

Loving life with little ones

FREE

toddle^{about}out

W. Northants

Oct - Dec 2024

AUTUMN &
CHRISTMAS
EVENTS

BABY SHOW
Sunday 1st December
Sign up for FREE tickets!

BIRTH
TRAUMA
& HOW TO
COPE

WIN
AN ANEX ELI
STROLLER
WORTH £869!

EXCLUSIVE OFFERS: worth £100's

Everything Bump, Baby & Toddler Near You

Covering Northampton, Daventry, Towcester,
Brackley and surrounding areas

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Turning 'Can We?' into 'We Can!'

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NORTHAMPTON
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST



WELCOME

TO THE AUTUMN 2024 EDITION!



As the leaves turn golden and the air becomes crisp, we're delighted to present our eagerly anticipated Autumn/Christmas edition. Exciting adventures await you to make your family's autumn and Christmas truly special.

This season, we have some fabulous competitions (p.22), a guide to what's on around you this Autumn (p.12) and a fun craft to create something cute and memorable this Halloween (p.13).

Join us in unwrapping the magic of Christmas. With the enchanting local events near you (p.16) and Christmas Gift Guide (p.18), we're your festive go-to for to all things merry and bright.

We are so excited for the BIG event of the season...

The Toddle About Baby Show will be coming to Northampton on 1st December! Packed full of all things baby, toddler and preschool. There will be demos and class taster sessions throughout the day, a soft play for the littles to burn off some energy and plenty to see for the whole family. There's a little info about the show (p.6). Visit the site below to book your ticket (first 300 also get a super goody bag!).

We can't wait to see you there.

Visit www.toddle.fun/babyshow-northampton

Wishing you a lovely Autumn with your family this year!

Loving life with little ones,

Ally

MANAGING DIRECTOR

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

MEET THE TEAM



Ally
Owner / Editor/ MD



Tim & Ruth - Chief Editors



Alec - Chief Technical Officer Lou - Advertiser Support

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Cover picture:

Thank you to Jülija
**Sinani Newborn
Photography** for
this gorgeous
cover photo. Find
out more at:



juliaphotography.wfolio.pro

CONTACT US

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Text: www.toddle.fun/whatsapp

📍 ToddleAboutWestNorthants

🌐 toddleabout_westnorthants

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Toddle About West Northants Ltd, Lawrence Road, Rugby, Warwickshire, CV21 3SA. Call us on 01604 532054.

Follow us for
daily updates!





Tatty Bumpkin Yoga is coming to Northamptonshire!

Tatty Bumpkin is our loveable rag doll friend, who loves to go on magical yoga adventures. Join our yoga-inspired classes, blending movement, storytelling, and music to nurture children's wellbeing and support their development.

Suitable for all children aged 2-7 years. Look out for new parent and child classes, or contact us for a free trial session in your primary school or nursery.

www.facebook.com/tattybumpkinsouthnorthants

See P.16



Meet Santa at NLR this Christmas!

Combine the magic of both Santa and steam trains this Christmas with the Northampton & Lamport Railway's ever-popular 'Santa Specials'! Trains run every Sat and Sun from 1st to 22nd Dec. Looking for something extra special? They also offer 'Breakfast with Santa', which is a small intimate VIP experience. Also check out Santa Paws (30th Nov), where dogs also get a present from Santa! Advance tickets are essential for all trains. See website for full information and online tickets. You can also follow them on Facebook, Instagram and X.

www.nlr.org.uk. See P.40



Press Snooze
Sleep Consulting

Sleep is your super power!

As a mum and an infant sleep consultant Laura's goal at Press Snooze is to empower and support you and your family on your journey to great sleep. Laura provides comprehensive sleep plans to guide you building your confidence and sleep knowledge so that you know exactly what to do to help your child to fall asleep and stay asleep. Tailored, sleep support so your whole family can thrive!

Offer: TODDL25 for £25 off any 1:1 sleep package.

Call Laura on 07480647964 or email Laurakatesleepconsultant@gmail.com to book.

www.pressnooze.co.uk. See P.27

Christmas in the Cloisters

Get into the festive spirit and join us for Christmas in the Cloisters at Joy Mead on Saturday 7th December 4.30pm - 6.30pm



Set in the candle-lit Cloisters of this unique venue, there will be colourful craft stalls to entice you, carol singing round the Christmas tree, games to play, mulled wine, hot food and the children can visit Father Christmas in his magical grotto. A perfect way to start feeling festive and support the Joy Mead Charity Trust.

Facebook Event: <https://fb.me/e/1S8XJCJ6U>

Grab a bargain at Mum2Mum Market!

Mum2mum market Daventry is a Baby & children's Nearly New Sale where parents and carers can buy top quality baby and children's toys, clothes,



books and equipment at a fraction of the high street price from other families. They will have a room bursting with 1000's of pre loved baby and children's items, so don't miss out on picking up some nearly new bargains for your little ones.

Sunday 3rd November 10am-12pm at Daventry Community Centre, Ashby Road, NN11 0QE
£2 adult entrance, kids under 16 are free
www.mum2mummarket.co.uk



Capture your own story, through their lens

One of the most important purchases you may make as a new parent is your child's life in photographs. From bump to their first birthday and beyond, finding a photographer who can capture your family's journey of love, laughter, and adorable baby giggles no longer needs to be a challenge!

Take a peek at Northampton Photography's portfolio of bumps, babies and happy families, and get ready to fall head over heels with your own story, beautifully told through their lens.

www.northamptonphotography.co.uk. See P.16

Open Day for Independent Nursery

We know choosing the right Nursery for your child is a significant decision and welcome you to attend our Open



day for an invaluable opportunity to explore the environment and gain insights into our Nursery's culture. The beautifully appointed grounds and bespoke learning spaces offer children unlimited exploration and play. They enjoy Drama and Yoga, multi-sports, home-cooked nutritious meals and cooking sessions with the in house chef, eco lessons and play with friends in two creatively resourced outdoor areas.

Visit their website to book your attendance
www.webberindependentschool.com

See P.26

Aqua inflatable is perfect for children's parties

An aqua run pool inflatable party at Moulton Leisure Centre is a fantastic way for kids to celebrate a birthday or big occasion. The sessions are aimed at those aged 5-15 years old and see kids try to keep their balance on the inflatable, with buoyancy aids provided. Centre operator Everyone Active also offers fun swim parties, which include floats, toys and games.

All pool birthday parties are looked after by fully-qualified lifeguards.

For more information, call 01604 492222 or visit www.everyoneactive.com/centre/moulton-leisure-centre
See P.48



New venue for Rhythm Time Classes!

Rhythm Time is thrilled to announce the launch of their award-winning music classes in West Northants!

Weekly sessions begin on Tuesday, 5th November, at Titches Playroom in Whilton Locks Garden Village.

These multi-sensory classes for babies and toddlers are fun and support early development. Families attending will also enjoy a 25% discount on playroom entry. Come along and let your little ones discover the joy of music in a beautiful setting!

Offer: 50% off your first month when signing up for a monthly payment plan

www.rhythmtime.net/coventry-rugby See P.44



Fantastic Photography Exhibition!

Jūlija Sinani Newborn Photography will be hosting a showcase of her beautiful images in Northampton this November.

"Tiny Me" is a chance to experience an exhibition of her work in a relaxed atmosphere.

29th November 2024, Tokky - Second floor - Grosvenor shopping centre. 10am - 5pm.

For the most up to date information and to book your newborn photoshoot, follow @Juliasphotography on instagram or visit <https://juliasphotography.wfolio.pro>
See P.27





Cogenhoe

Primary School

Inspiring a life-long commitment to learning

Situated in the beautiful village of Cogenhoe, our one-form entry School and on-site Preschool (Little Explorers) provide a wonderful environment for children to learn and grow. With a 'family feel' and state-of-the-art facilities, we believe in maximising opportunities to explore learning both inside and outside of our welcoming and well-equipped setting.



Outdoor Play

Own forest school & lots of outdoor spaces for the children to enjoy



Modern Tech

Interactive whiteboards & opportunities to use ipads & computers



Wrap Around Care

We provide a breakfast club from 7.30am & an after school club till 6pm



Family Feel

We pride ourselves on our nurturing environment & community



Extra Clubs

From music to sports, we offer a great variety of extra activities



Our preschool:

- ✓ Welcoming children from 3 years
- ✓ Children benefit from a small class size
- ✓ Vast outdoor area & excellent facilities
- ✓ We accept government childcare funding (can be split over 2 providers)



Our incredible forest school:

- ✓ Exploring nature through hands-on play
- ✓ A dedicated Forest School Leader
- ✓ All pupils get to enjoy this amazing space
- ✓ Story-telling, tool use, woodland crafts, dens, campfires & exploring wildlife

Book a visit:

Email admin@cogenhoe-school.net or call 01604 890380 to book your bespoke, personalised tour or find out more.

www.cogenhoeprimary.co.uk



FREE
taster
session

Open to the public:

forest tot
sessions for children
aged 18m-5yrs

Call us to find out more!



NORTHAMPTON BABY SHOW

toddle about
Loving life with little ones

16 Sunday 1st December

10am - 3pm

UoN Waterside Campus, NN4 8BR

FREE
GOODY BAG
(ONE PER FAMILY)
FOR THE FIRST
300 REGISTERED
TICKET HOLDERS

Toddle About are launching their first Baby Show in Northampton!

We are so excited to be bringing **The Toddle About Baby Show** to Northamptonshire.

Join the ultimate parenting event in the county, with over 40 fantastic stands all under one roof, celebrating everything pregnancy to preschool. The show is **FREE** to attend. From small, local independent businesses to nationwide well-known brands, there will be something for everyone. You will have the opportunity to speak to and hear from children's service providers, parenting experts and have the opportunity to try out and buy products. The venue is buggy friendly, breastfeeding friendly, there are refreshments and snacks available to purchase onsite and there is plenty of parking.

To make sure everyone has a fun day, the little ones will have a **soft play area** to enjoy and there will be special guest appearances from **some fantastic characters** throughout the day plus a selection of selfie props for you to strike a pose.

There is a jam-packed programme in the **Demonstration Area**, with a whole range of different activities, including **car seat safety demonstrations, a pram catwalk, baby and toddler first aid, interactive development classes and much more.**

We are delighted to be able to announce that **Baby Basics Northampton** will be our charity partner for this event.

Baby Basics Northampton - which supplies Moses baskets full of essential items for struggling parents and newborns - will be supported by the Toddle About Show with a raffle to raise funds for the charity.

The charity is now providing help for one in 18 babies born in Northamptonshire.

Laura Holmes Trevino, Fundraising and Communications Coordinator at Baby Basics Northampton said: "We are delighted to have become the charity partner for the first Toddle About Baby Show in Northampton.

"The event will be a celebration of the fantastic family services that are available in the vibrant community of Northamptonshire. We are proud to be among them."

We will have a drop off point at the event for donations of items for Baby Basics. For more info please keep an eye on social media announcements.

Book your free place early and you will receive one of **300 exclusive goody bags** containing some great treats! Goody bags are strictly limited and will only be available to advanced ticketholders. To keep up to date with the latest **Baby Show News**, please follow us on social media.

Whether you are expecting your first or have a little one in pre-school or started in Reception, this event will have something for you - we look forward to seeing you there!



Register for **FREE** at
toddle.fun/babyshow-northants

Scan Me



Follow us for
daily updates!





ACTIVITIES & EVENTS

TWICE A MONTH

DEAF CONNECT

Spencer Dallington, Northampton
Please email before attending

Deafconnect run youth groups twice a month at Spencer Dallington Community Centre.

Clubs cost £2 per person which includes food (pizza, chicken nuggets, chips). There is also a tuck shop to buy sweets.

Each session has a variety of toys, games and activities to make it a valuable time mixing with deaf peers. You are welcome to stay with your child if they are feeling a bit shy.

Juniors (age 4 to 10) - 4pm to 6pm.

Email Jennie.Higson@deafconnect.org.uk to let her know you'll be attending.

Spencer Dallington Community Centre, Tintern Avenue, Northampton, NN5 7BZ
Tel: 01604 589011

www.deafconnect.org.uk

29 NOV

RIVERSIDE CHRISTMAS

Riverside Hub, Northampton
Booking Required ✓

Bring a little magic into your Christmas with a visit to the Hub.

Enjoy all the Hub's wonderful play facilities, plus... Visit the Hub's special Christmas areas and enjoy our fun photo opportunities. Meet Father Christmas in a private, family setting. Choose a quality gift from the Elf Toy Store. Decorate a tasty Gingerbread Man. Have fun at the Hub's Snowy Disco.

Christmas at the Hub will be bigger and better than ever before!

Riverside Hub, 7 Carousel Way, Riverside Park, Northampton, NN3 9HG

Tel: 01933 594000 [f](https://www.riversidehub.com/SEND) RiversideHub

www.riversidehub.com/SEND

Cost: Baby (3-12m) £15, Children £30, Adults FREE

1ST MONDAY OF EACH MONTH

FAMILY SUPPORT HUB

Kingsthorpe Baptist Church, 4 - 6.30pm
Booking Required ✗

Autism East Midlands run a Family Support Hub for children aged 11 and under to attend with their families.

This is on the first Monday of each month from 4pm to 7pm. No booking is required and the whole family can attend. Family Support Hubs provide a regular meeting point for families. It's a place to access activities for the whole family, as well as gain support and specialist information and advice. No diagnosis needed.

Please email: lesley.lock@aem.org.uk for more information.

Kingsthorpe Baptist Church, High Street, Kingsthorpe, Northampton, NN2 7BD

Tel: 01909 506678 [f](https://www.autismeastmidlands.org.uk) AutismEastMidlands

www.autismeastmidlands.org.uk

Cost: FREE.

