



Autumn Timetable

1 September - 31 December 2025

What Family Hubs Do

Family Hubs are welcoming places where families can get a wide range of advice and support, all in one place. They support families with children from birth up to age 19, and up to age 25 for children and young people with special educational needs and disabilities (SEND).

Family Hubs offer support with everyday things like health, education, parenting, and emotional well-being. They focus especially on helping young children develop and thrive. Families can take part in activities that help children learn, stay healthy, and grow with confidence.

How Families Benefit

- **Easy Access:** Families can find many services in one place, or be connected to the right support nearby.
- **All-Round Support:** Hubs offer help with a range of needs, not just one issue.
- **Better Results:** When services work together, children and families are more likely to do well.

Family Hubs are safe and supportive spaces where families get the help they need to grow stronger, and where children have the best chance to succeed in life.

Youth Offer at Central Family Hub

Starting this term, there will also be a special youth offer available at the Central Family Hub. This will include activities and support for young people, giving them a space to connect, build confidence, and get advice on things that matter to them.

These are the school term and holiday dates set by Bedford Borough Council.

Please check with your child's school or academy as some may make minor changes to school term dates.

September 2025						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2025						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2025						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2025						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- Term Time
- School Holiday
- Weekend
- Bank Holiday
- Closure Day (all Hubs are closed for staff training)

OUR LOCATIONS

- 1** **Queens Park Family Hub**
Marlborough Road MK40 4LE
- 2** **Pine Cones Family Hub**
Slade Walk MK41 7SA
- 3** **Central Family Hub**
30 Allhallows MK40 1LN NEW
- 4** **Daisy Hill Family Hub**
Hillgrounds Rd, Kempston MK42 8QH
- 5** **Cherry Trees Family Hub**
Hawkins Road MK42 9LS
- 6** **Eastcofts Family Hub**
65 Beauvais Sq, Shortstown MK42 0GG
- 7** **Bluebells Family Hub (Health Services)**
Village Road, Bromham MK43 8JP

- A** **Wixams Pop Up**
Lakeview Village Hall, Brooklands Ave, Wixams MK42 6AB
- B** **Wootton Pop Up**
Wootton Community Centre, Harris Way MK43 9FZ
- C** **Goldington Pop Up**
St Mary's Church Hall, Church Lane, Goldington MK41 0AN
- D** **Thurleigh Pop Up**
Thurleigh Village Hall, High Street, Thurleigh MK44 2DB



OUR LOCATIONS



Breastfeeding Support & Social Group

These groups are a place for parents to meet and receive support in a friendly, relaxing environment. We also welcome anyone who is pregnant and would like to find out more about breastfeeding before embarking on their feeding journey.

Play & Learn Cruiser

Our Cruiser groups are for those babies who are not yet walking and follow a nationally recognised programme called 'Five to Thrive' which provides ideas to support baby brain development.

Each session also has a set of scales for parents to self-weigh their baby.

Play & Learn Toddler

These sessions give mobile toddlers the opportunity to stretch their imagination. Learn more about how to support your child's learning at home through weekly activities.

There is an area for younger siblings at these sessions.

Young Parents Group

If you are a parent or carer under 21, then come and join us to have fun with your children and make some new friends! Our friendly staff are on hand to provide advice and guidance.

You can attend from 22 weeks pregnant with children up to the age of 5.

Sling Library

The NCT Sling Library attend our Family Hubs at Queens Park and Pine Cones monthly, for you to try different slings and carriers. NCT staff will teach you how to use them safely and comfortably, and hire is available at a small charge so you can try before you buy.



Toby's Tall Tales

Join in with your child as Toby brings stories to life through reading, actions, puppets, bubbles and more!

For children aged up to 7, must be accompanied by an adult.



4.6
average rating



Feedback

You have given our free drop in sessions an average rating of 4.6 out of 5 stars!



I love the resources and how the staff set the room up. They encourage curiosity and allow plenty of invitations to play for children. It's great for open ended play options for my daughter as she can sometimes get bored at other structured toddler groups - **Bedford Borough Parent**



Tell us what you think of Family Hubs
Please complete our short survey to help us keep improving services.

Scan the QR code or click on the link



GO TO SURVEY

DROP IN SESSIONS

PLEASE NOTE:
When room capacity is reached for any drop in sessions, we will have to stop entry due to health and safety.

