booking essential*).

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

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 & 5 Sep - 3 Oct.

FRIDAY

PARENTS & TOTS

Deanshanger Library

Little London Deanshanger, Deanshanger, MK19 6HT.

- **Rhymetime:** 14:15 - 14:45.

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

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

Hummingbird Children's Centre

Broughton Fields School, Shackerstone Close, Milton Keynes, MK6 4LP. 01908 609609.

- **Funday Friday:** 10:00 - 11:30.

- **Quiet Stay and Play:** 13:00 - 14:00.

Cost: Free (*booking essential*).

Dates: 12 Jul - 19 Jul.

Kingston Library

Winchester Cir, Kingston, MK10 0BA. 01908 609609.

- **Lego and Duplo Club:** 15:30 - 16:30.

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

Moorlands Family Centre

Beanhill Local Centre, Dodkin, Milton Keynes, MK6 4LP. 01908 679819.

- **Sensory Play:** 8:30 - 09:30.

Ages: 0 - 2 yrs. **Cost:** Free (*booking essential*).

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

Newport Pagnell Library

St John Street, Newport Pagnell, MK16 8HQ.

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

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

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

Robins Children's Centre

Glovers Lane, Heelands, Milton Keynes, MK13 7QL. 01908 318758.

- **Stay and Play:** 10:00 - 11:30.

Ages: 0 - 4 yrs. **Cost:** Free (*booking essential*). **Dates:** 6 Sep - 4 Oct.

Westcroft Library

Wimborne Crescent, Westcroft, MK4 4DE.

- **Story Time:** 10:00 - 10:30.

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

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

Woburn Baby And Toddler Group

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

Times: 9:45 - 11:30. **Ages:** 0 - 4 yrs.

Cost: £2.50 per session (*booking essential*).

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

Woburn Sands Library

The Institute, 6 High Street, Woburn Sands, MK17 8SD. 01908 609609.

- **Chess (adults and children):** 15:30 - 16:30.

- **Lego and Duplo Club:** 15:30 - 16:30.

Cost: Free (*booking essential*).

Dates: 12 Jul - 19 Jul.

Wolverton Library

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

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

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

Dates: 12 Jul - 19 Jul, 6 Sep - 4 Oct.

MUSIC & SIGNING

Cha Char Chimps CIC

Old Stratford Community Hall, Deanshanger Rd, Old Stratford, MK19 6NL. www.cchimps.com.

Times: 9:45 - 10:45. **Ages:** 0 - 4 yrs.

(*booking essential*). **Dates:** 12 Jul & 19 Jul.

Music Bugs Milton Keynes

The Sunshine Centre, Dulverton Drive, Furzton, MK4 1EZ.

0844 822 1158. www.musicbugs.co.uk.

Times: 10:00 - 10:35 & 11:00 - 11:35. **Ages:** 0 - 5 yrs.

Cost: £6 per session (*booking essential*).

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

SENSORY & DEVELOPMENT

Little Glow Milton Keynes

The Quaker Centre, 1 Oakley Gardens, Downhead Park, Milton Keynes, MK15 9BH. 07969 247268. miltonkeynes.thelittlesensory.co.

Times: 10:00 - 11:00 & 11:30 - 12:30. **Ages:** 1 mths - 1½ yrs.

Dates: 19 Jul & 6 Sep - 4 Oct.

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

Phonics with Robot Reg Milton Keynes

Loughton Memorial Hall, 44 Bradwell Road, Loughton, Milton Keynes, MK5 8AJ. 07809 459648. www.robotreg.co.uk.

- **MINIS Phonics with Robot Reg:** 9:30 - 10:15. **Ages:** 1 - 3 yrs.

- **Pre-school Phonics with Robot Reg Class:** 10:30 - 11:15.

Ages: 2½ yrs - 4 yrs 11 mths.

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

Dates: 12 Jul & 6 Sep - 4 Oct.

Phonics with Robot Reg Milton Keynes

Stony Stratford Methodist Church, Silver Street, Stony Stratford, Milton Keynes, MK11 1JS. 07809 459648. www.robotreg.co.uk.

- **Pre-school Phonics with Robot Reg Class:** 13:30 - 14:15.

Ages: 2½ yrs - 4 yrs 11 mths.

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

Dates: 12 Jul & 6 Sep - 4 Oct.

