

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

Central
Bedfordshire

September to December 2026

Monday

Session	Time	Date	Location	For information and booking	Information
Breakfast Club	8.15 to 9am	Term time only	Shefford Children's Centre. School Lane, Shefford SG17 5XA	For all the family to attend with children 0-12yrs We can support with a healthy and happy family life - including support with behaviour, relationships, toileting, sleep, healthy eating, fussy eaters and good oral hygiene. It's a great place to help your child prepare and settle into preschool and big school <i>*Pop in for your free toothbrush & toothpaste set</i>	Start your day the right way! Free breakfast club for families. Providing breakfast as well as time with friends to enjoy activities. No need to book it's free to attend
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	Session is open to all families with children under 12 years that have a diagnosis or an emerging Special Educational Need or Disability. These free sessions provide opportunities to access advice and support whilst building friendships. Visuals of the room layout can be provided.	Parents welcome with or without children to attend for support and advice from our Early Years SEND team. Sensory toys and quiet areas for the children to access with a focus time to finish each session.
Communication Tots	12.30pm to 1.30pm	2 nd Nov (Virtual) Then 9 th & 16 th November	Shefford Children's Centre. School Lane, Shefford SG17 5XA	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.
Parent Puzzle	12:45-14:45	Starts 28 th Sept 5 th Oct 12 th Oct 19 th Oct	Shefford Children's Centre. School Lane, Shefford SG17 5XA	This is a free 4-week course is bookable please call 0300 300 8112 Text 07585888983 or email Shefford.childrencentre@centralbedfordshire.gov.uk to book on or for more details. Suitable for parents with children under 12 years old	Looking after children can be tough, and we all need a little support at times. Join other families to make a difference to family life. Top tips for behaviours, positive parenting strategies and how to get the best out of family life.

Tuesday

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Breakfast Club	8.15 to 9am	Term time only	Shefford Children's Centre SG17 5XA	For all the family to attend with children 0-12yrs We can support with a healthy and happy family life - including support with behaviour, relationships, toileting, sleep, healthy eating, fussy eaters and good oral hygiene. It's a great place to help your child prepare and settle into preschool and big school <i>*Pop in for your free toothbrush & toothpaste set</i>	Start your day the right way! Free breakfast club for families. Providing breakfast as well as time with friends to enjoy activities. No need to book it's free to attend
Little Explorers	10.00 to 11.30am	Every Tuesday	Shefford Children's Centre SG17 5XA	For babies moving to cruising! Parent Champions will be supporting this session, promoting learning and play. We will have our Childcare development officer in the session to support with Childcare choices and funding support. A free session no booking required.	A group for babies up to pre walkers. This group is an opportunity to meet families in a relaxed environment whilst supporting your baby's development through play.
Tinies Bump & Baby Group	1.30-3pm	Every Tuesday	Shefford Children's Centre SG17 5XA	Antenatal bumps and newborn babies. <i>Sorry no older siblings</i> . Ideal for baby's newborn to sitting. A free session. Donations welcome for refreshments	Tinies baby group connects you and local families, a place to meet new people. Offers support around the development of your baby.



Wednesday

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Breakfast Club	8.15 to 9am	Term time only	Shefford Children’s Centre. School Lane, Shefford SG17 5XA	For all the family to attend with children 0-12yrs We can support with a healthy and happy family life - including support with behaviour, relationships, toileting, sleep, healthy eating, fussy eaters and good oral hygiene. It's a great place to help your child prepare and settle into preschool and big school <i>*Pop in for your free toothbrush & toothpaste set</i>	Start your day the right way! Free breakfast club for families. Providing breakfast as well as time with friends to enjoy activities. No need to book it's free to attend
Healthy Babies group	9.30 to 11am	Fortnightly 16 th / 30 th Sept 14 th / 28 th Oct 11 th /25 th Nov 9 th / 23 rd Dec	Greenacre Centre Valerian Way Stotfold SG5 4HG	A group for expectant families and parents/care givers with babies and toddlers up to 2 years old. Self-weigh scales available.	A space for learning, questions, guidance and connections. Feeding advice, safe sleep, growth and development, activity ideas and more
Chattertots	11.30am to 12.30pm	Tuesday 22 nd Sept (Virtual) Then Wednesday 30 th Sept & 7 th October in person.	Greenacre Centre Valerian Way Stotfold SG5 4HG	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.
Chattertots	1.30pm to 3pm	Tuesday 6 th October – (Virtual) Then Wednesday 14 th & 21 st October in person.	Biggleswade Children’s Centre Centre SG18 0LL	To book a place or more information, call 0300 300 8112 text 07585888983 or email shefford.childrencentre@centralbedfordshire.gov.uk BOOKING REQUIRED Please note that week 1 is online on 06.10.26 09.30-10.45.	A 3 week speech, language, and communication course for children 18 months to 3 years. Strategies to help support early language skills. Please note - week 1 is online and weeks 2 and 3 are face to face at the children’s centre. All 3 sessions must be attended.
Community connections and activities	3pm to 4.30pm	Third Wednesday monthly. 16 th Sept 21 st Oct 18 th Nov	Shefford Children’s Centre. SG17 5XA	16th September - Community festival - Celebrating Shefford community festival find out about what’s on your local children’s centre. Fun and activities for the children. Scarecrow making. 21st October – Invisible disability week. Does your child have a hidden disability? Sensory play and activities alongside support agencies to pop in for questions and advice. 18th November - Road Safety week activities and free gifts. Meet the community safety team	Play activities for your child, a place to meet other families. Everyone is welcome to pop in to access information and support around different topics supporting your child. Ideal for families with children 0-12years. No need to book it’s free to attend.
Parent Puzzle (evening)	6.30 to 8.30pm	11 th November to 2 nd December (4 weeks)	Sandy Children’s Centre Centre SG19 1HQ	Contact shefford.childrencentre@centralbedfordshire.gov.uk All 4 workshops MUST be attended. BOOKING REQUIRED	4 workshops for parents/carers of children 2-11 years. Tips and strategies for parenting in a positive way – giving praise, time to calm down, handling anger, and stress. Adults only but creche is available.
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