MONDAY

Daisy Hill

Play & Learn Cruiser 9.30 - 11.30am *Weekly*

Breastfeeding Group 9.30 - 11.30am *Weekly*

Wixams Pop Up - Lakeview Village Hall

Play & Learn Toddler 9.30 - 11.30am *See below*

Twice per month, term time only - 1 Sep | 6, 20 Oct | 3, 17 Nov | 1, 15 Dec

Thurleigh Pop Up - Thurleigh Village Hall

Play & Learn Toddler 10 - 11.30am *See below*

Once per month, term time only - 8 Sep | 13 Oct | 10 Nov | 8 Dec

Queens Park

Play & Learn Toddler 1.30 - 2.30pm *Weekly*

Toby's Tall Tales 2.30 - 3.15pm *Term time*

Central

Play & Learn Cruiser 1.30 - 2.30pm *Weekly*

CLOSURE DAY - 15 SEPTEMBER 2025

All Hubs will be closed on this days for staff training

If you feel able to support us with a donation during any of our drop in sessions, we would be truly grateful.

Every contribution, big or small, helps us continue providing our services to as many families as possible.

Thank you for being a part of our community.

TUESDAY

Cherry Trees

Coffee Morning	8.30 - 9.30am	<i>Term time</i>
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Queens Park

Play & Learn Cruiser	9.30 - 11.30am	<i>Weekly</i>
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NCT Sling Library	9.30 - 11am	<i>See below</i>
Once per month - 23 Sep 21 Oct 25 Nov 16 Dec		

Breastfeeding Group	9.30 - 11.30am	<i>Weekly</i>
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Eastcotts

Play & Learn Toddler	9.30 - 11am	<i>Term time</i>
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Play & Learn Cruiser	1.30 - 3pm	<i>Weekly</i>
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Daisy Hill

Play & Learn Toddler	1.30 - 2.30pm	<i>Weekly</i>
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Toby's Tall Tales	2.30 - 3.15pm	<i>Term time</i>
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PLEASE NOTE:
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DROP IN SESSIONS

WEDNESDAY

Goldington Pop Up - St Mary's Church Hall

Play & Learn Toddler 9.30 - 10.30am *Weekly*

Pine Cones

Play & Learn Toddler 1.30 - 3pm *Term time*

Cherry Trees

Play & Learn Toddler 10.30am - 12pm *Weekly*

Play & Learn Cruiser 1.30 - 3pm *Weekly*

Breastfeeding Group 1.30 - 3pm *Weekly*

**Self-weigh
your baby
at any Play
& Learn
Cruiser
Session**



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Thank you for being a part of our community.

THURSDAY

Goldington Pop Up - *St Mary's Church Hall*

Play & Learn Cruiser	11 - 12.15pm	Weekly
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Breastfeeding Group	11 - 12.15pm	Weekly
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Eastcotts

Play & Learn Toddler	10.30am - 12pm	Weekly
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Central

Young Parents Group	11 - 12pm	Weekly
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Wootton Pop Up - *Wootton Community Centre*

Play & Learn Toddler	1.30 - 2.45pm	See below
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Once per month - 18 Sep | 16 Oct | 20 Nov | 18 Dec

CLOSURE DAY - 6 NOVEMBER 2025

All Hubs will be closed on this days for staff training

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DROP IN SESSIONS

FRIDAY

Springfield Primary School

Coffee Morning 9.00 - 10.30am *See below*

Twice per month - 3, 17 Oct | 7, 21 Nov | 5 Dec

Family Hubs Community Link Workers attend monthly

Cherry Trees

Play & Learn Toddler 9 - 10.30am *Weekly*

Toby's Tall Tales 10.30 - 11.15am *Term time*

Pine Cones

Play & Learn Cruiser 9.30 - 11.30am *Weekly*

Breastfeeding Group 9.30 - 11.30am *Weekly*

NCT Sling Library 9.30 - 11am *See below*

Once per month - 5 Sep | 10 Oct | 14 Nov | 5 Dec

Play & Learn Toddler 1.30 - 3pm *Weekly*

Eastcotts

Quiet Stay & Play 9.30 - 10.30am *Term time*

MUST BE BOOKED IN ADVANCE - please call us on 0300 323 0245

Quiet Stay & Play 11am - 12pm *Term time*

MUST BE BOOKED IN ADVANCE - please call us on 0300 323 0245

If you feel able to support us with a donation during any of our drop in sessions, we would be truly grateful.

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Thank you for being a part of our community.