DANCE & DRAMA

Tot Bop

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

- **Tiny Tots:** 9:30 - 10:05.

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

- **Baby Boppers:** 10:20 - 11:05.

Ages: 2½ yrs - 5 yrs. **Cost:** £8.75 per session (*booking essential*).

Dates: 12 Jul - 19 Jul & 13 Sep - 4 Oct.

PHYSICAL FUN

Little Kickers MK

Oakgrove Leisure Centre, Venturer Gate, Oakgrove, Milton Keynes, MK10 9JQ. 01494 911133. www.littlekickers.co.uk.

- **Mighty Kickers:** 16:25 - 17:10.

Ages: 3½ yrs - 5 yrs. **Cost:** £7.85 per session (*booking essential*).

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

SWIMMING

Water Babies Bucks & Beds

Holiday Inn Hotel, Milton Keynes Central, 500 Saxon Gate West, Milton Keynes, MK9 2HQ. 01295 709221. www.waterbabies.co.uk.

Times: 9:30 - 10:00. **Ages:** 0 - 5 yrs.

Cost: £17 per session (*booking essential*).

Dates: 12 Jul - 13 Sep.

Water Babies Bucks & Beds

Fitness First, Unit B, Stadium Way, West Milton Keynes, MK11 1ST. 01295 709221. www.waterbabies.co.uk.

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

Cost: £18.50 per session (*booking essential*).

Dates: 12 Jul - 19 Jul & 12 Jul - 13 Sep.



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- ✓ Develop motor skills
- ✓ Singing and dancing
- ✓ Lots of fun and laughter
- ✓ Preparation for school

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<https://www.robotreg.co.uk/find-a-class/milton-keynes/>




Water Babies Bucks & Beds

Wolverton Swimming & Fitness Centre, Addington Avenue, Stratford Park, Wolverton, MK12 5GH. 01295 709221. www.waterbabies.co.uk.

Times: 11:30 - 12:00. **Ages:** 0 - 5 yrs.

Cost: £17 per session (*booking essential*).

Dates: 12 Jul - 19 Jul & 12 Jul - 13 Sep.

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.

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

Dates: 12 Jul - 19 Jul & 6 Sep - 4 Oct.

SATURDAY

PARENTS & TOTS

DadTime

Kents Hill Community Ctr, Frithwood Crescent, Kents Hill, Milton Keynes, MK7 6HQ. 07887 756651.

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

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

DANCE & DRAMA

Tot Bop

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

- **Tiny Tots:** 8:45 - 9:15. **Ages:** 1 yrs - 2½ yrs.
- **Baby Boppers:** 9:30 - 10:15. **Ages:** 2½ yrs - 3½ yrs.
- **Funky Monkeys:** 10:30 - 11:15. **Ages:** 3½ yrs - 5 yrs 11 mths.
- **Groovy Movers:** 11:30 - 12:15. **Ages:** 5 yrs - 9 yrs 11 mths.

Cost: £8.75 per session (*booking essential*).

Dates: 13 Jul - 20 Jul & 14 Sep - 5 Oct.



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PHYSICAL FUN

Little Kickers MK

Oakgrove Leisure Centre, Venturor Gate, Oakgrove, Milton Keynes, MK10 9JQ. 01494 911133. www.littlekickers.co.uk.

- **Little Kicks:** 8:30 - 9:15. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 9:30 - 10:15. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:30 - 11:15. **Ages:** 3½ yrs - 5 yrs.
- **Junior Kickers:** 11:30 - 12:15. **Ages:** 2½ yrs - 3½ yrs.
- **Mega Kickers:** 11:30 - 12:15. **Ages:** 5 - 7 yrs.

Cost: £7.85 per session (*booking essential*).

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

Little Kickers MK

Tickford Park Primary School, Avon Close, Newport Pagnell, MK16 9DH. 01494 911133. www.littlekickers.co.uk.

- **Little Kicks:** 8:45 - 9:30. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:25 - 11:10. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £7.85 per session (*booking essential*).

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

Little Kickers MK

Woughton Leisure Centre, Rainbow Drive, Leadenhall, Milton Keynes, MK6 5EJ. 01494 911133. www.littlekickers.co.uk.

- **Junior Kickers:** 8:45 - 9:30. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 9:40 - 10:25. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 10:45 - 11:30. **Ages:** 5 - 7 yrs.