NOV - DEC

SUPER SEND SKATE

Whilton Locks Garden Village
Booking Required ✓

Join the fun and head along to an exclusive SEND and wheelchair ice skate.

You and your family can enjoy the ice and can either use full traditional skates or twin bladed ice skates for added stability.

It's a chance for the whole family to enjoy some quality time together with low levels of music, absolute minimal queuing and the opportunity when booking online to tell them everything they need to know about your child to ensure they enjoy their visit, i.e. any 'dos and don'ts' for your child, any specific interests to help your child feel at ease and anything else that they will need to be aware of.

Whilton Locks, Whilton, Daventry, NN11 2NH

Tel: 01327 843 100 [f](https://www.whiltonlocksgardenvillage.com) WhiltonLocksGardenVillage

www.whiltonlocksgardenvillage.com

Cost: Children £12.95, one carer is FREE*, additional Adults £14.95

(Proof of PIP/DLA, carer/disability badge required).

Some events must be pre-booked and event details are correct at time of printing but may change, please check before attending.



SWEET POTATO BISCUITS

The perfect on-the-go snack – a favourite with little ones and grown ups! Made with simple ingredients you likely already have at home. One bite and you won't be able to stop!

INGREDIENTS

- 230g sweet potato, peeled and roughly chopped
- 50g unsalted butter or vegan alternative
- 150g self raising flour
- 30g wholemeal flour

VEGAN, NO EGGS & NO DAIRY

MAKES: 40 BISCUITS

AGE: FROM 6 MONTHS

PREP: 15 MINUTES

COOK: 10 MINUTES



COOKING INSTRUCTIONS

1. Preheat the oven to 180°C/160°C fan/ Gas 4.
2. Steam the sweet potato over a gentle heat for 15-20 mins until soft, then set aside to cool. Once cooled, weigh out 200g of the sweet potato.
3. Put the sweet potato into a large bowl and mash with a fork.
4. Melt the butter and add with the flours to the sweet potato. Mix to form a dough.
5. Put the dough onto a sheet of baking paper and roll out to 5mm thick, then cut into shapes with a cookie cutter or sharp knife.
6. Transfer the baking paper and biscuits to a baking tray and bake in the oven for 10 mins until lightly golden, checking to make sure they don't overcook.
7. Remove from the oven and allow to cool before serving.



STORAGE
Store in an airtight container for 3 days or freeze for up to 3 months!

Recipe by Romina Bertinazzo, author of *The Yummy Little Belly* cookbook which contains over 80 quick, easy and nutritious recipes to keep you and your little ones happy is out now.



PUMPKINS, PUMPKINS, PUMPKINS!

Open Weekends & 28th – 31st October.

Over 75 types of pumpkins and squash to pick from, alongside a play patch, maze, spooky scenes and photo opportunities

TICKETS AVAILABLE AT OVERSTONEGRANDEFARM.CO.UK

Follow us for daily updates!



TODDLE MODELS

Baby and Toddler Photo Competition Winner

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

Congratulations to little Caiden and Jessica who have both won a bundle of Orchard Toys games worth £50!

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.



Alex, 2 years



Archer, 2 years



Find out more at www.orchardtoys.com



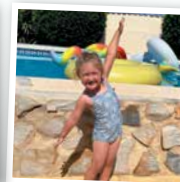
Caiden, 4 years old



Jessica, 7 months old



Charlie, 7 Months



Daisy, 4 years



Elwin, 2 years



Eric, 2 years



Ettie, 9 months



Freya, 12 weeks



Grayson, 19 months



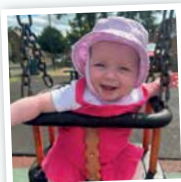
Hooriya, 3 years



Iris, 3 years



Ivaan, 2 years



Jessica, 7 months



Lyla, 8 months



Max, 4 years



Maxim, 4 years



Miles, 2 years



Myles, 2 years



Olivia, 2 years



Oscar, 8 months



Pearl, 3 years



Petra, 3 years



Robin, 2 years



Rosetta, 19 months



Sebastian, 4 years



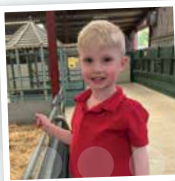
Sebby, 2 years



Sienna, 3 years



Sylvie, 22 months



Teddy, 4 years



Teresa, 3 years



Theodore, 10 months



Vivienne, 3 years

COMPETITION

TODDLE MODELS



WIN TICKETS TO STICK MAN ON STAGE

THE PRIZE: Win a Family Ticket To See Stick Man On Stage, worth £90!

Courtesy of Official London Theatre, this is a unique chance to win tickets to Freckle Productions' touching, funny and utterly original adaptation of **Julia Donaldson and Axel Scheffler's Stick Man** in London.

What starts off as a morning jog becomes quite the misadventure for Stick Man: a dog wants to play fetch with him, a swan builds a nest with him, and he even ends up on a fire! How will Stick Man ever get back to the family tree?

This award-winning production, from the team behind **Zog and Zog and the Flying Doctors**, features a trio of top actors and is packed full of puppetry, songs, live music and funky moves.

Stick Man is at Bloomsbury Theatre in London from 4th Dec - 5th Jan and tickets are on sale now at www.OfficialLondonTheatre.com.

OFFICIAL
LONDON
THEATRE
.com

HOW TO ENTER:

Send us a photo of your little one enjoying some fancy dress fun!

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

Enter by **Wed 27th November 2024**.

WORTH
£90



ENTER AT:
www.toddle.fun/toddlemodels

HALLOWEEN

&

FIREWORKS

ACTIVITIES & EVENTS



SPOOKTACULAR TEA

Whilton Locks Garden Village
Saturday 19th October, 3:30 - 4:30pm

Enjoy an afternoon tea with your little ones. All little Monsters will have a Halloween Biscuit to decorate and Halloween Decoration to colour. Grown-ups you can have a go at our Spooktacular Quiz. You will also get the chance to test your knowledge with a spell class.

Cost: Adult: £20; Child: £20.

Whilton Locks, Whilton, Daventry, NN11 2NH

 [WhiltonLocksGardenVillage](https://www.whiltonlocksgardenvillage.com)

www.whiltonlocksgardenvillage.com



ANNUAL FIREWORKS

The Racecourse
Saturday 2nd November, 4 - 7pm

Entertainment will begin at 4pm, with live stage hosted by BBC Northamptonshire, fun fair rides, big screen showcase, facepainting and catering village.

Cost: FREE entry, charges apply for funfair etc
Kettering Rd, Northampton, NN1 4LG

www.northamptontowncouncil.gov.uk



AUTUMN FUN DAY

Wootton Library
Thursday 31st October, 11am-3pm

Join in for lots of half term fun on Thursday 31st October. Drop in anytime between 11am and 3pm. There will be games, face-painting and autumnal crafts to enjoy. There is no need to book and this event is FREE!*

*Please note that there is a charge for face-painting

Cost: FREE

Wootton Community Centre, Northampton, NN4 6ED

www.woottonparishcouncil.gov.uk/activities



DAVENTRY FIREWORKS

The Parker E-ACT Academy
Saturday 2nd November, 6 - 9pm

Gates open at 6pm, fireworks starting at 7.30pm with yummy hot and cold food and drinks stalls. Spectacular FREE event is great for all ages and set to a musical soundtrack spanning the decades. This family-friendly event is one of the most popular in the Daventry diary, so come along to enjoy a fantastic, free display as they light up the November skies.

Note: No sparklers, alcohol, smoking, vaping or dogs (apart from assistance dogs) allowed onsite

Cost: FREE.

The Parker E-ACT Academy, Ashby Road, Daventry, NN11 0QF

 DaventryTownCouncil

www.daventrytowncouncil.gov.uk/fireworks



PUMPKINS & FAMILY FUN

Overstone Grange Farm
Weekends and 28th - 31st October

Overstone Grange Farm is back soon for the sixth Autumn of fun on their family farm.

Their pumpkin patch has a huge variety of pumpkins - over 75 this year! Their play patch is jam packed with more fun and they have a mini maize maze to get lost in.

We will also be holding some later night pumpkin picking to enjoy the farm by torch light!

Vegetable cannon is returning with some new targets. See if you can get your name on our leader board.* Additional Cost

Cost: Adult: £3.80; Child: £3.80; Under 2s: Free

Moulton, Kettering Rd, Northampton NN3 7XA

 OverstoneGrangeFarm

www.overstonegrangefarm.co.uk

Some events must be pre-booked and event details are correct at time of printing but may change, please check before attending.

HALLOWEEN HANDPRINT

CRAFT ACTIVITY

Make a pumpkin keepsake craft with your toddlers, preschoolers or older kids this Halloween. Turn their handprints into a ghost, and Jack-o'-Lantern.

SUPPLIES:

- Air Dry Clay
- Paint
- Drinking Straw
- Craft Stick
- Green Ribbon
- Parchment Paper

TIP: Make sure to use parchment paper when rolling out the dough. This will stop the dough from sticking to the table and will make it easy for you to transfer it to another area to let it dry for 24 hours.

HOW TO MAKE:

STEP 1: Roll the clay out on parchment paper until it's about ½ inch thick. Let your little one press their hand onto the clay. You may want to help by applying a bit of pressure to their hand to make sure the handprint makes a clear impression.

STEP 2: Use a craft stick to cut the shape of a pumpkin, making sure your child's handprint is in the middle of the pumpkin. Smooth out the edges of the pumpkin with your fingers (use a bit of water, if necessary).

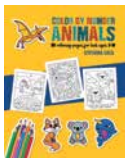
STEP 3: Use a drinking straw to punch a hole in the stem.

STEP 4: Transfer the clay to a dry area. Let it stand for 24 hours until it is dry.



STEP 5: Use acrylic paint to turn the handprint into a Halloween design. It can be a ghost, Jack-o'-Lantern, Frankenstein etc. Paint the rest of the pumpkin orange and the stem brown.

STEP 6: Thread a green ribbon through the hole in the stem.



Craft kindly supplied by Stef Luca of *NonToyGifts*, author of "Color By Number Animals". Discover more at www.nontoygifts.com



- Bale mountain, classic tractors, pedal tractors, kids playhouse area, sandpit
- New kids climbing wall
- Photo opportunities



More than 30 varieties of pumpkins

Vintage Railway Cafe





PICK YOUR OWN PUMPKINS

Opening dates
October
5th and 6th
12th and 13th
19th and 20th
26th to 31st

Book your tickets online;

www.kislingburysunniesandspoons.co.uk

 [kislingbury_sunnies_and_spoons](https://www.instagram.com/kislingbury_sunnies_and_spoons)
 [Kislingbury sunnies and spoons](https://www.facebook.com/Kislingbury.sunnies.and.spoons)

Rothersthorpe Road, Kislingbury,
Northampton, NN7 4EQ



Follow us for daily updates!





Discover the most recommended businesses in West Northants, based on reviews collected on the Toddle About website! The following businesses are your Top 10:

- | | |
|---|---|
| <p>1 KIDSLINGO SPANISH NORTHANTS 5.0 ★ </p> | <p>6 SWIM WORKS 5.0 ★ </p> |
| <p>2 TINY TOES BALLET 5.0 ★ </p> | <p>7 CHA CHAR CHIMPS 5.0 ★ </p> |
| <p>3 MUDDY BOOTS PRESCHOOL 5.0 ★ </p> | <p>8 DOODLEBUG BABY AND CHILDRENSWEAR 5.0 ★ </p> |
| <p>4 RHYTHM TIME WEST NORTHANTS 5.0 ★ </p> | <p>9 MILK & YOU 5.0 ★ </p> |
| <p>5 WEANING WITH CAZ 5.0 ★ </p> | <p>10 HUNSBURY LIBRARY 5.0 ★ </p> |

FEATURED RHYTHM TIME, COVENTRY, RUGBY & WEST NORTHANTS



Welcome to my world of musical fun! Aneka is a passionate instructor running exciting music classes for 0 to 5yrs. As a proud mother of two young children who have thrived in Rhythm Time classes for the past 3 years, she can vouch for the incredible benefits and enjoyment they bring. Each course has been carefully written by a music teacher and is in line with the Early Years Foundation Stage.



07591 720345 | aneka.h@rhythmtime.org

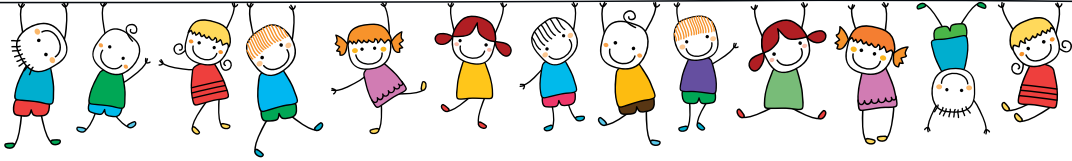


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VIP CLUB READER REVIEW: 'BUILD YOUR OWN' KITS



★★★★★ Written by Catherine Baynton, Toddle About Subscriber

Build Your Own creates eco-friendly cardboard kits for children, promoting STEM learning, reducing screen time, and encouraging family interaction. The kits are sustainable and easy to assemble. From £9.99 at www.buildyourownkits.com.

First impressions were extremely positive - the boxes are very colourful and the four animals we received (a kitten, puppy, dragon and unicorn) looked amazing. We pulled open the box carefully, as the inside had some pictures which can be coloured in. There were a lot of small parts which needed to be popped from their cardboard, so I popped them into piles, ready to assemble our animal (first up was the unicorn of course!)

