

For families who live in Furzton, Emerson Valley, Shenley Lodge, Shenley Church End, Shenley Wood, Tattenhoe, Tattenhoe Park, Loughton, Crownhill, Kingsmead, Whitehouse, Grange Farm, Oxley Park, Westcroft, Oakhill and Medbourne.

| <b>Sunshine Family Centre, Merebrook Infant School, Furzton, MK4 1EZ. Tel: 01908 508566. Find us on Facebook</b><br>The Centre is open for families to drop in Monday-Thursday 8.30-4.30 and Friday 8.30-4.00 for any support, advice or a listening ear.                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <p><b>10:00-11:00</b><br/>Join the Sunshine team at<br/><b>Westcroft Library</b><br/>for<br/><b>Story, Songs and Rhymes</b></p> <p><b>9:30-11:30</b><br/><b>ESOL- Basic English classes</b><br/><b>Run by MK College at Sunshine</b><br/><b>Starting</b><br/><b>14<sup>th</sup> September</b><br/>Contact the centre to book.</p> <p><b>2:00-4:00</b><br/><b>Community Larder</b><br/><b>&amp;</b><br/><b>Community Café</b><br/><b>At The Hive Community Centre,</b><br/><b>Whitehouse</b><br/><b>Run by the Sunshine team</b><br/>More info at: <a href="http://www.sofea.uk.com">www.sofea.uk.com</a><br/>Help reduce food waste</p> | <p><b>Join us for</b><br/><b>Toddler Tuesday at</b><br/><b>Merebrook School</b><br/><b>9:45-10:45</b><br/>September 22<sup>nd</sup>, 29<sup>th</sup>,<br/>October 13<sup>th</sup><br/>November 3<sup>rd</sup>, 17<sup>th</sup><br/>and December 1<sup>st</sup><br/>Supported by the Sunshine team.<br/>Speak to staff for more info.</p> <p><b>10:45-12:00</b><br/><b>Drop In Café</b><br/>Pop in for a hot drink and a chat.</p> <p><b>2:00-2:45</b><br/><b>Robot Reg</b><br/>Playful and interactive class<br/>exploring songs and rhymes with<br/>your child. Age 18 months -3yrs<br/>Contact the centre to book your<br/>place.</p> | <p><b>10:00-11:30</b><br/><b>Stay and Play</b><br/>Follow your child's lead with indoor<br/>and outdoor play.<br/>Including a healthy snack and songs<br/>and rhymes.</p> <p><b>1:30-2:30</b><br/><b>LIPS and Rattlebox</b><br/>A fun interactive group to support<br/>your child's early communication<br/>and speech through play, music and<br/>song.<br/>Contact the centre for more<br/>information</p> <p><b>Nurture Workshop</b><br/>4 week parenting course.<br/>Contact the centre for more<br/>information.</p> | <p><b>9:30-11:00</b><br/><b>Baby Group</b><br/>A relaxed play session for babies<br/>with songs and rhymes.<br/>For non-walkers.<br/>Time together to meet other<br/>parents and share experiences.</p> <p><b>11:15-12:00</b><br/><b>Socatots</b><br/>Fun <b>free</b> football session for<br/>walkers to 4 years.<br/>No need to book.</p> <p><b>10:45-12:00</b><br/><b>Community Play</b><br/><b>At The Hive, Whitehouse</b></p> <p><b>3:30-5:00</b><br/><b>Youth Group</b><br/><b>Starting on 17<sup>th</sup> September</b><br/>Open to ages 8+<br/>Supported by the MKCC Youth<br/>Team. Includes arts and crafts,<br/>ping pong, games and cooking.</p> <p><b>Citizen's Advice</b><br/>Book at: <a href="http://Shenley Brook End Parish Council - Citizens Advice Milton Keynes (miltonkeynescab.org.uk)">Shenley Brook End Parish<br/>Council - Citizens Advice Milton Keynes<br/>(miltonkeynescab.org.uk)</a></p> | <p><b>Drop In Well Being Café</b><br/><b>10:00-11:30</b><br/>Pop in for a hot drink and a chat.<br/>You can come with or without<br/>your children.<br/><b>Including Choose You</b><br/><b>Every 2<sup>nd</sup> Friday of the month</b><br/><a href="#"><u>Quit smoking, lose weight<br/>and feel healthier - Choose<br/>You</u></a></p> <p><b>Music Bugs</b><br/><b>10:00-10:45</b> Family Bugs<br/><b>11:00-11:45</b> Baby Bugs<br/>Run by an external provider. Book<br/>at: <a href="http://www.musicbugs.co.uk">www.musicbugs.co.uk</a></p> <p><b>9:00-4:00</b><br/><b>Sensory room available Monday<br/>and Friday.</b><br/>Contact the centre to book some<br/>quiet time with your little one</p> |

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