Cost: £7.85 per session (*booking essential*).

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

Little Kickers MK

Royal Latin School, Chandos Road, Buckingham, MK18 1AX. 01494 911133. www.littlekickers.co.uk.

- **Junior Kickers:** 9:10 - 9:55. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:05 - 10:50. **Ages:** 3½ yrs - 5 yrs.
- **Little Kicks:** 11:00 - 11:45. **Ages:** 1½ yrs - 2½ yrs.

Cost: £7.85 per session (*booking essential*).

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

Little Kickers MK

Brooklands Community Sports Pavillion, Countess Way, Brooklands, Milton Keynes, MK10 7HN. 01494 911133. www.littlekickers.co.uk.

- **Junior Kickers:** 9:15 - 10:00. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:15 - 11:00. **Ages:** 3½ yrs - 5 yrs.

Cost: £7.85 per session (*booking essential*).

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

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 per session (*booking essential*).

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

Rugbytots (Milton Keynes & Bedford)

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 per session (*booking essential*).

Dates: 13 Jul - 20 Jul & 7 Sep - 5 Oct.

SWIMMING**Water Babies Bucks & Beds**

Holiday Inn Hotel, Milton Keynes Central, 500 Saxon Gate West, Milton Keynes, MK9 2HQ. 01295 709221. www.waterbabies.co.uk.

Times: 8:00 - 8:30. **Ages:** 0 - 5 yrs.

Cost: £18.50 per session (*booking essential*).

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

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

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

- **Baby & Children's Nearly New Sales:** 15:00 - 16:30.

Ages: Pregnancy - 8 yrs.

Cost: £1.50 entry (*booking essential*). **Dates:** 13 Jul.

SUNDAY**DANCE & DRAMA****Stantonbury Theatre**

Stantonbury Theatre, Stantonbury, Milton Keynes, MK14 6BN. 01908 324466. www.stantonburytheatre.co.uk.

- **Shark in the Park:** 14:30 - 15:30.

Cost: £14 per ticket (*booking essential*). **Dates:** 1 Sep.

PHYSICAL FUN**Little Kickers MK**

Rickley Park School, Rickley Lane, Milton Keynes, MK3 6EW. 01494 911133. www.littlekickers.co.uk.

- **Little Kicks:** 8:45 - 9:30. **Ages:** 1½ yrs - 2½ yrs.
- **Junior Kickers:** 9:35 - 10:20. **Ages:** 2½ yrs - 3½ yrs.
- **Mighty Kickers:** 10:25 - 11:10. **Ages:** 3½ yrs - 5 yrs.
- **Mega Kickers:** 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £7.85 per session (*booking essential*).

Dates: 14 Jul - 21 Jul & 8 Sep - 29 Sep.

SWIMMING**Turtle Tots Northamptonshire, Milton Keynes & Bedford**

DW Fitness, Stadium Way, Milton Keynes, MK1 1ST. 01604 372747. www.turtletots.com.

Times: 14:00 - 17:00. **Ages:** 3 mths - 4 yrs.

Cost: £15 per session (*booking essential*).

Dates: 14 Jul - 21 Jul & 8 Sep - 29 Sep.

Water Babies Bucks & Beds

Holiday Inn Hotel, Milton Keynes Central, 500 Saxon Gate West, Milton Keynes, MK9 2HQ. 01295 709221. www.waterbabies.co.uk.

Times: 11:30 - 12:00. **Ages:** 0 - 5 yrs.

Cost: £18.50 per session (*booking essential*).

Dates: 14 Jul - 15 Sep.

Water Babies Bucks & Beds

Wolverton Swimming & Fitness Centre, Addington Avenue, Stratford Park, Wolverton, MK12 5GH. 01295 709221. www.waterbabies.co.uk.

Times: 14:30 - 15:00, 15:00 - 18:30. **Ages:** 0 - 5 yrs.

Cost: £17 per session (*booking essential*).

Dates: 14 Jul - 15 Sep.

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MONDAY

PARENTS & TOTS

Daisy Hill Children's Centre

Hillgrounds Road, Kempston, Bedford, MK42 8QH. 0300 323 0245.

- **Play & Learn (0-Cruisers):** 9:30 - 11:00. **Ages:** 5 mths - 1 ½ yrs.
- **Baby Brasserie:** 9:30 - 11:30. **Ages:** Pregnancy - 6 mths.