The smaller parts were a bit fiddly but Annabelle was able to push all of the bits together fine (I did check as we went along to ensure all was secure). There was no glue needed, which meant no mess and no need for a change of clothes or a protective apron. It took

us around 30 mins to build each one and once put together, they were rather sturdy and could withstand being played with and bounced around the table.

These were really great activities to do together. As we were building the unicorn, you could see the excitement building as the flat 2D pieces of coloured cardboard turned into a 3D animal. It now sits with all of her other toys so she can play with it again and again.

I really like how it is made out of 100% sustainable cardboard, contains zero plastic and both the kit and its packaging is recyclable, meaning not only is it a fun activity, but it's eco-friendly too.

Review has been edited.



Catherine and her daughter Annabelle were given this product as a **freebie** for writing this review. Subscribe to Toddle About and you can do the same!
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Christmas

ACTIVITIES & EVENTS

NOV
23

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High Street, Daventry, NN11 4HU
www.daventrytowncouncil.gov.uk

Cost: FREE. Paid activities available.

NOV -
DEC

TODDLER SKATES

WLGV. Various times.

You and your young children, aged 4 and under, can enjoy the ice and either use full traditional skates or twin bladed ice skates for added stability. Pushchairs are allowed on the ice too! Adults can use traditional ice skates or over shoe grippers. All Skate Aids - Penguins and Banana's will be available on the ice and FREE of charge.

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Tel: 01327 843100

www.wlgv.co.uk

Cost: Adult £14.95, Child £12.95, Toddlers FREE.

DEC
21

CHRISTMAS FUN DAY

Wootton Library. 11-2

Wootton Library Annual Festive Fun Day: A great way to start the Christmas holidays! There will be Christmassy crafts, games, story time with Santa and also a big treat - A Magic show!! Magic show starts at 1.15, please arrive in plenty of time.

ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES.

Wootton Community Centre, Curtlee Hill, Northampton NN4 6ED
Tel: 01604 526363

www.woottonparishcouncil.gov.uk

Cost: FREE.

Details correct at the time of going to print



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Available to buy from www.cacchino.co.uk



HAPPY DAYS BOOK: £10.99

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PUZZLE BY NUMBER® CHRISTMAS WREATH: £22.99

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www.myexpertmidwife.com



PO.P WATERPROOF SHELL DUNGAREES: £50

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www.polarnopryet.co.uk



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Each prize will remain a mystery until the day it's revealed.

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Each giveaway is open for 24 hours only, so don't miss out!

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GET NOTIFIED: Sign up to receive an email about each prize when entries open.

ENTER NOW



ENTER NOW: Visit toddle.fun/competitions each day from December 1st to 12th to enter!



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Additional children £8.



SOCIALISE

FATHER CHRISTMAS IN THE TUDOR HOUSE

30th November. 1st, 7th & 8th December 10:30am - 3pm

Meet Father Christmas by the fire in the Tudor House and receive a personalised nice certificate and gift. Also includes refreshments for adults, a mini train ride, access to the Dairy for crafts and entry to the Christmas Market. £20 for a child with an adult. Additional adults £4.



ENJOY

CHRISTMAS MARKET
30th November.

1st, 7th & 8th December
10am - 4pm

Browse over 100 stalls selling a wide selection of gifts, decorations and food to help prepare you for Christmas! There will also be entertainers, a miniature train ride, face-painting, a choir and a photobooth.
Adults £5, under 18s free.

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"I'm soooooo bored!"

by Laura Tristram



SHOULD BOREDOM BE PART OF YOUR CHILD'S DAILY ROUTINE?

When you're a parent, life can feel non-stop. We're in a constant struggle to keep our little ones healthily entertained, rushing between various groups and clubs, with day trips squeezed in between work and household chores.

We dread hearing those words slip from our children's mouths... "I'm bored!"

However, new research from the Child Mind Institute suggests that allowing children to experience boredom can actually be beneficial for both them and their parents.

IS BOREDOM BAD?

Parents, influenced by societal narratives, often perceive boredom as an unproductive and negative state. Being busy is often equated with success, leading to the belief that boredom signifies laziness.

It's time to rethink this notion.

Boredom can play a significant role in children's development and mental health, forcing them to use their imagination and creativity to entertain themselves. This self-directed play fosters curiosity, helps them discover their interests, and enhances their innovative thinking.

Research even shows that engaging in *monotonous* tasks can boost creativity when later performing creative activities.

PROBLEM-SOLVING AND SOCIAL SKILLS

The ability to persist is crucial for facing future obstacles and cultivating a proactive mindset. Dealing with the "problem" of boredom enhances their problem-solving skills and self-reliance, fostering a sense of initiative and independence.

'Free play', where children engage in unstructured activities of their own choosing, allows children to interact with peers, developing essential social skills like negotiation, collaboration, and communication. These skills are vital for forming relationships and working well with others.

Successfully finding ways to entertain themselves boosts children's confidence, helping them take risks and explore new things, thereby strengthening their self-esteem.

FREE TO 'BE'

By giving children the free time to 'be', we can improve mental health as it **reduces anxiety and stress**. It gives them the opportunity to process thoughts and emotions and engage with their surroundings. These periods of boredom can lead to more creative activities.

HOW TO INTRODUCE MORE BOREDOM

1. Remove Structured Activities

Encourage children to create their own activities on an "activity detox" day, helping them explore their interests and creativity.

2. Keep It Simple

Offer materials like blocks, art supplies, and household items to inspire creativity and free play.

3. Less Screen, More Space

Take your child to open spaces and allow them to explore independently, fostering a sense of independence and creativity. Limit the use of electronic devices and encourage imaginative play instead.

4. Be The Change

Show them how to change by engaging in creative activities yourself and limiting your own screen time.

Experiencing boredom helps children develop crucial life skills like problem-solving and creativity. Boredom also helps children build tolerance for less enjoyable experiences and encourages mindfulness, self-reflection, and interpersonal communication skills.

It's a valuable lesson for all: alongside your to-do list, create a 'let's be' list. Make time to be mindfully present with those around you. Amidst the rushing around, take a moment to walk and clear your head. These idle moments without a to-do list are essential for mental clarity and happiness. So, the next time your child complains of being bored, embrace the opportunity to foster their creativity, growth, and wellbeing.

Laura Tristram is a teacher, mum, and mental health and wellbeing lead at Lumii.me

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BIRTH TRAUMA

It can feel unbearable,
but help is available!

by Dr Kim Thomas



After Daisy had pushed for two hours without success, doctors decided that they needed to use forceps to help her baby out. She'd already had a long, painful labour, and now the room was filling with people, leaving Daisy feeling frightened and out of control. Her baby daughter was eventually born safely, though back-to-back. Shortly afterwards, however, Daisy had a haemorrhage. She felt tired and exhausted and found it difficult to breastfeed. At home, her stitches became infected.

She also began having flashbacks to the birth and found it difficult to see anything that reminded her of what had happened, such as tv shows involving birth. In addition, Daisy felt that she wasn't a good mother because she still couldn't do simple things like sit up in bed to feed her daughter.

Birth trauma is the name we use for what happened to Daisy.

It describes the experience of being so traumatised by birth that the memory of what happened continues to affect you every day. This often takes the form of flashbacks to the birth, feeling intensely anxious all the time or avoiding anything that reminds you of the birth.

In some women, the trauma symptoms are severe enough to qualify for a diagnosis of post-traumatic stress disorder (PTSD), which affects one in 25 women after birth – about 30,000 a year in the UK. Sometimes, fathers or partners can also be so traumatised by the experience of watching birth that they develop birth trauma.

When you're a new mother, already struggling with the demands of caring for a newborn, having birth trauma on top can make life feel unbearable. The mums who come

to us at the Birth Trauma Association tell us that the constant sense of anxiety – watching over their baby to make sure it doesn't die, feeling frightened to leave the house – leaves them feeling isolated. Some feel guilty because they find it hard to bond with their baby. Others tell us that family and friends don't understand why they still feel traumatised and insist that they just need to "move on".

Fortunately, help is available. In England there are new maternal mental health teams to support women with birth trauma, and there is also the option of self-referring to therapy if you need it from the NHS Talking Therapies service (outside England you will need a referral to therapy from your GP or health visitor).

Two forms of therapy: trauma-focused CBT and EMDR (Eye Movement Desensitisation and Reprocessing) are very effective at treating trauma symptoms.

Daisy was initially worried about receiving therapy because she was scared the counsellor would think she was a bad mother, but she found it helpful. She also benefited from a birth debrief with the hospital, which enabled her to get answers to her questions about what happened during the birth. Most maternity units now provide a birth debriefing service.

If you'd like to share your experience with someone who understands, you can email the Birth Trauma Association's peer supporters on support@birthtraumaassociation.org.uk or join our Facebook group (facebook.com/groups/theBTA). Women tell us that having the opportunity to talk to others who have been through a similar experience makes a huge difference – and some even say that it saved their life.



Dr Kim Thomas is CEO of the Birth Trauma Association, a charity that supports mothers and fathers affected by traumatic birth. She is also author of the recent parliamentary report into birth trauma.
www.birthtraumaassociation.org

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I provide 1:1 support for families looking for a simple step-by-step and responsive sleep approach that works. You can be right by your child's side as they learn to sleep independently and have me by your side to guide, empower and cheer you on. Let's get your evenings back, longer stretches over-night and

"I cannot recommend Laura enough. I have been sleeping all night in bed with my 2.5 year old for 7 months and could not leave the room. He also woke everyday between 4am and 5am and didn't go back to sleep. I tried everything and was at my wits end. Within a few days he was sleeping independently. It was also a gentle approach and we didn't even have many tears or any stress to either of us. Absolute miracle worker. For weeks he has been sleeping though until his grow clock lights up at 6am. Life changing for me and my family.

Thanks so much Laura
Lots of love Charlotte x"

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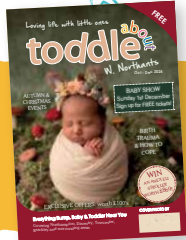




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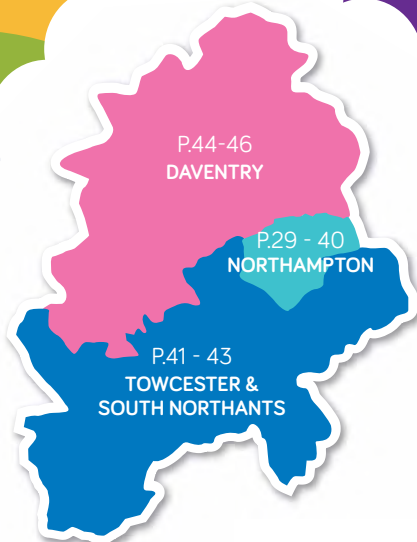


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NORTHAMPTON AREA

MONDAY

PARENTS & TOTS

Chatterbox

Mount Pleasant Baptist Church, 147-155 Kettering Rod, NN1 4BS. 01604 516809. www.mountpleasantchurch.com.

Times: 9:30 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £1.50.
Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Duston Parent and Toddler Group

Duston Village Hall, Sycamore Road Duston, Northampton, NN5 6JS. 07717 873074.

Times: 10:00 - 12:00. **Ages:** 0 - 4 yrs 11 mths.
Cost: £2 (book). **Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Earls Barton Library

Broad Street, Earls Barton, NN6 0ND. 0300 126 1000. www3.northamptonshire.gov.uk.

• **Stay & Play:** 14:15 - 15:15.
Ages: 0 - 5 yrs. **Cost:** Free (drop in).
Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Grange Park Parent and Toddlers Group

Grange Park Community Centre, School Lane, Grange Park, Northampton, NN4 5FZ.

Times: 10:00 - 12:00. **Ages:** 0 - 5 yrs.
Cost: £3.50 (drop in).
Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Harlestone Play Group

Harlestone Village Hall, Harlestone, Northampton, NN7 4EH. 07876742634.

Times: 10:00 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2 (drop in).
Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Moulton Library

Moulton Library, Moulton Community Centre, Reedings, Moulton, NN3 7AX. www3.northamptonshire.gov.uk.

• **Stay & Play under 5s:** 13:00 - 15:00.
Ages: 0 - 5 yrs. **Cost:** Free (book).
Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

The Toddle Inn, Carey Baptist Church

Carey Baptist Church, 34 West Street, Moulton, NN3 7SB. 01604 491966. www.careybaptist.org.uk.

• **The Toddle Inn:** 13:30 - 14:40.
Ages: 0 - 4 yrs. **Cost:** £0.70 (drop in). **Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

MUSIC & SIGNING

Music Bugs Northampton - Hardingstone

Hardingstone Village Hall, High Street, Northampton, NN4 6DA. 07811 771480. www.musicbugs.co.uk.

• **Family Bugs:** 10:00 - 10:40 & 13:00 - 13:40.
Ages: 0 - 5 yrs. **Cost:** £7.50 (book).
• **Mini Bugs:** 11:00 - 11:40. **Ages:** 6 mths - 2 yrs.
• **Baby Bugs:** 12:00 - 12:40. **Ages:** 0 - 10 mths.
Cost: £7.50 (book).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Music Bugs Northampton

Simon de Senlis Primary School, Hilldrop Road, East Hunsbury, Northampton, NN4 0PH. 07811 771480. www.musicbugs.co.uk.

• **Family Bugs (Simon de Senlis):** 10:00 - 10:40.
Ages: 0 - 5 yrs. **Cost:** £7.50 (book).
Dates: 7 Oct - 25 Nov.





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Afterschool classes
 Mon 4.30pm
 Fri 4.30pm

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www.bookwhen.com/exploreandplaynga

[f / NorthamptonGymnasticsAcademy](https://www.facebook.com/NorthamptonGymnasticsAcademy)

SENSORY & DEVELOPMENT

Baby Sensory Northampton

Green Lodge Barn, Nobottle, Northampton, NN7 4HD.
 07512 469881. www.babysensory.com.

