

What's on: Shefford and Stotfold Children's Centre

January to March 2026

Family Support Drop ins: We're coming out to you with our Family Support Drop Ins. Different aspects of your child's development covered each week. Find out what's on in your local community and activities for your baby or child. Self-weighing scales available.

Drop in @ Toddler Group	Day	Date	Time	Location
Henlow Village Tiny Tots	Thursday	8 th January	9.45 - 11.15am	Henlow Park Pavilion, Groveside, Henlow SG16 6AP
Meppershall Munchkins	Friday	16 th January	9.30 - 11.30am	Village hall, Walnut Tree Way, Meppershall, SG17 5AB
Langford Lollipops	Tuesday	27 th January	9.30 - 11am	Village Hall, Mill Lane, Langford, SG18 9QY
Henlow Village Tiny Tots	Thursday	5 th February	9.45 - 11.15am	Henlow Park Pavilion, Groveside, Henlow SG16 6AP
Langford Lollipops	Tuesday	24 th February	9.30 - 11am	Village Hall, Mill Lane, Langford, SG18 9QY
Henlow Village Tiny Tots	Thursday	5 th March	9.45 - 11.15am	Henlow Park Pavilion, Groveside, Henlow SG16 6AP
Meppershall Munchkins	Friday	13 th March	9.30 - 11.30am	Village hall, Walnut Tree Way, Meppershall, SG17 5AB
Langford Lollipops	Tuesday	24 th March	9.30 - 11am	Village Hall, Mill Lane, Langford, SG18 9QY

Monday

Session	Time	Date	Location	For information and booking	Information
Breakfast Club	8.15 to 9am	Every Monday Term time only	Shefford Children's Centre. School Lane, Shefford SG17 5XA	Term time only. For families with children 0-12 years. No need to book pop along. Its Free!	Start your day the right way! All ages welcome. Come along for a cuppa with play activities for your child and if you like join us for breakfast too. It's free! Ideal for Families with children 0-12yrs Join us before or after school drop off.
SEND Stay and Play in your own way	10-11.30am	1 st and 3 rd Monday of each month	Shefford Children's Centre. School Lane, Shefford SG17 5XA	Pop along anytime between 10-11.30. Ideal for children under 5 years.	A SEND stay and play session for children under 5 with their parents. Parents welcome without children to attend for support and advice from our Early Years SEND team.

Tuesday

Session	Time	Date	Location	For information and booking	Information
Build, Explore & Play	9.30-11am Starts 13 th January	Tuesdays (Term time only)	Arlesey Youth Centre High Street SG15 6SN	All ages welcome. Home schooled children welcome too. No need to book. Donations welcome £1 per family or food items to be dropped into our collection basket.	Explore and play with natural and recyclable materials. Your child can choose what to play with, mix it about and create play experiences in their own way. Home educated children welcome too.
Bookstart Rhyme Time @Stondon	9.00-10.00am Starts 13 th January	Tuesdays (Term time only)	Stondon Baptist Church Hall Station Road SG16 6JQ	Rhyme time starts at 9.30-10am Cuppa and catch up before 9-9.30am Suitable for babies and children 0-5 years. No need to book. Donations welcome for refreshments	A fun free interactive session through rhymes, songs and stories. This session usually lasts 30 minutes and brings adults and children together through informal learning opportunities which model and encourage early communication.
Tinies Bump & Baby Group	1.30-3pm	Every Tuesday	Shefford Children's Centre. School Lane, Shefford SG17 5XA	Antenatal bumps and babies under 6 months old Sorry no older siblings. A free session Donations welcome for refreshments	A nurturing place to meet other families with antenatal bumps and babies under 6 months old.

Wednesday

Session	Time	Date	Location	For information and booking	Information
Breakfast Club	8.15 to 9am	Every Wednesday	Shefford Children's Centre. School Lane, Shefford SG17 5XA	Term time only. For families with children 0-12 years. No need to book pop along.	Start your day the right way! All ages welcome. Come along for a cuppa with play activities for your child and if you like join us for breakfast too. It's free! Ideal for Families with children 0-12yrs Join us before or after school drop off.
Stotfold Bump and Baby group	9.15 to 11am	Every Wednesday	Greenacre Centre Valerian Way Stotfold SG5 4HG	No need to book Self-Weighing scales available <i>Sorry no older siblings.</i>	A nurturing place to meet other local families with antenatal bumps and babies under 10 months old.
Communication Tots	12.30pm to 1.30pm	25 February 12.30 to 1.30pm 4-week course	Greenacre Centre Valerian Way Stotfold SG5 4HG	To book a place or for more information call 0300 300 8112, text 07585888983 or email Shefford.childrencentre@centralbedfordshire.gov.uk	This is a Speech and Language communication session for children with additional needs. 18 months to 3 years.
Relationship and Domestic Abuse Support				Call 0300 300 8112 text 07585888983 Or email Shefford.childrencentre@centralbedfordshire.gov.uk for more information.	For people who are experiencing or have been in a difficult or abusive relationship. Message or call for confidential support & advice. Call 0300 300 8112 or text 07585 889226