Cost: Free (*drop in*).

Dates: 8 Jul - 15 Jul & 9 Sep - 30 Sep.

Queens Park Family Hubs

Marlborough Road, Queens Park, Bedford, MK40 4LE. 0300 323 0245.

- **Play & Learn Toddler:** 13:30 - 14:30.

Ages: 1 - 4 yrs. **Cost:** Free (*drop in*).

Dates: 8 Jul - 15 Jul & 9 Sep - 30 Sep.

Pine Cones Family Hubs

Slade Walk, Bedford, MK41 7SA. 0300 323 0245.

- **Play & Learn (0-Cruisers):** 13:30 - 15:00. **Ages:** 5 mths - 1 ½ yrs.

Cost: Free (*drop in*). **Dates:** 8 Jul - 15 Jul & 9 Sep - 30 Sep.

Lakeview Village Hall

155-160 Brooklands Avenue, Wixams, Bedford, MK42 6BE. 0300 323 0245.

- **Play & Learn Toddler:** 9:30 - 11:00. **Ages:** 1 - 4 yrs.

Cost: Free (*drop in*). **Dates:** 15 Jul, 9 Sep & 23 Sep.

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: 8 Jul - 15 Jul & 9 Sep - 30 Sep.

Forest of Marston Vale

The Forest Centre and Millennium Country Park, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **Jurassic Trail:** 11:00 - 12:00. **Ages:** 2 - 8 yrs.

Cost: £3 per session (*booking essential*). **Dates:** 26 Aug - 26 Aug.

The Parish Church of Transfiguration

Transfiguration Church, 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:** 8 Jul - 15 Jul & 2 Sep - 30 Sep.

PHYSICAL FUN

Playhouse Bedford Ltd

Main Address, Building 37 Twinwoods Business Park, Thurleigh Road, Milton Ernest, MK44 1FD. 07778800034. www.playhousebedford.com.

- **2hr Sessions:** 9:00 - 11:00, 9:15 - 11:15, 9:30 - 11:30, 9:45 - 11:45, 11:15 - 13:15, 11:30 - 13:30, 11:45 - 13:45, 12:00 - 14:00, 13:30 - 15:30, 13:45 - 15:45 & 14:00 - 16:00.

Ages: 0 - 10 yrs.

- **1hr Sessions:** 15:45 - 16:45 & 16:00 - 17:00.

Ages: 0 - 10 yrs.

Cost: £5.95 per session (*booking essential*).

Dates: 8 Jul - 31 Aug.

TUESDAY

PARENTS & TOTS

Daisy Hill Children's Centre

Hillgrounds Road, Kempston, Bedford, MK42 8QH. 0300 323 0245.

- **Play & Learn Toddler:** 13:30 - 14:30. **Ages:** 1 - 4 yrs.

Cost: Free (*drop in*). **Dates:** 9 Jul - 16 Jul & 10 Sep - 1 Oct.

Eastcotts Children's Centre

65 Beauvais Square, Shortstown, Bedford, MK42 0GG. 0300 323 0245.

- **Play & Learn (0-Cruisers):** 13:30 - 15:00. **Ages:** 5 mths - 1 ½ yrs.

Cost: Free (*drop in*). **Dates:** 9 Jul - 16 Jul & 10 Sep - 1 Oct.

Forest of Marston Vale

The Forest Centre and Millennium Country Park, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **ROARsome Crafts:** 11:00 - 12:00. **Ages:** 3 - 9 yrs.

Cost: £4 per session (*booking essential*). **Dates:** 23 Jul - 23 Jul.

- **Jurassic Trail:** 11:00 - 12:00. **Ages:** 2 - 8 yrs.

Cost: £3 per session (*booking essential*). **Dates:** 27 Aug - 27 Aug.

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: 9 Jul - 16 Jul & 3 Sep - 1 Oct.

Peter Pan Children's Centre

Edward Road, Bedford, MK42 9DR. 0300 323 0245.

- **Play & Learn Toddler:** 9:30 - 10:30. **Ages:** 1 - 4 yrs.

Cost: Free (*drop in*).

Dates: 9 Jul - 16 Jul & 10 Sep - 1 Oct.

Queens Park Family Hubs

Marlborough Road, Queens Park, Bedford, MK40 4LE. 0300 323 0245.