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Breakfast Club	8.15 to 9am	Term time only	Shefford Children’s Centre. SG17 5XA	For all the family to attend with children 0-12yrs We can support with a healthy and happy family life - including support with behaviour, relationships, toileting, sleep, healthy eating, fussy eaters and good oral hygiene. It's a great place to help your child prepare and settle into preschool and big school <i>*Pop in for your free toothbrush & toothpaste set</i>	Start your day the right way! Free breakfast club for families. Providing breakfast as well as time with friends to enjoy activities. No need to book it's free to attend
Childminder Group	9- 10.30am	Every Thursday (Term time only)	Shefford Children’s Centre. SG17 5XA	For local Childminders to network Pop in to find out more information about your local childminding services.	Childminders meet up at the children’s centre to play, sing and share ideas around play and resources.
Wellbeing Connections	10:45am to 12:15 (1.30 to 3pm on 8 th October)	Every Thursday Starts 17 th Sept	Shefford Children’s Centre. SG17 5XA	A small support group open to all. Supported by our family workers. Come along each week or just a one off. No need to book. This is an opportunity to chat to others, make connections and build a network of support for the future.	No pressure to share this is simply a safe confidential space to give and receive support. Refreshments available.
Bump Birth and Baby Stuff Antenatal Class	09.00- 16.00	24 th September 22 nd October	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.
Baby Days	1.15pm	15 th October to 19 th November	Shefford Children’s Centre. 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 12 weeks old. A free course. Topics covering all aspects of your baby and being a new parent - Baby sleep, Feeding, child development, Childhood illness, communication, Managing Healthy Relationships and play ideas.
Keeping your child in mind	13.00- 15.00	Starts 17 th September To 8 th October	Sandy Children’s Centre, Laburnum Road, SG19 1HQ	Shefford.childrencentre@centralbedfordshire.gov.uk Booking required.	Do you have conflicting parenting styles? Develop practical parenting skills, improve communication, reduce conflict, and focus on what matters – your child's wellbeing. Suitable for parents/carers in a relationship and for those who are separated and co-parenting.





Friday

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Breast feeding & social support group	11.30 to 12.30	Every Friday	Shefford Children’s Centre. School Lane, Shefford SG17 5XA	Everyone welcome and siblings too. 1:1 support available in a private space. Self-weighing scales available in this session	A friendly, café style drop in for breastfeeding and mixed feeding parents Come along for a cuppa and meet other families. Share experiences and learn new tips to feeding.
Introducing solids	1.30-2.30	3 rd Friday of each month	Shefford Children’s Centre. School Lane, Shefford SG17 5XA	No need to book. Vitamins and Doidy cups for sale in this session. Vitamins £2 Child, £1 Adult – cash only Doidy Cups £3.50 – cash only	What when & how to introduce your baby to solid food, Info on when to start and what your baby can eat. Ideal for babies who are 4-6months old.

Saturday

Session	Time	Date	Location	For information and booking	Information
Saturday Club	9.30 – 11am	19 th Sept and 14 th Nov	Shefford Children’s Centre. SG17 5XA	Our sessions are for families including Dads, Mums, Carers and Grandparents with children 0-12 years 19 th September Celebrating Community Festival 14 th November – Movember Supporting dads and male carers with fun activities	Find out about what’s on your local children’s centre. Fun and activities for the children. Shefford community festival Scarecrow making and crafts Movember activities, facepainting and crafts
First Aid course	09.00 - 11am	Saturday 21 st November	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. Sorry no children in this session Newborn babies under 8 weeks old welcome	A first aid course for parents, carers, 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



Food Bank Parcels

Please contact the Children’s Centre for further information and support in accessing food parcels.

FAMILY INFORMATION DIRECTORY	REGISTER WITH THE CHILDREN’S CENTRE	REQUEST FOR SERVICES APPLICATION	WE WOULD LOVE YOUR FEEDBACK ON OUR SERVICES
			