- **Baby Sensory (6 - 13mths):** 10:00 - 11:00.
- **Baby Sensory (0 - 9 mths):** 11:30 - 12:30.
- **Baby Sensory (0 - 13mths):** 13:00 - 14:00.

Cost: £8 (book). **Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Kidslingo Spanish Northants, Towcester & Olney

The Hawthorns, Weedon rd, Upton, NN5 4WR.
 07772536338. www.kidslingo.co.uk.

- **Kidslingo Fun Spanish Class:** 10:30 - 11:00.

Ages: 18 mths - 5yrs. **Dates:** 7 Oct - 16 Dec.

HEALTH

The Little Yoga Company

The Village Hall, High Street, Hardingstone, NN4 6DA

- **Kids Yoga:** 16:00 - 17:00.

Ages: 4 - 11 yrs. **Dates:** 7 Oct - 16 Dec

CREATIVE

Eat Sleep Bake Repeat

36 Summerfields, NN4 9YN. 07985 408289.
www.Eat-sleep-bake-repeat.newzenler.com.

- **Preschool:** 10:00 - 10:45 & 13:30 - 14:15. **Ages:** 2 - 4 yrs.
- **Home Ed:** 11:30 - 12:15. **Ages:** 2 - 8 yrs.
- **After School:** 16:30 - 17:15. **Ages:** 4 - 11 yrs.

Dates: 7 Oct - 14 Oct.

Weston Favell Library

Unit 35, Weston Favell Shopping Centre, NN4 8JZ.
www.westnorthants.gov.uk.

- **Explore a Story:** 10:30 - 11:00.

A short session with a story, craft and singing!

Ages: 2 - 5 yrs. **Cost:** Free (book).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

DANCE & DRAMA

Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road, Northampton, NN2 6HT. 07971 824 759 or 07894 667 333. www.oncoredanceacademy.co.uk.

- **Baby Ballet:** 16:15 - 17:00. **Ages:** 3 - 4 yrs. Free trial class. Quote 'Toddle About' when booking.
- **Pre-Primary 1 Ballet:** 17:00 - 17:45.

Ages: 4 - 5 yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

PHYSICAL FUN

Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, Northampton, NN3 8RQ. 01604 461242.

- **Explore & Play @ NGA:** 9:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £6.50. **Dates:** 7 Oct - 16 Dec.

Trilogy Active - Danes Camp

Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. www.trilogyactive.co.uk.

- **Preschool Gym:** 11:15 - 12:00 & 12:15 - 13:00.

Ages: 2 - 5 yrs. **Cost:** £5 (book). **Dates:** 7 Oct - 16 Dec.

Swimming Classes

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AquaLight

info@aqualight.co.uk | www.aqualight.co.uk

Trilogy Active -Lings Forum

Billing Brook Road, Weston Favell, Northampton, NN3 8JR. 01604 837400. www.trilogyactive.co.uk.

• **Soccer Cubz:** 10:30 - 11:00 & 11:15 - 11:45.

Ages: 18 mths - 5 yrs. **Cost:** £4.50 (book).

Dates: 7 Oct - 16 Dec.

SWIMMING

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS. 01604 830405. www.aqualightbabies.co.uk.

- **1-2 years:** 9:30 - 10:00 & 11:00 - 11:30.
- **2-3 years:** 10:00 - 10:30 & 11:30 - 12:00.
- **3-4 years:** 10:30 - 11:00.

Cost: £12.35 (book).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222. www.everyoneactive.com.

- **Adult & Child Lessons (19 - 36 months):** 9:00 - 9:30.
- **Small Group Adult & Child Swimming Lessons (19 - 36 months):** 9:30 - 10:00, 10:30 - 11:00 & 11:30 - 12:00 & 12:30 - 13:00.
- **Small Group Pre School Stage 1 Lessons (3 - 5 years):** 10:00 - 10:30, 11:00 - 11:30, 12:00 - 12:30, 13:00 - 13:30 & 14:00 - 14:30.
- **Small Group Adult & Child Lessons (4 - 18 months):** 10:30 - 11:00, 11:30 - 12:00, 12:30 - 13:00. & 13:30 - 14:00.
- **Pre School Stage 1 Lessons (3 - 5 years):** 15:30 - 16:00.

Cost: £9.01 (book). **Dates:** 23 Sep - 30 Dec.

Trilogy Active - Danes Camp

Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. www.trilogyactive.co.uk.

• **Family Friendly Swim:** 9:00 - 10:15.

Ages: 0 - 8 yrs. **Cost:** £5 (book). **Dates:** 7 Oct - 16 Dec.

TUESDAY

PARENTS & TOTS

Brixworth Library

Spratton Road, Brixworth, NN6 9DS. 0300 126 7000.

- **Explore a Story:** 14:00 - 14:30. **Ages:** 0 - 5 yrs.

Cost: Free **Dates:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Duston Library

Pendle Road, NN5 6DT. 0300 126 7000.

- **Rhymetime:** 10:30 - 11:00. **Ages:** 0 - 5 yrs.
- **Baby Bounce & Rhyme:** 10:30 - 11:00. **Ages:** 0 - 1 yrs.

Cost: Free **Dates:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Mini Springers

The Life Centre, 9 Tower Street, NN1 2SN. 01604 630457

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 (drop in).

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Moulton Library

Moulton Community Centre, Reedings, Moulton, NN3 7AX. www3.northamptonshire.gov.uk.

- **Stay & Play:** 9:30 - 11:30. **Ages:** 0 - 1 yrs.
- **Construction Club:** 13:30 - 15:30. **Ages:** 1 - 5 yrs.

Cost: Free **Dates:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.



St Gregory's Toddler Group

St Gregory's Catholic Church, Birchfield Road East, Abington, Northampton, NN3 2HS. 01604 713015.

Times: 9:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £0.50

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

The Spring Charity

Annex Community Centre, Spring Lane, Northampton, NN1 2JW. 07465231663.

www.thspringcharity.org.

• **Stay and Play:** 9:00 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £1. **Dates:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Toddle In

St Giles Church Centre, St Giles Terrace, NN1 2BN. 01604 628623. www.stgilesnorthampton.org.uk.

• **St Giles Toddle In:** 10:00 - 11:00.

Parent and Tots group with crafts, play and singing.

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

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

MUSIC & SIGNING

Boogie Beanies

Wootton Community Centre, Curtlee Hill, Wootton, Northampton, NN4 6ED. 07766 731542.

www.boogiebeanies.com.

Times: 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £5 (book).

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Hunsbury Library

Overslade Close, Hunsbury, NN4 0RZ. 01604 702691. www.northamptonshire.gov.uk.

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

Cost: Free **Dates:** 1 Oct - 22 Oct & 5 Nov - 24 Dec.

Music Bugs Northampton

Hardingstone, Hardingstone Village Hall, High Street, Northampton, NN4 6DA. 07811 771480.

www.musicbugs.co.uk.

• **Family Bugs:** 10:00 - 10:40. **Ages:** 0 - 5 yrs.

• **Mini Bugs:** 11:00 - 11:40. **Ages:** 6 mths - 2 yrs.

• **Baby Bugs:** 12:00 - 11:40. **Ages:** 0 - 10 mths.

Cost: £7.50 (book).

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Sing and Sign - Towcester & Daventry

Wootton Community Centre, Curtlee Hill, Wootton, NN4 6ED. 07506257073. www.singandsign.co.uk.

• **Sing and Sign Babies - (6-14 month):** 13:50 - 14:35.

Cost: £7.50 (book).

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

SENSORY & DEVELOPMENT

Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, Northampton, NN7 4HD. 07512 469881.

www.babysensory.com.

• **Baby Sensory (0 - 6mths):** 11:30 - 12:30.

• **Baby Sensory (6 - 13mths):** 10:00 - 11:00.

• **Baby Sensory (0 - 13mths):** 13:00 - 14:00.

Cost: £8 (book). **Dates:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Dec.

Hartbeeps Kettering

Desborough Youth Centre, Desborough, Kettering, NN14 2LZ. 07506700451. www.hartbeeps.com.

• **Happy House:** 9:45 - 10:30. **Ages:** 15 mths - 5 yrs

• **Baby Beeps:** 10:50 - 11:35. **Ages:** 7 - 15 mths.

• **Baby Bells:** 12:00 - 12:45. **Ages:** 2 - 7 mths.

Cost: £8 (book). **Dates:** 1 Oct - 22 Oct.

CREATIVE

Eat Sleep Bake Repeat

36 Summerfields, West Hunsbury, NN4 9YN. 07985 408289. www.Eat-sleep-bake-repeat.newzenler.com.

• **Preschool:** 10:00 - 10:45. **Ages:** 2 - 4 yrs.

• **Home Ed:** 11:30 - 12:15. **Ages:** 2 - 8 yrs.

Dates: 1 Oct - 15 Oct.

DANCE & DRAMA

Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road, Northampton, NN2 6HT. 07971 824 759 or 07894 667 333. www.oncoredanceacademy.co.uk.

• **Baby Ballet:** 10:00 - 10:45.

Free trial class. Quote 'Toddle About' when booking.

Ages: 3 - 4 yrs. **Dates:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.

PHYSICAL FUN

Northampton County Lawn Tennis Club

54b Church Way, Weston Favell, NN3 3BX. 07766557122.

• **Tiny Tots Tennis:** 10:00 - 10:45. **Ages:** 2 ½ - 5 yrs.

Cost: £5 (book).

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, NN3 8RQ. 01604 461242.

• **Explore & Play:** 10:30 - 12:00 & 13:00 - 14:29.

Ages: 0 - 5 yrs. **Cost:** £6.50 (book).

Dates: 1 Oct - 17 Dec.

Trilogy Active - Duston Sports Centre

Cotswold Avenue, Duston, NN6 5EX. 01604 837400. www.trilogyactive.co.uk.

• **Rugby Cubz:** 13:00 - 13:30 & 13:45 - 14:15.

Ages: 18 mths - 5 yrs. **Cost:** £4.50 **Dates:** 1 Oct - 17 Dec.

Trilogy Active - Lings Forum

Billing Brook Road, Weston Favell, Northampton, NN3 8JR. 01604 837400. www.trilogyactive.co.uk.

• **Rugby Cubz:** 11:15 - 11:45 & 11:45 - 12:15.

Ages: 16 mths - 5 yrs. **Cost:** £4.50 **Dates:** 1 Oct - 17 Dec.

SWIMMING

Aqualight Swim School - Weston Favell

Booth Lane South, Weston Favell, Northampton, NN3 3EZ. 01604 830405. www.aqualightbabies.co.uk.

• **Swimming Lessons**

Times: 16:30 - 17:00 & 18:00 - 18:30. **Ages:** 4 - 5 yrs.

Times: 17:00 - 17:30. **Ages:** 2 - 3 yrs.

Times: 17:30 - 18:00. **Ages:** 3 - 4 yrs.

Cost: £12.35 (book).

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

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* Most babies learn best when they see, hear, feel, touch, taste and smell.

Baby Sensory
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Our multi-award winning classes will introduce your baby (or babies) to a world of sensory delights, where you can relax, spend quality time with each other and enjoy meeting other new parents.

For **Daventry & Rugby** classes:
Call: Lauren on **07849777705**
Email: rugby@babysensory.co.uk
Classes: Tuesday, Long Lawford Memorial Hall, CV23 9BA
Wednesday, Cedar Grove Clinic, Daventry, NN11 4HB
Thursday, Libbourne Village Hall, Rugby, CV23 0SX

For **Northampton** classes:
Call: Sarah on 07512 469881
Email: northampton@babysensory.co.uk
Classes: Daily, Monday to Friday
at The Baby Sensory Centre, Nottville, NN7 4HD
www.babysensory.com

We've done the research; so you can enjoy the fun...

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS.
01604 830405. www.aqualightbabies.co.uk.

- **Swimming Lessons 1-2 years:** 11:00 - 11:30.
- **Swimming Lessons 2-3 years:** 10:30 - 11:00.
- **Swimming Lessons 3-4 years:** 10:00 - 10:30.

Cost: £12.35 (book). **Dates:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222. www.everyoneactive.com.

- **Pre School Stage 1 Lessons:** 16:00 - 16:30.

Ages: 3 - 5 yrs. **Cost:** £9.01 (book).

Dates: 24 Sep - 31 Dec.

WEDNESDAY

PARENTS & TOTS

Brixworth Library

Spratton Road, Brixworth, NN6 9DS. 0300 126 7000.

- **Rhymetime:** 9:30 - 10:00.

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

Dates: 2 Oct - 23 Oct & 6 Nov - 18 Dec.

Chatterbox

Mount Pleasant Baptist Church, 147-155 Kettering Road, NN1 4BS. 01604 516809.

www.mountpleasantchurch.com.

Times: 9:30 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £1.50.

Dates: 2 Oct - 23 Oct & 6 Nov - 18 Dec.

Duston Library

Pendle Road, Northampton, NN5 6DT. 0300 126 7000.
www.westnorthants.gov.uk.

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

Ages: 0 - 1 yrs. **Cost:** Free (drop in). **Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

Earls Barton Library

Broad Street, Earls Barton, NN6 0ND. 0300 126 1000.
www3.northamptonshire.gov.uk.

- **Play and Learn for Under 5s:** 10:30 - 12:00.

Ages: 0 - 5 yrs. **Cost:** Free (book). **Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

Emmanuel Family Tots

Emmanuel Church, Weston Favell Centre,, Billing Brook Road, Northampton, NN3 8JR. 07812508711.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1 (drop in).

Dates: 2 Oct - 23 Oct & 6 Nov - 18 Dec.