- **Play & Learn (0-Cruisers):** 9:30 - 11:00. **Ages:** 5 mths - 1 ½ yrs.

- **Baby Brasserie:** 9:30 - 11:30. **Ages:** Pregnancy - 6 mths.

Cost: Free (*drop in*).

Dates: 9 Jul - 16 Jul & 10 Sep - 1 Oct.

SWIMMING

Water Babies Bucks & Beds

Cottesloe Physio, Old Park Farm, Cublington Road, Wing, LU7 0LB. 01295 709221. www.waterbabies.co.uk.

Times: 9:15 - 9:45. **Ages:** 0 - 5 yrs.

Cost: £18.50 per session (*booking essential*).

Dates: 9 Jul - 10 Sep.

Water Babies Bucks & Beds

Clophill Pool, 22 Back Street, Clophill, MK45 4BY. 01295 709221. www.waterbabies.co.uk.

Times: 12:30 - 13:00 & 14:00 - 14:30. **Ages:** 0 - 4 yrs.

Cost: £17 per session (*booking essential*).

Dates: 9 Jul - 10 Sep.

WEDNESDAY

PARENTS & TOTS

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 - 5 yrs.

Cost: £1 per session (*booking essential*).

Dates: 10 Jul - 17 Jul & 4 Sep - 2 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: 10 Jul - 17 Jul & 4 Sep - 2 Oct.

Christ Church Bedford

Christ Church Bedford, 140 Dudley Street, Bedford, MK40 3SX. 01234 327150.

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

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

Dates: 10 Jul - 17 Jul & 4 Sep - 2 Oct.

Cherry Trees Children's Centre

Hawkins Road, Bedford, MK42 9LS. 0300 323 0245.

- **Play & Learn (0-Cruisers):** 13:30 - 15:00. **Ages:** 5 mths - 1 ½ yrs.

- **Baby Brasserie:** 13:30 - 15:00. **Ages:** Pregnancy - 6 mths.

Cost: Free (*drop in*). **Dates:** 10 Jul - 17 Jul & 4 Sep - 2 Oct.



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www.bedfordballschool.com



Forest of Marston Vale

The Forest Centre and Millennium Country Park, Forest of Marston Vale, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **Bits & Bobs Kids' Crafts:** 11:00 - 12:00. **Ages:** 3 - 9 yrs. **Cost:** £4 per session (*booking essential*). **Dates:** 14 Aug - 14 Aug.
- **Krisgar's Magic Show:** 11:30 - 12:30. **Ages:** 4 - 8 yrs. **Cost:** £5 per session (*booking essential*). **Dates:** 21 Aug - 21 Aug.
- **Jurassic Trail:** 11:00 - 12:00. **Ages:** 2 - 8 yrs. **Cost:** £3 per session (*booking essential*). **Dates:** 28 Aug - 28 Aug.

Goldington Family Centre

28 Meadway, Bedford, MK41 9HU. 0300 323 0245.

- **Play & Learn Toddler:** 9:30 - 10:30. **Ages:** 1 - 4 yrs. **Cost:** Free (*drop in*). **Dates:** 10 Jul - 17 Jul & 4 Sep - 2 Oct.

Kingsbrook Children's Centre

Canvin Way, Bedford, MK42 0HL. 0300 323 0245.

- **Play & Learn Toddler:** 11:00 - 12:00. **Ages:** 1 - 4 yrs. **Cost:** Free (*drop in*). **Dates:** 10 Jul - 17 Jul & 4 Sep - 2 Oct.

King's Playhouse

King's House, 245 Ampthill Road, Bedford, MK42 9AZ. www.kingsarms.org.

- **Playhouse:** 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 per session (*booking essential*). **Dates:** 10 Jul - 17 Jul, 7 Aug & 4 Sep.

Pine Cones Family Hub

Slade Walk, Bedford, MK41 7SA. 0300 323 0245.

- **Play & Learn Toddler:** 13:30 - 14:30. **Ages:** 1 - 4 yrs. **Cost:** Free (*booking essential*). **Dates:** 10 Jul - 17 Jul & 4 Sep - 2 Oct.

Queens Park Family Hubs

Marlborough Road, Queens Park, Bedford, MK40 4LE. 0300 323 0245.