Thursday

Session	Time	Date	Location	For information and booking	Information
Childminder Group	9-10.30am	Every Thursday (Term time only)	Shefford Children's Centre. School Lane, Shefford SG17 5XA	For local Childminders.	Childminders meet up at the children's centre to play, sing and share ideas around play and resources. Pop in to find out more information about your local childminding services.
Chattertots	9.30 – 11am	<i>Tuesday 6th January (Virtual)</i> Then Thursday 15 th & 22 nd January in person.	Arlesey Youth Centre High Street SG15 6SN	To book a place or more information, call 0300 300 8112 text 07585888983 Or email Shefford.childrencentre@centralbedfordshire.gov.uk	The aim of this workshop is to help you feel confident helping your child at home with their early language skills. For families who have a child between 18 months and 3 years old who wants to involve you in their play and who may need support for listening, understanding and spoken language.
Parent Puzzle	9.30 – 11.30am	Thursdays 15 th January to 26 th March	Fairfield Park Lower School SG5 4FD	A ten-week course starting 15 th January 2026 with a break at half term. Call 0300 300 8112 Text 07585888983 or email Shefford.childrencentre@centralbedfordshire.gov.uk	Looking after children can be tough, and we all need a little support at times. Join other local parents for this free course that makes a difference. Top tips, and strategies for behaviours. Suitable for parents with children under 10 years
Revive – Wellbeing Group	1.30 – 3pm	2 nd and 4 th Thursday	Shefford Children's Centre. School Lane, Shefford SG17 5XA	If you would like to join in the session call 0300 300 8112, text 07585 888983 or email Shefford.childrencentre@centralbedfordshire.gov.uk	A nurturing support group for parents experiencing low mood and anxiety. A safe space to express your feelings, be heard and talk to other parents. Craft activity each week. Children and babies welcome.
Domestic Abuse Support and Advice	2pm-3pm	1 st and 3 rd Thursday	Shefford Children's Centre. SG17 5XA	Call 0300 300 8112 text 07585888983 Or email Shefford.childrencentre@centralbedfordshire.gov.uk For details.	Informal drop in for relationship and DA support and advice.
Bump Birth and Baby Stuff Antenatal Class	09.00-16.00	22 nd January 26 th February 26 th March	Arlesey Youth Centre High Street SG15 6SN	Discover Bump Birth And Baby Stuff Events & Activities in Central Bedfordshire, United Kingdom Eventbrite Booking Required through Eventbrite – It's free to attend. Please bring your lunch and a donation towards refreshments.	BBBS - Antenatal class for parents-to-be from 30 weeks pregnant. Come and find out about labour, feeding, caring for your baby and preparing for family life.

Friday

Session	Time	Date	Location	For information and booking	Information
Breakfast Club	8.15 to 9am	Every Friday	Shefford Children's Centre. School Lane, Shefford SG17 5XA	Term time only. For families with children 0-12 years. No need to book.	Start your day the right way! All ages welcome. Come along for a cuppa with play activities for your child and if you like join us for breakfast too. It's free! Ideal for Families with children 0-12yrs Join us before or after school drop off.
Baby Days	9.30 - 11.30	9 th Jan to 13 th Feb. 20 th Feb to 27 th Mar 17 th April to 22 nd May	Shefford Children's Centre. School Lane, Shefford SG17 5XA	Bookable 6-week course. For more information or to book a place Call 0300 300 8112 text 07585888983 Or email Shefford.childrencentre@centralbedfordshire.gov.uk	For new parents with baby's new-born to 14 weeks old. A free course. Topics covering all aspects of your baby and being a new parent - Baby sleep, Feeding, Baby brain, Development, Childhood illness, Early communication, Managing Healthy Relationships, Play ideas.
Breast feeding & social support group	11.30 to 1pm	Every Friday	Shefford Children's Centre. School Lane, Shefford SG17 5XA	All ages welcome and siblings too. One to one support available	A friendly, café style drop in for breastfeeding or mixed feeding parents. 121 feeding support is available
Introducing solids	1.30- 2.30pm	3 rd Friday of each month	Shefford Children's Centre. School Lane, Shefford SG17 5XA	No need to book.	What when & how to introduce your baby to solid food, Info on when to start. Ideal for babies 4-7months

Saturday

Session	Time	Date	Location	For information and booking	Information
First Aid course	09.00- 11.00	Saturday 28 th February 25 th April	Shefford Children's Centre. School Lane, Shefford SG17 5XA	Call 0300 300 8112 text 07585888983 Or email Shefford.childrencentre@centralbedfordshire.gov.uk Booking Required, with cash payment.	A first aid course for new parents covering CPR, choking, burns and scalds and childhood illnesses £20 per adult non-refundable and must be paid before session to secure place. (Cash only please)

ADDITIONAL INFORMATION

To find out more

visit www.centralbedfordshire.gov.uk/childrens-centres, follow us on Facebook at [\(1\) Facebook](#), or you can email us at sheffordchildrenscentres@centralbedfordshire.gov.uk
Our site address and phone number; Shefford Children's Centre School Lane Shefford SG17 5XA

Useful Information

Midwife Community Hub Stotfold Children's Centre Rook Tree Lane Stotfold SG5 4LD **0300 300 8185**

Speech & Language support

Worried about your child's talking, listening, interaction or stammering? For information and support visit [Home - Children's Speech and Language Therapy for Luton and Bedford \(childspeechbedfordshire.nhs.uk\)](#)

Support & Advice

The children's centre staff are able to offer support and advice on breastfeeding, parenting, FREE 2-year funded pre-school places, introducing solid food, toilet training, training/education, home safety and lots more. Please ask a member of the team or contact us by phone or email.

Domestic Abuse Support

REBUILD is a new programme supporting women:

It is a 12-week group programme looking at relationships.

It's designed for women living with domestic abuse in Central Bedfordshire. Call the centre to request further information

Development Reviews

Children's Community HEALTH HUB

Open Monday – Friday, 9am – 5pm

Telephone: 0300 555 0606

Email: ccs.bedsandlutonchildrenshealthhub@nhs.net

Scan QR Code for more information