Moulton Library

Moulton Library, Moulton Community Centre, Reedings, Moulton, NN3 7AX.

- **Stay & Play under 5s:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Cost: Free **Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

Rainbow Tots

The Salvation Army, 8 Tower Street, Northampton, NN1 2SN. 01603 624841. www.salvationarmy.org.uk.

Times: 10:30 - 12:00. **Cost:** £1.50 (book).

Dates: 2 Oct - 23 Oct & 6 Nov - 18 Dec.

St Peter's Church Tiny Tots

Church Hall, 76 High Street, Weston Favell, Northampton, NN3 3JX. 07742587128. www.achurchnearyou.com.

• **Mums, Baby and Tots group:** 13:30 - 15:00.

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

Dates: 2 Oct - 23 Oct, 6 Nov - 18 Dec & 8 Jan.

Storehouse Church

Lodge Farm Community Centre, Crestwood Road, Northampton, NN3 8JJ. 07853 765517. www.storehousechurch.co.uk.

• **Tiny Tadpoles:** 9:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £2 (*drop in*).

Dates: 2 Oct - 23 Oct & 6 Nov - 18 Dec.

Strong Start

Kingsthorpe Children's Centre, St. Davids Rd., NN2 7QJ. 07880 136070. www.westnorthants.gov.uk.

• **Strong Start Baby or Under 5s Sessions**

Times: 10:00 - 11:00. **Ages:** Pregnancy - 4 yrs.

Dates: 2 Oct - 23 Oct & 6 Nov - 18 Dec.

• **Under 1s Sensory:** 13:30 - 15:00.

Ages: Pregnancy - 1 yrs. **Cost:** Free (*book*). **Dates:** 2 Oct - 18 Dec.

MUSIC & SIGNING

Hunsbury Library

Hunsbury Library, Overslade Close, Hunsbury, NN4 0RZ. 01604 702691. www.northamptonshire.gov.uk.

• **Babytime:** 10:30 - 11:30. **Ages:** 0 - 1 yrs.

Cost: Free (*drop in*). **Dates:** 2 Oct - 18 Dec.

Music Bugs Northampton

Moulton Community Centre, Sandy Hill Lane, NN3 7AX. 07811 771480. www.musicbugs.co.uk.

• **Family Bugs:** 10:00 - 10:40. **Ages:** 0 - 5 yrs.

• **Mini Bugs:** 11:00 - 11:30. **Ages:** 6 mths - 2 yrs.

• **Baby Bugs:** 12:00 - 12:30. **Ages:** 0 - 10 mths.

Cost: £7.50 (*book*).

Dates: 2 Oct - 23 Oct & 6 Nov - 18 Dec.

SENSORY & DEVELOPMENT

Baby Sensory Northampton

Green Lodge Barn, Nobottle, Northampton, NN7 4HD. 07512 469881. www.babysensory.com.

• **Baby Sensory (0 - 13mths):** 10:00 - 11:00 & 13:00 - 14:00.

• **Baby Sensory (0 - 6mths):** 11:30 - 12:30.

Cost: £8 (*book*). **Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

HEALTH

The Little Yoga Company

The Village Hall, High Street, Hardingstone, NN4 6DA

• **Toddler Yoga:** 10:00 - 10:45.

Ages: 2 - 4 yrs. **Dates:** 2 Oct - 18 Dec

PREGNANCY

The Little Bears Company

Pytchley Golf Lodge, Kettering Road, Kettering, NN14 1EY www.musicbugs.co.uk.

• **Antenatal Course:** 18:30 - 20:30.

Dates: 9 Oct & 16 Oct

CREATIVE

Eat Sleep Bake Repeat

36 Summerfields, West Hunsbury, Northampton, NN4 9YN. 07985 408289.

www.Eat-sleep-bake-repeat.newzenler.com.

• **Preschool cookery:** 10:00 - 10:45. **Ages:** 2 - 4 yrs.

Dates: 2 Oct - 16 Oct.

DANCE & DRAMA

Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road, Northampton, NN2 6HT. 07971 824 759 or 07894 667 333. www.oncoredanceacademy.co.uk.

• **Groovy Movers:** 16:15 - 17:00. **Ages:** 3 - 5 yrs.

Free trial class. Quote 'Toddle About' when booking.

• **Junior Street Dance:** 17:00 - 17:45 & 17:45 - 18:30.

Ages: 4 - 5 yrs. **Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

PHYSICAL FUN

Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, Northampton, NN3 8RQ. 01604 461242.

• **Explore & Play @ NGA:** 10:00 - 11:30.

Swing, jump, bounce and enjoy gym equipment!

Ages: 0 - 5 yrs. **Cost:** £6.50 (*book*).

Dates: 2 Oct - 18 Dec.

Trilogy Active -Duston Sports Centre

Duston Sports Centre, Cotswold Avenue, Duston, NN6 5EX. 01604 837400. www.trilogyactive.co.uk.

• **Soft Zone:** 9:00 - 10:30. **Ages:** 0 - 5 yrs.

Cost: £4.50 (*book*). **Dates:** 2 Oct - 18 Dec.

Trilogy Active -Lings Forum

Lings Forum Leisure Centre, Billing Brook Road, Weston Favell, Northampton, NN3 8JR. 01604 837400. www.trilogyactive.co.uk.

• **Preschool Gymnastics:** 10:00 - 10:45 & 11:00 - 11:45. **Ages:** 2 - 5 yrs.

• **Rugby Cubz:** 13:00 - 13:30 & 13:45 - 14:15.

Ages: 16 mths - 5 yrs. **Cost:** £4.50 (*book*).

Dates: 2 Oct - 18 Dec.

SWIMMING

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, Northampton, NN3 2NS. 01604 830405. www.aqualightbabies.co.uk.

• **Swimming Lessons 1-2 years:** 9:30 - 10:00.

• **Swimming Lessons 2-3 years:** 10:00 - 10:30.

• **Swimming Lessons 3-4 years:** 10:30 - 11:00 & 11:00 - 11:30.

Cost: £12.35 (*book*). **Dates:** 2 Oct - 23 Oct & 6 Nov - 18 Dec.

Moulton Leisure Centre

Moulton Leisure Centre, Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222.

www.everyoneactive.com.

• **Pre School Stage 1 Swimming Lessons:** 16:00 - 16:30 & 16:30 - 17:00.

Ages: 3 - 5 yrs. **Cost:** £9.01 (*book*).

Dates: 25 Sep - 8 Jan.

Trilogy Active - Danes Camp

Danes Camp, Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. www.trilogyactive.co.uk.

• **Family Friendly Swim:** 9:00 - 10:30.

Ages: 0 - 8 yrs. **Cost:** £5 (book). **Dates:** 2 Oct - 18 Dec.

Trilogy Active - The Mounts

Upper Mounts, The Mounts, Northampton, NN1 3DN. 01604 837400. www.trilogyactive.co.uk.

• **Family Friendly Swimming:** 14:00 - 15:00.

Starts your tots journey in the water

Ages: 0 - 8 yrs. **Cost:** £5 (book). **Dates:** 2 Oct - 18 Dec.

THURSDAY

PARENTS & TOTS

Abbey Centre Baptist Church Baby & Toddler Group

Abbey Centre Baptist Church, Overslade Close, Hunsbury, Northampton, NN4 0RZ. 01604 767568. www.abbeycentre.org.uk.

Times: 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2 (drop in).

Dates: 10 Oct - 24 Oct, 14 Nov - 28 Nov & 12 Dec - 19 Dec.

Brixworth Library

Spratton Road, Brixworth, NN6 9DS. 0300 126 7000. www.northamptonshire.gov.uk.

• **Under Ones Fun:** 10:30 - 12:00.

Fortnightly Health Visitor Clinic runs alongside this event.

Cost: Free **Dates:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.

Moulton Library

Moulton Community Centre, Reedings, Moulton, NN3 7AX. www3.northamptonshire.gov.uk.

• **Slings Library Thursday:** 10:00 - 11:30.

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

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

St Matthew's Mini

St Matthew's Church Hall, 27A The Drive, Kingsley, Northampton, NN1 4RY. 01604 791251. www.stmatthews-northampton.org.uk.

Times: 9:45 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £1.50.

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

Strong Start

Blackthorn Children's Centre, Longmead Court, NN3 8QD. 07880 136070. www.westnorthants.gov.uk.

• **Strong Start:** 10:00 - 11:00.

Book: https://strong_start_team.eventbrite.co.uk

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

Dates: 3 Oct, 7 Nov - 28 Nov & 5 Dec - 19 Dec.

Sunbeams

Duston United Reformed Church, Main Road, Duston, NN5 6JF. 07751522303.

Times: 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £1 (drop in).

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

Talking Point (Grange Park)

Grange Park, Grange Park, NN4 5AZ. 07725 474341.

Times: 10:00 - 12:00. **Ages:** Pregnancy - 1 yrs.

Cost: Free (drop in).

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

The Spring Charity

Annex Community Centre, Spring Lane, NN1 2JW. 07465231663. www.thespringcharity.org.

• **Stay and Play:** 9:00 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £1 (drop in).

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

Toddlers Group

Park Avenue Methodist Church, Park Avenue North, Northampton, NN3 2HT. 01604 633436. www.parkavenue.org.uk.

Times: 13:15 - 15:00. **Ages:** 0 - 4 yrs. **Cost:** £1 (drop in).

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

Weston Favell Library

Unit 35, Weston Favell Shopping Centre, Northampton, NN4 8JZ. www.westnorthants.gov.uk.

• **Baby Bounce:** 10:00 - 10:30.

Ages: 6 mths - 1 yrs. **Cost:** Free (book).

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

MUSIC & SIGNING

Music Bugs Northampton

Hardingstone, Hardingstone Village Hall, High Street, Northampton, NN4 6DA. 07811 771480.

www.musicbugs.co.uk.

• **Family Bugs:** 10:00 - 10:40 & 11:00 - 11:40.

Ages: 0 - 5 yrs. **Cost:** £7.50 (book).

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

Northampton Central Library

Abington Street, Northampton, NN1 2BA. 0300 126 1000 - option 5 then 1.

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

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

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

SENSORY & DEVELOPMENT

Baby Sensory Northampton

Green Lodge Barn, Nobottle, Northampton, NN7 4HD. 07512 469881. www.babysensory.com.

• **(0 - 13mths):** 10:00 - 11:00 & 13:00 - 14:00.

• **(0 - 6mths):** 11:30 - 12:30.

Baby development classes inc. signing, massage, music & play

Cost: £8 (book). **Dates:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Moulton Community Centre, Sandy Hill, Reedings, Moulton, Northampton, NN37AX. 01327 705915.

www.littlekickers.co.uk.

• **Little Kickers**

Pre-school football classes from 18months

Times: 9:55 - 10:35. **Ages:** 1 ½ - 2 ½ yrs.

Times: 10:45 - 11:30. **Ages:** 2 ½ - 3 ½ yrs.

Times: 11:40 - 12:25. **Ages:** 3 ½ - 5 yrs.

Cost: £7.49 (book).

Dates: 3 Oct - 26 Dec.



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

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rugbytots.co.uk
 The world's favourite rugby play programme

Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, Northampton, NN3 8RQ. 01604 461242.

- **Explore & Play @ NGA:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** £6.50 (book).

Dates: 3 Oct - 19 Dec.

Trilogy Active - Danes Camp

Danes Camp, Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. www.trilogyactive.co.uk.

- **Soccer Cubz Football Classes:** 13:00 - 13:30 & 13:45 - 14:15. **Ages:** 1 yrs 6 mths - 5 yrs.

Cost: £4.50 (book). **Dates:** 3 Oct - 19 Dec.

SWIMMING

Aqualight Swim School - The Beehive

The Beehive, Harborough Road, Kingsthorpe, Northampton, NN2 8LR. 01604 830405. www.aqualightbabies.co.uk.

- **8-12 months:** 9:30 - 10:00 & 11:00 - 11:30.
- **4-8 months:** 10:00 - 10:30 & 10:30 - 11:00.
- **0-4 months:** 11:30 - 12:00 & 12:30 - 13:00.
- **6-12 months:** 12:00 - 12:30.

Cost: £13.40 (book). **Dates:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS. 01604 830405. www.aqualightbabies.co.uk.

- **1-2 years:** 9:30 - 10:00 & 10:30 - 11:00.
- **2-3 years:** 10:00 - 10:30.
- **3-4 years:** 11:00 - 11:30.

Cost: £12.35 (book). **Dates:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.

Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222. www.everyoneactive.com.

- **Pre School Stage 1 Lessons (3 - 5 years):** 16:00 - 16:30.

Cost: £9.01 (book). **Dates:** 26 Sep - 26 Dec.

Trilogy Active - Danes Camp

Danes Camp, Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. www.trilogyactive.co.uk.

- **Family Friendly Swim:** 9:00 - 10:15.

Ages: 0 - 8 yrs. **Cost:** £5 (book).

Dates: 26 Sep - 26 Dec.

FRIDAY

PARENTS & TOTS

Brixworth Library

Brixworth Library, Spratton Road, Brixworth, NN6 9DS. 0300 126 7000. www.northamptonshire.gov.uk.

- **Pre-school Play:** 10:00 - 11:00.

Plays with a variety of resources and socialise

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

Dates: 4 Oct - 25 Oct & 8 Nov - 20 Dec.

Earls Barton Library

Broad Street, Earls Barton, NN6 0ND. 0300 126 1000. www3.northamptonshire.gov.uk.

- **Rhymetime:** 14:30 - 15:00.

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

Dates: 4 Oct - 25 Oct & 8 Nov - 20 Dec.

Moulton Library

Moulton Community Centre, Reedings, Moulton, NN3 7AX. www3.northamptonshire.gov.uk.