- **Mind the Bump:** 10:00 - 11:00. **Ages:** Pregnancy. **Cost:** Free (*booking essential*). **Dates:** 10 Jul - 7 Aug & 4 Sep - 2 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:** 10 Jul - 17 Jul & 4 Sep - 2 Oct.

SWIMMING

Swimkidz South Bucks

Cottesloe Physio, Old Park Farm, Cublington Rd, Wing, Leighton Buzzard, LU70LB.

- Times:** 10:00 - 12:00. **Ages:** from 8 mths. **Cost:** £15 per session (*booking essential*). **Dates:** 10 Jul - 24 Jul & 11 Sep - 2 Oct.

Water Babies Bucks & Beds

Trinity Arts & Leisure, Bromham Road, Bedford, MK40 2BS. 01295 709221. www.waterbabies.co.uk.

- Times:** 11:45 - 12:15 & 11:45 - 13:45. **Ages:** 0 - 5 yrs. **Cost:** £18.50 per session (*booking essential*). **Dates:** 10 Jul - 11 Sep.

THURSDAY

PARENTS & TOTS

All Saints Church, Riseley

16 Church Lane, Bedford, MK44 1ER. 01234 708234.
www.allsaintsriseley.org.

- **Music and Movement:** 9:30 - 10:15. **Ages:** 0 - 5 yrs.
- **Stay & Play:** 10:30 - 11:15. **Ages:** 0 - 5 yrs.

Cost: Free (*drop in*). **Dates:** 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Bromham Benefice

St Mary's Church, Oakley, Church Lane, Oakley, Bedford, MK43 7RU.
www.bromhambenefice.org.

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

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Eastcotts Children's Centre

65 Beauvais Square, Shortstown, Bedford, MK42 0GG. 0300 323 0245.

- **Play & Learn Toddler:** 11:00 - 12:00.

Ages: 1 - 4 yrs. **Cost:** Free (*drop in*).

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Forest of Marston Vale

The Forest Centre and Millennium Country Park, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **Afternoon Tea with The Princesses:** 12:30 - 14:00.

Ages: 3 - 9 yrs.

Cost: £15 per session (*booking essential*). **Dates:** 25 Jul.

- **Little City at the Forest Centre:** 11:00 - 12:30.

Ages: 1 - 6 yrs.

Cost: £9 per session (*booking essential*). **Dates:** 22 Aug - 22 Aug.

- **Jurassic Trail:** 11:00 - 12:00.

Ages: 2 - 8 yrs.

Cost: £3 per session (*booking essential*). **Dates:** 29 Aug - 29 Aug.

Goldington Family Centre

28 Meadway, Bedford, MK41 9HU. 0300 323 0245.

- **Play & Learn (0-Cruisers):** 9:30 - 11:00. **Ages:** 5 mths - 1½ yrs.
- **Baby Brasserie:** 9:30 - 11:30. **Ages:** Pregnancy - 6 mths.

Cost: Free (*drop in*).

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Jolly Tots

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

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Providence Baptist Chapel Bedford

Rothsay Road, Bedford, MK40 3PT. 07976 846159.
www.providencechapel.org.uk.

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

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

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

DANCE & DRAMA

Tot Bop

Wing Village Hall, 71 Leighton Road, Wing, Leighton Buzzard, LU7 0NN. 01525 237474 / 07775 582791. www.totbop.co.uk.

- **Tiny Tots:** 9:30 - 10:05. **Ages:** 1 yrs - 2½ yrs.

Cost: £7.75 per session (*booking essential*).

- **Baby Boppers:** 10:20 - 11:05. **Ages:** 2½ yrs - 5 yrs.

Cost: £8.75 per session (*booking essential*).

Dates: 11 Jul - 18 Jul & 12 Sep - 3 Oct.

SWIMMING

Swimkidz South Bucks

Cottesloe Physio, Old Park Farm, Cublington Rd, Wing, Leighton, Buzzard, LU70LB.

Times: 10:00 - 12:00. **Ages:** from 8 mths.

Cost: £15 per session (*booking essential*).

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

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Turtle Tots Northamptonshire, Milton Keynes & Bedford

Trinity Arts & Leisure, Bromham Road, Bedford, MK40 2BS.
01604 372747. www.turtletots.com.

Times: 12:00 - 14:30. **Ages:** 3 mths - 4 yrs.

Cost: £15 per session (*booking essential*).

Dates: 11 Jul - 18 Jul & 5 Sep - 3 Oct.

Water Babies Bucks & Beds

Clophill Pool, 22 Back Street, Clophill, MK45 4BY. 01295 709221.
www.waterbabies.co.uk.

Times: 9:30 - 10:00. **Ages:** 0 - 4 yrs.

Cost: £17 per session (*booking essential*).

Dates: 11 Jul - 12 Sep.

Water Babies Bucks & Beds

Trinity Arts & Leisure, Bromham Road, Bedford, MK40 2BS.
01295 709221. www.waterbabies.co.uk.

Times: 9:00 - 9:30 & 9:45 - 11:45. **Ages:** 0 - 5 yrs.

Cost: £18.50 per session (*booking essential*).

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

FRIDAY

PARENTS & TOTS

Cherry Trees Children Centre

Hawkins Road, Bedford, MK42 9LS. 0300 323 0245.

- **Play & Learn Toddler:** 9:30 - 10:30. **Ages:** 1 - 4 yrs.

Cost: Free (*drop in*). **Dates:** 12 Jul - 19 Jul & 6 Sep - 4 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: 12 Jul - 18 Jul & 6 Sep - 4 Oct.

Christ Church Bedford

140 Dudley Street, Bedford, MK40 3SX. 01234 327150.

- **Morning Out:** 9:30 - 11:00. **Ages:** 0 - 4 yrs.
- **Cost:** £2 per session (*drop in*). **Dates:** 12 Jul - 19 Jul & 6 Sep - 4 Oct.
- **Forge - after school club:** 15:30 - 16:45. **Ages:** 9 - 11 yrs.
- **Cost:** Free (*booking essential*). **Dates:** 12 Jul - 19 Jul & 30 Aug - 4 Oct.

FACES Bedford

Kingsbrook Children's Centre, Oak Road, Cavin Way, Bedford, MK42 0HL. 01234270601. 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 (*booking essential*). **Dates:** 12 Jul - 19 Jul.

Forest of Marston Vale

The Forest Centre and Millennium Country Park, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **Jurassic Trail:** 11:00 - 12:00. **Ages:** 2 - 8 yrs.
- **Cost:** £3 per session (*booking essential*).
- **Dates:** 30 Aug - 30 Aug.

Pine Cones Family Hub

Pine Cones Family Hub, Slade Walk, Bedford, MK41 7SA. 0300 323 0245.

- **Play & Learn (0-Cruisers):** 9:30 - 11:00. **Ages:** 5 mths - 1½ yrs.
- **Baby Brasserie:** 9:30 - 11:30. **Ages:** Pregnancy - 6 mths.
- **Cost:** Free (*drop in*).
- **Play & Learn Toddler:** 13:30 - 14:30. **Ages:** 1 - 4 yrs.
- **Cost:** Free (*booking essential*).
- **Dates:** 12 Jul - 19 Jul, 13 Sep & 6 Sep - 4 Oct.

Queens Park Family Hubs

Marlborough Road, Queens Park, Bedford, MK40 4LE. 0300 323 0245.

- **Play & Learn (0-Cruisers):** 13:30 - 15:00. **Ages:** 5 mths - 1½ yrs.
- **Cost:** Free (*drop in*). **Dates:** 12 Jul - 19 Jul & 6 Sep - 4 Oct.

St Mary's Church

St Mary's Church, Marston Moretaine and Lidlington, Church Walk, Bedford, MK43 0NR. www.stmarysmarston.org.

- **Tea and Tots:** 9:30 - 11:00. **Ages:** 0 - 5 yrs.
- **Cost:** Free (*drop in*).
- **Dates:** 12 Jul, 9 Aug, 13 Sep, 26 Jul, 23 Aug & 27 Sep.

MUSIC & SIGNING

Mini Mozart Bedford & Milton Keynes

Putnoe Heights Church, Putnoe Heights, Bedford, MK41 8EB. 0207 193 1983. www.minimozart.com.

- **Mini Mozart Babies:** 19:25 - 11:05. **Ages:** 0 - 1 yrs 4 mths.
- **Mini Mozart Toddlers:** 9:30 - 10:10. **Ages:** 1 yrs 4 mths - 4 yrs.
- **Dates:** 12 Jul - 19 Jul, 6 Sep - 4 Oct.
- **Cost:** £12 per session (*booking essential*).