- **Bounce and Rhyme:** 13:15 - 13:45. **Ages:** 0 - 1 yrs.

- **Rhymetime:** 14:00 - 14:30. **Ages:** 0 - 5 yrs.

- **Homework Club:** 15:00 - 16:30. **Ages:** 4 - 10 yrs.

Dates: 4 Oct - 25 Oct & 8 Nov - 20 Dec.

Cost: Free (book).

Northampton Museum & Art Gallery

4-6 Guildhall Rd, Northampton, NN1 1DP.

www.northamptonmuseums.com

- **Mini Museum Explorers:** 10:15 - 11:45.

Ages: 2.5 - 5 yrs. **Cost:** £4. **Dates:** 4 Oct - 25 Oct & 8 Nov - 20 Dec.

Spratton Hall School

Spratton Hall School, Smith Street, Spratton, Northampton, NN6 8HP. 01604 847292.

www.sprattonhall.com.

- **Open Days**

Times: 10:00 - 12:00. **Dates:** 4 Oct.

Times: 14:00 - 15:00. **Dates:** 15 Nov.

Cost: Free (book).

Toddle In

St Giles Church Centre, St Giles Terrace, NN1 2BN. 01604 628623. www.stgilesnorthampton.org.uk.

- **St Giles Toddle In:** 10:00 - 11:00. **Ages:** 0 - 4 yrs.

Parent and Tots group with crafts, play and singing.

Cost: Free **Dates:** 4 Oct - 25 Oct & 8 Nov - 20 Dec.

MUSIC & SIGNING

Hunsbury Library

Hunsbury Library, Overslade Close, Hunsbury, NN4 0RZ. 01604 702691. www.northamptonshire.gov.uk.

- **Rhymetime:** 10:30 - 11:00.

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

Dates: 4 Oct - 25 Oct & 8 Nov - 20 Dec.

Music Bugs Northampton

Pineham Barns Primary School, Dragonfly Way, Pineham, Northampton, NN4 9FF. 07811 771480. www.musicbugs.co.uk.

- **Family Bugs:** 10:00 - 10:40. **Ages:** 0 - 5 yrs.

- **Baby Bugs:** 11:00 - 11:40. **Ages:** 0 - 1 yrs.

Cost: £7.50 (book).

Dates: 4 Oct - 25 Oct & 8 Nov - 20 Dec.

MINI MUSEUM EXPLORERS AT NORTHAMPTON MUSEUMS



Join us at Northampton Museum & Art Gallery for our popular hands-on and fun pre-school sessions for the under-fives.

Explore the museum through stories, music, art and craft activities whilst making new friends and creating memories in an engaging and family friendly environment.

Held on Friday mornings during term time with a different theme each week

4th October - Trees / Leaves	22nd November - Buildings
11th October - Shoes	29th November - Fossils / Dinosaurs
18th October - Light (Diwali)	6th December - Bodies
25th October - Halloween	13th December - Sound / Music
15th November - Space	20th December - Christmas

£4 per child per session, refreshments included.   northamptonshoe

N Northampton
Museum &
Art Gallery



West
Northamptonshire
Council



→ Booking essential, places are limited – book online at www.northamptonmuseums.com

Northampton Central Library

Northampton Central Library, Abington Street, Northampton, NN1 2BA. 0300 126 1000.

• **Rhymetime:** 10:30 - 11:00. **Ages:** 1 - 5 yrs.
Cost: Free. **Dates:** 4 Oct - 25 Oct & 8 Nov - 20 Dec.

Weston Favell Library

Unit 35, Weston Favell Shopping Centre, NN4 8JZ.

• **Rhyme Time:** 10:00 - 10:30.
A fun interactive singing session. First come first served.
Ages: 1 - 5 yrs. **Cost:** Free (book).
Dates: 4 Oct - 25 Oct & 8 Nov - 20 Dec.

SENSORY & DEVELOPMENT

Baby Sensory Northampton

The Baby Sensory Centre, Green Lodge Barn, Nobottle, NN7 4HD. 07512 469881. www.babysensory.com.

• **Baby Sensory (0 - 13mths):** 10:00 - 11:00.
• **Baby Sensory (0 - 9 mths):** 11:30 - 12:30.
Cost: £8. **Dates:** 4 Oct - 25 Oct & 8 Nov - 20 Dec.

Hartbeeps Kettering

Orlingbury Village Hall, Orlingbury, Kettering, NN14 1JH. 07506700451. www.hartbeeps.com.

• **Happy House:** 9:45 - 10:30. **Ages:** 15mths - 5 yrs
• **Baby Beeps:** 10:50 - 11:35. **Ages:** 7 - 15mths.
• **Baby Bells:** 12:00 - 12:45. **Ages:** 2 - 7 mths.
Cost: £8 (book). **Dates:** 4 Oct - 25 Oct.

CREATIVE

Eat Sleep Bake Repeat

36 Summerfields, West Hunsbury, Northampton, NN4 9YN. 07985 408289.

www.Eat-sleep-bake-repeat.newzenler.com.

• **After School:** 16:30 - 17:15. **Ages:** 4 - 11 yrs.
Dates: 4 Oct - 18 Oct.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Moulton Community Centre, Sandy Hill, Moulton, NN37AX. 01327 705915. www.littlekickers.co.uk.

• **Little Kickers Pre-school football classes from 18months**
Times: 9:55 - 10:35. **Ages:** 1 ½ - 2 ½ yrs.
Times: 10:45 - 11:30. **Ages:** 2 ½ - 3 ½ yrs.
Times: 11:40 - 12:25. **Ages:** 3 ½ - 5 yrs.
Cost: £7.49 (book). **Dates:** 4 Oct - 27 Dec.

Northampton County Lawn Tennis Club

54b Church Way, Weston Favell, Northampton, NN3 3BX. 07766557122.

• **Tiny Tots Tennis:** 13:30 - 14:15. **Ages:** 2 ½ - 5 yrs.
Cost: £5 (book). **Dates:** 4 Oct - 25 Oct & 8 Nov - 20 Dec.

Northampton Gymnastics Academy

10 North Portway Close, Round Spinney Industrial Estate, Northampton, NN3 8RQ. 01604 461242.

• **Explore & Play @ NGA:** 10:00 - 11:30.
Ages: 0 - 5 yrs. **Cost:** £6.50 (book).
Dates: 4 Oct - 20 Dec.





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www.musicbugs.co.uk

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Classes start from £6.50

First class free
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We are at Hardingstone Village Hall
 Monday 2.25-3pm & 30 year olds
 Wednesday 10.45-12.15 2 & 3 year olds

11 sessions available on request

To book message Sarah at
thelittleyogacompanyinfo@gmail.com

[@the_little_yoga_company](https://www.instagram.com/@the_little_yoga_company) [@thelittleyogacompany](https://www.facebook.com/@thelittleyogacompany)

Trilogy Active - Duston Sports Centre

Duston Sports Centre, Cotswold Avenue, Duston, NN6 5EX. 01604 837400. www.trilogyactive.co.uk.

- **Preschool Gymnastic:** 9:30 - 10:15 & 10:30 - 11:15. **Ages:** 2 - 5 yrs.
 - **Soccer Cubz Football Classes:** 13:00 - 13:30 & 13:45 - 14:15. **Ages:** 1 yrs 6 mths - 5 yrs.
- Cost:** £4.50 (book). **Dates:** 4 Oct - 20 Dec.

HEALTH

The Little Yoga Company

The Village Hall, High Street, Hardingstone, NN4 6DA

- **Toddler Yoga:** 10:00 - 10:45.
- Ages:** 2 - 4 yrs. **Dates:** 4 Oct - 20 Dec

SWIMMING

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS. 01604 830405. www.aqualightbabies.co.uk.

- **Swimming Lessons 2.5 - 4 years:** 11:15 - 11:45.
 - **Swimming Lessons 1-2 years:** 11:45 - 12:15.
- Cost:** £12.35 (book).
Dates: 4 Oct - 25 Oct & 8 Nov - 20 Dec.

Aqualight Swim School - Barry Road

Barry Road Swimming Pool, 2 4-2 Covington Street, NN1 5JU. 01604 830405. www.aqualightbabies.co.uk.

- **Swimming Lessons**
- Times:** 16:00 - 16:30. **Ages:** 4 - 5 yrs.
Times: 16:30 - 17:00 & 17:00 - 17:30. **Ages:** 3 - 5 yrs.
Cost: £12.35 (book). **Dates:** 4 Oct - 25 Oct & 8 Nov - 20 Dec.

Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222. www.everyoneactive.com.

- **Pre School Stage 1 Swimming Lessons:** 15:30 - 16:00.
- Ages:** 3 - 5 yrs. **Cost:** £9.01 (book).
Dates: 27 Sep - 27 Dec.

Turtle Tots Northamptonshire, Milton Keynes & Bedford

The Bee Hive, Harborough Road, Kingsthorpe, NN2 8LR. 01604 372747. www.turtletots.com.

- **Times:** 9:00 - 13:00. **Ages:** 0 - 2 yrs. **Cost:** £15 (book).
- Dates:** 4 Oct - 25 Oct & 8 Nov - 13 Dec.

SATURDAY

CREATIVE

Eat Sleep Bake Repeat

36 Summerfields, West Hunsbury, NN4 9YN. 07985 408289. www.Eat-sleep-bake-repeat.newzenler.com.

- **Saturday Kitchen:** 11:30 - 12:15.
- Ages:** 2 - 11 yrs. **Cost:** £10 (book).
Dates: 26 Oct, 30 Nov, 5 Oct, 2 Nov & 7 Dec.



Fun Spanish for children 0-11 y
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 We bring languages to life through amazing adventures. Come and be a pirate for the day, visit the circus or explore a world of magical creatures.
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kidslingo.co.uk/area/spanish-classes-northampton-s-w-towcester-olney/





DANCE & DRAMA

Oncore Dance Academy

Oncore Studios, Footshape House, Kingsthorpe Road, Northampton, NN2 6HT. 07971 824 759 or 07894 667 333. www.oncoredanceacademy.co.uk

- **Tip Tap Toe Tap:** 10:30 - 11:15. **Ages:** 4 - 5 yrs.
- **Baby Ballet:** 9:00 - 9:45. **Ages:** 3 - 4 yrs.
- **Pre-Primary 1 Ballet:** 9:45 - 10:30. **Ages:** 4 - 5 yrs.

Free trial class. Quote 'Toddle About' when booking.

Dates: 5 Oct - 19 Oct & 9 Nov - 14 Dec.

SWIMMING

Aqualight Swim School - Barry Road

Barry Road Swimming Pool, 2 4-2 Covington Street, NN1 5JU. 01604 830405. www.aqualightbabies.co.uk

- **Swimming Lessons**

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

Times: 12:30 - 13:00. **Ages:** 3 - 5 yrs.

Times: 13:30 - 14:00 & 15:00 - 15:30. **Ages:** 2 - 3 yrs.

Times: 14:00 - 14:30 & 15:30 - 16:00. **Ages:** 18 mths - 2 yrs.

Times: 14:30 - 15:00. **Ages:** 1 - 1 ½ yrs

Cost: £12.35 (book). **Dates:** 5 Oct - 19 Oct & 9 Nov - 14 Dec.

Aqualight Swim School - Headlands

Headlands Primary School, Bushland Road, NN3 2NS. 01604 830405. www.aqualightbabies.co.uk

- **2-3 years:** 10:00 - 10:30 & 11:00 - 11:30.

- **3-4 years:** 9:30 - 10:00, 10:30 - 11:00 & 11:30 - 12:00

Cost: £12.35 (book). **Dates:** 5 Oct - 19 Oct & 9 Nov - 14 Dec.

TINY TOTS TENNIS

Come join the FUN learn about the game and develop fundamental skills aimed at 2½ - 5 years.

Tuesday: 10-10.45am

Friday: 1:30-2.15pm (term time).

Limited spaces available.

To book, please contact:

Laura Mineards: 07766 557 122

Northampton County Lawn Tennis Club,
54b Church Way, Weston Favell, Northampton.

lauramineards@yahoo.co.uk

Aqualight Swim School - NSG

Northampton School for Girls, Spinney Hill Road, NN3 6DG. 01604 830405. www.aqualightbabies.co.uk

- **Swimming Lessons**

Times: 13:00 - 13:30 & 16:15 - 16:45. **Ages:** 4 yrs.

Times: 13:30 - 14:00, 14:30 - 15:00, 15:15 - 15:45 & 15:45 - 16:15.

Ages: 0 - 5 yrs.

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

Cost: £12.35 (book). **Dates:** 5 Oct - 19 Oct & 9 Nov - 14 Dec.

Aqualight Swim School - The Beehive

The Beehive, Harborough Road, Kingsthorpe, Northampton, NN2 8LR. 01604 830405.

www.aqualightbabies.co.uk

- **8-12 months:** 8:30 - 9:00 & 10:30 - 11:00.

- **4 - 8 months:** 9:00 - 9:30 & 10:00 - 10:30.

- **6-12 months:** 9:30 - 10:00.

- **0-4 months:** 11:00 - 11:30 & 11:30 - 12:00.

Cost: £13.40 (book). **Dates:** 5 Oct - 19 Oct & 9 Nov - 14 Dec.

Moulton Leisure Centre

Chris Moody Centre, Gate 4, Moulton, NN3 7QL. 01604 492222. www.everyoneactive.com

- **Pre School Stage 1 Swimming Lessons**

Times: 9:15 - 9:45, 10:45 - 11:15. **Ages:** 3 - 5 yrs.

Dates: 28 Sep - 28 Dec.

Cost: £9.01 per session (booking essential).

Trilogy Active - Upper Mounts

Upper Mounts, The Mounts, Northampton, NN1 3DN. 01604 837400. www.trilogyactive.co.uk

- **Family Friendly Swimming:** 16:00 - 17:00.

Starts your tots journey in the water

Ages: 0 - 8 yrs. **Cost:** £5 (book). **Dates:** 5 Oct - 14 Dec.

SUNDAY

SENSORY & DEVELOPMENT

Kidslingo Spanish Northants, Towcester & Olney

Caroline Chisholm School, Wooldale Rd, NN4 6TP. 07772536338. www.kidslingo.co.uk

- **Kidslingo Fun Spanish:**

Times: 9:00 - 9:30. **Ages:** 1½ - 5 yrs. **Cost:** £4 (book).

Times: 9:40 - 10.10. **Ages:** 4 - 7 yrs.

- **Full immersion class:** 10:20 - 10:50. **Ages:** 4 - 7 yrs.

- **Fun Spanish Class:** 11:05 - 11:45. **Ages:** 7 - 11 yrs.

Cost: £5 (book). **Dates:** 6 Oct - 20 Oct & 10 Nov - 15 Dec.



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NORTHAMPTONSHIRE@TURTLETOTS.COM

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Kingsthorpe College, Boughton Green Road, NN2 7HR. 01327 705915. www.littlekickers.co.uk

- **1½ - 2½ yrs:** 8:30 - 9:10, 9:30 - 10:10.
- **3½ - 5 yrs:** 8:30 - 9:15, 9:25 - 10:10 & 11:15 - 12:00.
- **5 - 7rs:** 9:25 - 10:10, 10:20 - 11:05 & 11:15 - 12:00.
- **2½ - 3½ yrs:** 8:30 - 9:15, 9:25 - 10:10, 10:20 - 11:05 & 11:15 - 12:00

Dates: 6 Oct - 29 Dec.

Cost: £7.49 (book).

SWIMMING

Aqualight Swim School - Barry Road

Barry Road Swimming Pool, 2 4-2 Covington Street, Northampton, NN1 5JU. 01604 830405.

www.aqualightbabies.co.uk

• Swimming Lessons

Times: 11:00 - 11:30. **Ages:** 4 - 5 yrs.

Times: 10:30 - 11:00. **Ages:** 3 - 4 yrs.

Times: 8:30 - 9:00, 9:00 - 9:30, 9:30 - 10:00, 10:00 - 10:30 & 11:30 - 12:00. **Ages:** 3 - 5 yrs.

Cost: £12.35 (book).

Dates: 6 Oct - 20 Oct & 10 Nov - 15 Dec.



NORTHAMPTON & LAMPORTRAILWAY

Santa Specials - 1st to 22nd Dec
Santa Paws - 30th Nov

A great value family experience!

Chapel Brampton, N'pton, NN6 8BA www.nlr.org.uk
f x @NLRrailway Buffet, souvenir shop, free parking

Aqualight Swim School - Weston Favell

Weston Favell Pool, Booth Lane South, Weston Favell, NN3 3EZ. 01604 830405. www.aqualightbabies.co.uk

• Swimming Lessons

Times: 9:00 - 9:30 & 11:30 - 12:00. **Ages:** 4 - 5 yrs.

Times: 9:30 - 10:00. **Ages:** 3 - 4 yrs.

Times: 10:00 - 10:30 & 11:00 - 11:30. **Ages:** 2 - 3 yrs.

Times: 10:30 - 11:00. **Ages:** 3 - 5 yrs.

Cost: £12.35 (book). **Dates:** 6 Oct - 20 Oct & 10 Nov - 15 Dec.

Trilogy Active - Danes Camp

Danes Camp, Clannell Road, Hunsbury, Northampton, NN4 0RX. 01604 837400. www.trilogyactive.co.uk

• Family Friendly Swim: 8:00 - 10:00.

Ages: 0 - 8 yrs. **Cost:** £5 (book). **Dates:** 6 Oct - 15 Dec.

Trilogy Active - The Mounts

Upper Mounts, The Mounts, Northampton, NN1 3DN. 01604 837400. www.trilogyactive.co.uk

- **Family Friendly Swimming:** 10:30 - 11:30, 12:00 - 13:00, 13:30 - 14:30 & 15:00 - 16:00.

Starts your tots journey in the water

Ages: 0 - 8 yrs. **Cost:** £5 (book). **Dates:** 6 Oct - 15 Dec.

Turtle Tots Northamptonshire, Milton Keynes & Bedford

The Bee Hive, Harborough Road, Kingsthorpe, NN2 8LR. 01604 372747. www.turtletots.com

Times: 9:00 - 17:00. **Ages:** 0 - 2 yrs. **Cost:** £15 (book).

Dates: 6 Oct - 27 Oct & 10 Nov - 15 Dec.

OTHER

Northampton and Lamport Railway

Pitsford and Brampton Station, Pitsford Road, Chapel Brampton, Northampton, NN6 8BA. 01604 820327

- **Steam Train Rides:** 10:00 - 16:00.

Your ride on the train lasts about 50 minutes.

Cost: £8 (drop in).

Dates: 6 Oct - 20 Oct & 10 Nov - 15 Dec.

Toddle About Baby Show West Northants

Northampton University, Waterside Campus, Northampton, NN4 8RR. 01604 532054.

www.toddle.fun/babyshow-northants

- **Toddle About Baby Show:** 10:00 - 15:00.

Cost: Free (book). **Dates:** 1 Dec.

SOUTH NORTHANTS AREA

MONDAY

PARENTS & TOTS

Strong Start

Towcester Children's Centre, Islington Road, NN12 6AU. 07880 136070. www.westnorthants.gov.uk.

- **Strong Start event:** 11:00 - 12:30.

Ages: 0 - 4 yrs. **Cost:** Free (book). **Dates:** 7 Oct - 16 Dec.

MUSIC & SIGNING

Towcester Library

The Forum, Moat Lane, Towcester, NN12 6AD. 0300 126 7000. www.westnorthants.gov.uk.

- **Bounce & Rhyme**

Times: 10:00 - 10:30 & 11:00 - 11:30. **Ages:** 0 - 1 yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Cost: Free (book).

TUESDAY

PARENTS & TOTS

Litchborough Play Time Group

Litchborough Village Hall, Northampton Road, Litchborough, NN12 8JA. 01327 830364.

Times: 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2 (drop in).

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Milk&You

Towcester Children's Centre, Islington Road, NN12 6AU. 01327 220705. www.daventryvolunteers.org.uk.

- **Infant Feeding Group:** 9:30 - 11:30.

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

Dates: 1 Oct - 22 Oct & 1 Oct - 7 Jan.

MUSIC & SIGNING

Brackley Library

Manor Road, Brackley, NN13 6AJ. 0300 126 7000.

- **Rhymetime:** 10:00 - 10:30 & 11:00 - 11:30.

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

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Towcester Library

The Forum, Moat Lane, Towcester, NN12 6AD. 0300 126 7000. www.westnorthants.gov.uk.

- **Explore-a-Story:** 11:00 - 11:30.

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

Dates: 1 Oct, 15 Oct, 29 Oct, 12 Nov, 26 Nov, 10 Dec, 24 Dec & 7 Jan.

CREATIVE

Little Lambs Baby and Toddler Group

St Nicholas Church, Church Lane, Potterspury, Towcester, NN12 7PU.

- **Little Lambs Babies & Toddlers:** 9:00 - 11:15.

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

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

WEDNESDAY

PARENTS & TOTS

Little Fishes Playtime

Baptist Church, Waynflete Close, Brackley, NN13 6AE. www.brackleybaptist.org.uk.

Times: 9:15 - 11:00. **Ages:** 0 - 4 yrs.

Cost: Free (drop in). **Dates:** 2 Oct - 30 Oct.

Tots @ TVC

Tove Valley Centre, Northampton Road, Towcester, NN12 7AH. Jane: 07713034845.

Times: 9:30 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £2 (drop in).

Dates: 2 Oct - 23 Oct & 6 Nov - 18 Dec.

MUSIC & SIGNING

Roade Library

High Street, Roade, NN7 2NW. 0300 1261000. www.northamptonshire.gov.uk.

- **Rhymetime:** 11:00 - 11:30.

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

Dates: 2 Oct - 23 Oct & 6 Nov - 18 Dec.

Sing and Sign Banbury, Bicester, Brackley & Buckingham

Evenley Village Hall, The Green, Evenley, NN1355Q. 07771550335. www.singandsign.co.uk.

- **Stage 2:** 9:45 - 10:30. **Ages:** 14 mths - 2 ½ yrs.

- **Stage 1:** 10:45 - 11:30. **Ages:** 6 - 14 mths.

Cost: £8 (book). **Dates:** 2 Oct - 23 Oct & 6 Nov - 4 Dec.

SENSORY & DEVELOPMENT

Hartbeeps Kettering

Thrapston Plaza, Cosy Nook, Thrapston, NN14 4PS. 07506700451. www.hartbeeps.com.

- **Happy House:** 9:45 - 10:30. **Ages:** 15 mths - 5 yrs

- **Baby Beeps:** 10:50 - 11:35. **Ages:** 7 - 15 mths.

- **Baby Bells:** 12:00 - 12:45. **Ages:** 2 - 7 mths.

Cost: £8 (book). **Dates:** 2 Oct - 23 Oct.

THURSDAY

PARENTS & TOTS

Denton Village Tots

Denton Village Hall, Vicarage Lane, Denton, NN7 1DT.

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

Cost: £2.50 (drop in).

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.



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Tove Benefice - St Bartholomew's

St Bartholomew's Church, Church View, Greens Norton, NN12 8DL. 01327 350459.
www.tovebenefice.org.uk.

• **Tots Own Tea and Toast**: 9:00 - 10:30.
Ages: Pregnancy - 5 yrs. **Cost:** Free (drop in).
Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

Tove Benefice - St Lawrence

St Lawrence Church, Moat Lane, Towcester, NN12 6YY.
01327 350459. www.tovebenefice.org.uk.

• **Little Sprouts**: 9:30 - 11:00.
Parent and child group for under 5's
Ages: Pregnancy - 5 yrs. **Cost:** Free (drop in).
Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

MUSIC & SIGNING

Brackley Library

Manor Road, Brackley, NN13 6AJ. 0300 126 7000.
www.westnorthants.gov.uk.

• **Explore A Story**: 10:00 - 10:30.
Ages: 0 - 5 yrs. **Cost:** Free. **Dates:** 3 Oct - 19 Dec.

Sing and Sign - Towcester & Daventry

Pattishall Parish Hall, 44 School Road, Ascote, Towcester, NN12 8NN. 07506257073.
www.singandsign.co.uk.

• **Babes Classes - up to 6 months**: 10:00 - 10:30.
Cost: £5 (book).
• **Sing and Sign Babies - 6-14 months**: 13:30 - 14:15.
• **Sing and Sign Toddlers - 12-30 months**: 11:30 - 12:15.
Cost: £7.50 (book). **Dates:** 3 Oct - 24 Oct & 7 Nov - 19 Dec.



Classes in the East Northants area, see website for your nearest venue

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Sing and Sign Banbury, Bicester, Brackley & Buckingham

The Old Farmyard, Charlton, NN13 5PJ. 07771550335.
www.singandsign.co.uk.

• **Sing and Sign Babes**: 12:00 - 12:45.
A gentle music and sensory class for babies from birth
Ages: 0 - 6 mths. **Cost:** £8 (book).
Dates: 3 Oct - 24 Oct & 7 Nov - 5 Dec.

Towcester Library

The Forum, Moat Lane, Towcester, NN12 6AD. 0300 126 7000. www.westnorthants.gov.uk.

• **Rhymetime**
Times: 10:00 - 10:30. **Ages:** 0 - 5 yrs.
Times: 11:15 - 11:45. **Ages:** 0 - 5 yrs. **Cost:** Free (book).
Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

FRIDAY

PARENTS & TOTS

Blisworth Baptist Church

Blisworth Baptist Church, Chapel Lane, Blisworth, NN7 3BU. 01604918405. blisworthbaptistchurch.org.

• **Toddlers & Tea**: 10:00 - 12:00.
Cost: Free (drop in). **Dates:** 4 Oct - 20 Dec.

Milton Malsor Tots Group

Milton Malsor Village Hall, 26 High Street, NN7 3AS.
07709052361.

Times: 9:30 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £3.50 (book).
Dates: 4 Oct - 25 Oct & 8 Nov - 20 Dec.

Silverstone Tiggers

Silverstone Methodist Chapel, Murswell Lane, Silverstone, NN12 8UT.

• **Tiggers**: 9:15 - 11:00.
Ages: 0 - 5 yrs. **Cost:** £2 (drop in).
Dates: 4 Oct - 25 Oct & 8 Nov - 6 Dec.

SENSORY & DEVELOPMENT

Cogenhoe Primary School Forest Tots

Cogenhoe Primary School, Cogenhoe, York Avenue, Northampton, NN7 1NB. 01604 890380.
www.cogenhoeprimary.co.uk.

• **Forest Tots: Public Forest school explore session**: 10:00 - 11:30.

Ages: 1 yrs 6 mths - 5 yrs. **Cost:** £7 (book).
Dates: 4 Oct - 25 Oct & 8 Nov - 20 Dec.



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SATURDAY

MUSIC & SIGNING

Sing and Sign - Towcester & Daventry

Pattishall Parish Hall, 44 School Road, Astcote,
Towcester, NN12 8NN. 07506257073.
www.singandsign.co.uk.

- **Sing and Sign Toddlers - 12-30 months:** 10:00 - 10:45.

Singing Toddler class - develop communication pre-speech

Cost: £7.50 (book). **Dates:** 5 Oct - 19 Oct & 9 Nov - 14 Dec.