SWIMMING

Swimkidz South Bucks

Cottesloe Physio, Old Park Farm, Cublington Rd, Wing, Leighton, Buzzard, LU70LB.

- **Times:** 9:30 - 12:00. **Ages:** from 8 mths.
- **Cost:** £15 per session (*booking essential*).
- **Dates:** 12 Jul - 19 Jul & 6 Sep - 4 Oct.

Water Babies Bucks & Beds

Trinity Arts & Leisure, Bromham Road, Bedford, MK40 2BS. 01295 709221. www.waterbabies.co.uk.

- **Times:** 9:00 - 9:30 & 9:45 - 11:15. **Ages:** 0 - 5 yrs.
- **Cost:** £18.50 per session (*booking essential*).
- **Dates:** 12 Jul - 19 Jul & 12 Jul - 13 Sep.

SATURDAY

PARENTS & TOTS

Daisy Hill Children's Centre

Hillgrounds Road, Kempston, Bedford, MK42 8QH. 0300 323 0245.

- **Dad's Group:** 10:00 - 11:30.
- **Cost:** Free (*drop in*). **Dates:** 13 Jul, 7 Sep, 21 Sep & 5 Oct.

Forest of Marston Vale

The Forest Centre and Millennium Country Park, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **Jurassic Trail:** 11:00 - 12:00. **Ages:** 2 - 8 yrs.
- **Cost:** £3 per session (*booking essential*).
- **Dates:** 24 Aug - 24 Aug & 31 Aug.

Queens Park Family Hub

Marlborough Road, Queens Park, Bedford, MK40 4LE. 0300 323 0245.

- **Saturday Stay and Play:** 10:00 - 11:30. **Ages:** 0 - 5 yrs.
- **Cost:** Free (*drop in*). **Dates:** 27 Jul, 7 Sep, 21 Sep & 5 Oct.

PHYSICAL FUN

Joey Football

Great Ouse Primary Academy, Seaforth Gardens, Bedford, MK40 4TJ.

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

Dates: 13 Jul - 17 Aug & 31 Aug - 5 Oct.

SWIMMING

Swimkidz South Bucks

Cottesloe Physio, Old Park Farm, Cublington Rd, Wing, Leighton, Buzzard, LU70LB.

- **Times:** 8:30 - 11:30. **Ages:** from 8 mths.
- **Cost:** £15 per session (*booking essential*).
- **Dates:** 13 Jul - 20 Jul & 7 Sep - 5 Oct.

Water Babies Bucks & Beds

Pilgrims Prep School, Brickhill Dr, Bedford, MK41 7QZ. 01295 709221. www.waterbabies.co.uk.

- **Times:** 12:15 - 12:45 & 12:15 - 17:15. **Ages:** 0 - 5 yrs.
- **Cost:** £18.50 per session (*booking essential*).
- **Dates:** 13 Jul - 20 Jul & 13 Jul - 14 Sep.

SUNDAY

PARENTS & TOTS

Forest of Marston Vale

The Forest Centre and Millennium Country Park, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **Jurassic Trail:** 11:00 - 12:00. **Ages:** 2 - 8 yrs.
- **Cost:** £3 per session (*booking essential*).
- **Dates:** 25 Aug - 25 Aug & 1 Sep.

PHYSICAL FUN

Joey Football

Brickhill Community Centre, Avon Drive, Bedford, MK41 7AF.

- **Joey Football Classes (18mths - 2.5 years):** 9:00 - 9:45.
- **Joey Football Classes (2.5 - 3.5years):** 10:00 - 10:45.
- **Joey Football Classes (3.5 - 5years):** 11:00 - 11:45.
- **Joey Football Classes (5 - 7years):** 12:00 - 12:45.

Dates: 14 Jul - 11 Aug & 1 Sep - 29 Sep.

SWIMMING

Turtle Tots Northamptonshire, Milton Keynes & Bedford

Trinity Arts & Leisure - Beds, Bromham Road, Bedford, MK40 2BS. 01604 372747. www.turtletots.com.

- **Times:** 14:30 - 16:30. **Ages:** 3 mths - 4 yrs.
- **Cost:** £15 per session (*booking essential*).
- **Dates:** 14 Jul - 21 Jul & 8 Sep - 29 Sep.

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