Towcester Library

The Forum, Moat Lane, Towcester, NN12 6AD. 0300 126 7000. www.westnorthants.gov.uk.

- **Saturday Crafts:** 10:30 - 12:00.

Ages: 3 - 11 yrs. **Cost:** Free (drop in).

Dates: 5 Oct - 19 Oct & 9 Nov - 21 Dec.

PHYSICAL FUN

Little Kickers MK

Elizabeth Woodville School, Stratford Road, Road,
Northampton, NN7 2LP. 01494 911133. www.littlekickers.co.uk.

- **Junior Kickers:** 9:10 - 9:55. **Ages:** 2½ - 3½ yrs.
- **Little Kickers:** 10:00 - 10:45. **Ages:** 1½ - 2½ yrs.
- **Mighty Kickers:** 10:50 - 11:35. **Ages:** 3½ - 5 yrs.

Cost: £7.85 (book).

Dates: 5 Oct - 19 Oct & 9 Nov - 14 Dec.

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SWIMMING

Everyone Active Daventry Leisure Centre
Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP. 01327 871144. www.everyoneactive.com.

- **Adult and Child Lessons (19 - 36 months):** 10:30 - 11:00, 11:00 - 11:30 & 16:30 - 17:00.
- **Preschool Lessons (3 - 5 years):** 9:45 - 10:15, 10:45 - 11:15, 15:45 - 16:15 & 17:00 - 17:30.
- **Adult and Child Lessons (4 - 18 months):** 15:30 - 16:00.

Cost: £6.72 per session (*booking essential*).

Dates: 23 Sep - 16 Dec.

Turtle Tots Daventry and Rugby

Mercure Daventry Court Hotel, Sedgemoor Way, Daventry, NN11 0SG. 07972772922.

www.turtlelots.com.

- **Turtle Tots:** 10:00 - 14:00. 30 min sessions

Ages: 3 mths - 4 yrs. **Cost:** £14 (*book*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

TUESDAY

PARENTS & TOTS

Holy Cross Church Baby and Toddler Group

Holy Cross Church Daventry, 12 Abbey Court, Daventry, NN11 4BP. 07369214054.

- **Baby and Toddler Group:** 9:00 - 10:30.

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

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Long Buckby Little Rascals

Long Buckby Baptist Church, Market Place, Long Buckby, NN6 7RR. 01327 842587. www.longbuckbybaptist.org.uk.

Times: 9:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 1 Oct - 22 Oct, 5 Nov - 17 Dec & 31 Dec.

Strong Start

Daventry Children's Centre, Staverton Road, Daventry, NN11 4EY. 07880 136070. www.westnorthants.gov.uk.

- **Strong Start event:** 11:00 - 12:00.

Book: https://strong_start_team.eventbrite.co.uk

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

Dates: 1 Oct - 15 Oct & 5 Nov - 17 Dec.

MUSIC & SIGNING

Daventry Library

The Abbey Centre, St John's Square, Daventry, NN11 4XG. 0300 126 7000.

- **Rhythmtime:** 10:15 - 10:45. **Ages:** 1 - 4 yrs.

Cost: Free. **Dates:** 1 Oct - 22 Oct & 5 Nov - 17 Dec.

Rhythm Time West Northants

Titches Playroom, Studio G, The Lock House, Whilton Locks Garden Village, Daventry, NN11 2NH. 07591720345. www.rhythmtime.net.

- **Toddler Class (1 - 3yrs):** 10:00 - 10:30.
- **Baby Class (2 - 13 mths):** 10:45 - 11:15 & 12:00 - 12:30.

Cost: £6.79 (*book*). **Dates:** 5 Nov - 10 Dec.

DAVENTRY AREA

MONDAY

MUSIC & SIGNING

Boogie Beansies

Daventry Community, Centre Ashby Road, Daventry, NN11 9QD. 07766 731542. www.boogiebeansies.com.

Times: 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £5 (*book*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Daventry Library

The Abbey Centre, St John's Square, Daventry, NN11 4XG. 0300 126 7000.

- **Bounce and Rhyme:** 11:00 - 11:45. **Ages:** 0 - 1 yrs.

Cost: Free **Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

PHYSICAL FUN

Little Kickers Northampton Daventry & Rugby

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP. 01327 705915. www.littlekickers.co.uk.

- **Little Kickers** 1½ - 2½yrs, 9:20am - 10:00am,
- **Junior Kickers** 2½ - 3½ yrs, 10:10am - 10:55am,
- **Mighty Kickers** 3½ - 5yrs, 11:00am - 11:45am,

Cost: £7.49 (*book*). **Dates:** 7 Oct - 30 Dec.

Sing and Sign - Towcester & Daventry

Cedar Grove Clinic, Daventry, 1 8 High March,
High March Industrial Estate, Daventry, NN11 4HB.
07506257073. www.singandsign.co.uk.

- **Toddlers - 12-30 months:** 9:50 - 10:35.
 - **Babies - 6-14 months:** 10:50 - 11:35.
- Cost:** £7.50 (book).
• **Babes Classes - 0-6 months:** 11:50 - 12:20.

Cost: £5 (book).

Dates: 1 Oct - 22 Oct & 5 Nov - 17 Dec.

SWIMMING

Everyone Active Daventry Leisure Centre

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP. 01327 871144. www.everyoneactive.com.

- **Adult & Child Lessons (19 - 36 months):** 11:00 - 11:30.
- **Preschool Lessons (3 - 5 years):** 10:00 - 10:30.

Cost: £6.72 per session (book). **Dates:** 24 Sep - 17 Dec.

WEDNESDAY

PARENTS & TOTS

Toddler Time

Daventry Methodist Church, Golding Close (off Eastern Way), Daventry, NN11 4FB. 01327 843319.
www.daventrymethodist.org.

Times: 9:30 - 11:30. **Ages:** 0 - 2 yrs 11 mths. **Cost:** £2 (drop in). **Dates:** 2 Oct - 23 Oct & 6 Nov - 11 Dec.

SWIMMING

Everyone Active Daventry Leisure Centre

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP. 01327 871144. www.everyoneactive.com.

- **Preschool Lessons (3 - 5 years):** 16:15 - 16:45.

Cost: £6.72 per session (book). **Dates:** 25 Sep - 18 Dec.

THURSDAY

PARENTS & TOTS

Byfield Baby & Toddler Group

Byfield Village Hall, The Green, Byfield, NN11 6WT.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2.50.
Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

Milk&You

Daventry Methodist Church, 6 Golding Close, Daventry, NN11 4FB. 01327 220705.
daventryvolunteers.org.uk.

- **Feed, Stay & Play:** 12:00 - 13:30.

Pregnancy, 0-5 years. Support, drinks & lunch.

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

Dates: 3 Oct - 17 Oct & 3 Oct - 9 Jan.

Strong Start

Towcester Children's Centre, The Community Centre,, Islington Rd., Towcester, NN12 6AU. 07880 136070.
www.westnorthants.gov.uk.

- **Towcester (Thursday Afternoons):** 13:30 - 14:30.

Baby and/or Under 5s sessions

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

Dates: 3 Oct - 24 Oct & 5 Dec - 19 Dec.

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MUSIC & SIGNING

Boogie Beansies

Daventry Town Football Club, Browns Road, Daventry, NN11 4NS. 07766 731542. www.boogiebeansies.com.

Times: 10:00 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £5 (book).
Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

Buckby Library & Hub

Station Road, Long Buckby, NN6 7QB. 01604 368274.
www.buckbylibraryhub.org.

- **Stories and Rhymes:** 10:30 - 11:00.

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

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

Daventry Library

The Abbey Centre, St John's Square, Daventry, NN11 4XG. 0300 126 7000.

- **Preschool Play:** 9:30 - 11:00.

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

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

SWIMMING

Everyone Active Daventry Leisure Centre

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP. 01327 871144. www.everyoneactive.com.

- **Adult & Child Lessons (19 - 36 months):** 12:00 - 12:30.
- **Preschool Lessons (3 - 5 years):** 11:30 - 12:00 & 17:00 - 17:30.
- **Adult & Child Lessons (4 - 18 months):** 11:00 - 11:30.

Cost: £6.72 per session (book). **Dates:** 26 Sep - 19 Dec.

Turtle Tots Daventry and Rugby

Mercury Daventry Court Hotel, Sedgemoor Way, Daventry, NN11 0SG. 07972772922. www.turtletots.com.

• **Turtle Tots:** 11:00 - 14:00. 30 min sessions

Ages: 3 mths - 4 yrs. **Cost:** £14 (book).

Dates: 3 Oct - 24 Oct & 7 Nov - 19 Dec.

HEALTH

Tatty Bumpkin Yoga

Titches Playroom and Cafe, Whilton Locks, NN11 2NH www.childreinspiredbyyoga.com. 07745301624

• **Yoga:** 10:00 - 10:45.

Cost: £8 (book). **Ages:** 2 - 7 yrs. **Dates:** 7 Nov - 12 Dec

FRIDAY

PARENTS & TOTS

Milk&You

Daventry Children's Centre, Staverton Road, Daventry, NN11 4EY. 01327 220705.

www.daventryvolunteers.org.uk.

• **Infant Feeding Group:** 9:30 - 11:30.

Infant feeding support group for 0-12 months.

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

Dates: 4 Oct - 18 Oct & 4 Oct - 3 Jan.

Stay & Play

Long Buckby Community Centre, 41 Station Road, Long Buckby, NN6 7QB.

Times: 9:30 - 11:30. **Ages:** Pregnancy - 5 yrs.

Cost: £1 (drop in). **Dates:** 4 Oct - 25 Oct & 8 Nov - 20 Dec.

Timken Tots

Mayfield Park Sports Club, Royal Star Drive, Timken, Daventry, NN11 9FZ.

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

Cost: £1.50 (drop in). **Dates:** 4 Oct - 20 Dec.

Welford Babes and Tots

Welford Community Centre, West Street Playing Fields, Welford, NN6. 07891287626.

• **Welford Babes & Tots:** 9:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** £2 (drop in).

Dates: 4 Oct - 25 Oct & 8 Nov - 20 Dec.

MUSIC & SIGNING

Buckby Library & Hub

Station Road, Long Buckby, NN6 7QB. 01604 368274. www.buckbylibraryhub.org.

• **Rhyme Time:** 10:30 - 11:00. **Ages:** 1 - 5 yrs. **Cost:** £1.

• **Stay and Play:** 14:15 - 15:00. **Ages:** 0 - 4 yrs.

Cost: Free (drop in). **Dates:** 4 Oct - 25 Oct & 8 Nov - 20 Dec.

SWIMMING

Everyone Active Daventry Leisure Centre

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP. 01327 871144. www.everyoneactive.com.

• **Preschool Lessons (3 - 5 years):** 16:00 - 16:30 & 16:15 - 16:45.

Cost: £6.72 per session (book). **Dates:** 27 Sep - 20 Dec.

Turtle Tots Daventry and Rugby

Holiday Inn Rugby, Northampton M1 J18, Crick, NN6 7XR. 07972772922. www.turtletots.com.

• **Turtle Tots:** 10:00 - 13:00.

30 min sessions

Ages: 3 mths - 4 yrs. **Cost:** £14 (book).

Dates: 4 Oct - 25 Oct & 8 Nov - 20 Dec.

SATURDAY

MUSIC & SIGNING

Boogie Beansies

Daventry Brass Band Hall, Daneholme Close, Daventry, NN11 0PN. 07766 731542.

www.boogiebeansies.com.

Times: 10:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £5 (drop in).

Dates: 5 Oct, 19 Oct, 16 Nov, 30 Nov & 14 Dec.

SWIMMING

Everyone Active Daventry Leisure Centre

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP. 01327 871144. www.everyoneactive.com.

• **Adult and Child Lessons (19 - 36 months):** 8:30 - 9:00 & 10:30 - 11:00.

• **Preschool Lessons (3 - 5 years):** 9:30 - 10:00, 10:00 - 10:30, 10:30 - 11:00 & 11:00 - 11:30.

Cost: £6.72 per session (book). **Dates:** 28 Sep - 21 Dec.

Turtle Tots Daventry and Rugby

Holiday Inn Rugby, Northampton M1 J18, Crick, NN6 7XR. 07972772922. www.turtletots.com.

• **Turtle Tots:** 9:00 - 11:30. 30 min sessions

Ages: 3 mths - 4 yrs. **Cost:** £14 (book).

Dates: 5 Oct - 14 Dec.

Turtle Tots Daventry and Rugby

Staverton Park Hotel, Daventry Road, Daventry, NN11 6JT. 07972772922. www.turtletots.com.

• **Turtle Tots:** 10:00 - 14:00. 30 min sessions

Ages: 3 mths - 4 yrs. **Cost:** £14 (book).

Dates: 5 Oct - 19 Oct & 9 Nov - 14 Dec.

SUNDAY

SWIMMING

Everyone Active Daventry Leisure Centre

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP. 01327 871144. www.everyoneactive.com.

• **Adult & Child Lessons (19 - 36 months):** 9:00 - 9:30.

• **Preschool Lessons (3 - 5 years):** 8:00 - 8:30, 9:30 - 10:00 & 10:30 - 11:00.

• **Adult & Child Lessons (4 - 18 months):** 8:30 - 9:00.

Cost: £6.72 per session (book). **Dates:** 22 Sep - 22 Dec.

OTHER

Rugby Mum2Mum Market

Daventry Community Centre, Ashby Road, Daventry, NN11 0QE. www.mum2mummarket.co.uk.

• **Daventry - 3rd November 2024 - Nearly New**

Stalls: 10:00 - 12:00.

Cost: Free (book). **Dates:** 3 Nov.

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