SATURDAY

Daisy Hill

Dad's Group

10 - 11.30am [See below](#)



Calling all dads, grandads and uncles, come and join our under 5s Saturday play sessions. There will be lots of fun activities for you and your children to enjoy, as well as a snack and bacon sandwiches (veggie option available).

2nd Saturday of the month - 11 Oct | 8 Nov | 13 Dec

Queens Park

Family Stay & Play

10 - 11.30am [See below](#)



Come and join us on a Saturday morning, with lots of fun activities for you and your children to enjoy as well as a light snack. Learn more about how to support your child's learning at home through weekly activities and resources to take with you.

4th Saturday of the month - 27 Sep | 25 Oct | 22 Nov

If you feel able to support us with a donation during any of our drop in sessions, we would be truly grateful.

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Thank you for being a part of our community.

PLEASE NOTE:
When room capacity is reached for any drop in sessions, we will have to stop entry due to health and safety.

DROP IN SESSIONS



The Good Life Garden

Spend time with your children in our community garden! Learn to grow your own food and flowers, look for wildlife and explore the outdoors together.

Sessions are for up to 11 year olds and run every Saturday.



Queens Park



Every Saturday, term time only



10 - 11.30am



FREE

Scan the
QR code
or click
here



BOOK NOW



Sling Strong

A fitness class for new mums, carefully structured to allow you to wear your baby in a sling. Sessions combine fitness, toning, stretching, strength and movement. Start after your post-partum 6-8 week midwife check or 10-12 weeks after a caesarean.

You will need to bring your own sling for baby.



Queens Park



6, 20 Sep | 4, 18 Oct | 8, 22 Nov
6, 20 Dec



12.30 - 1.30pm



FREE

Scan the
QR code
or click
here



BOOK NOW

ChatterBabies

ChatterBabies is a fun session designed to support parents in boosting their child's speech and language skills from the very start! Through play, songs, and interactive activities, you'll learn how to nurture early communication and foster your baby's development in a relaxed and supportive environment. **Suitable for babies aged 9 - 15 months.**



Queens Park



Eastcotts



Daisy Hill



Pine Cones



Cherry Trees

Scan the
QR code
or click
here



BOOK NOW

ChatterTots

ChatterTots is a course offering parents advice and strategies to support their child's early communication skills. The course is beneficial for children with emerging language aged between 18 months and 3 years who need support for listening, understanding and talking.



To book call
us on
0300 323 0245,
scan the QR
code or click
here



BOOK NOW



Introducing Solid Foods

Are you ready to start introducing solid foods to your little one? Come and join us for an interactive, online session with trained staff. We can help you with first foods, milk and more.

For parents and carers with babies no younger than 20 weeks.



Online



8 Sep | 20 Oct | 10 Nov | 8 Dec



Various



FREE

Scan the
QR code
or click
here



BOOK NOW



Bumps, Birth & Baby Stuff

This antenatal class is jointly run by our practitioners, midwives and health visitors. Whether you are first time parents or would like a refresher, you will find out about preparing for your new arrival, the birth, caring for and feeding your baby.

We recommend beginning the course after you reach 32 weeks of pregnancy.



Queens Park



3, 17 Sep | 1, 15 Oct | 5, 19 Nov
3, 17 Dec



9am - 4pm



FREE

Scan the
QR code
or click
here



BOOK NOW

Makaton

This 5 week course is for parents, family members or carers who would like to sign or use Makaton symbols with babies and young children in their care and have no previous experience of Makaton.

We offer courses for 0-12 and 12-24 month old children.



-  Queens Park
-  Starts 23 September or 11 November
-  9.30am (0-12m)
11am (12-24m)
-  FREE

Wriggles & Jiggles

Wriggles and Jiggles is a music and movement group to help children burn off some energy and support their speech and language. There are lots of action songs and rhymes, fun with the parachute and a chance to explore sound with instruments. This group is suitable for walkers to age 5 years. Younger siblings welcome.



- | | |
|--|--|
|  Queens Park |  Eastcotts |
|  Starts 19 September |  Starts 7 November |
|  1.30 - 2.30pm |  1.30 - 2.30pm |
|  £12.90 + booking fee
Runs for 6 weeks |  £12.90 + booking fee
Runs for 6 weeks |



Baby Massage Taster

Baby massage offers a wonderful opportunity to bond with and communicate with your baby. Our taster session provides a perfect introduction to the full course, giving you a chance to experience the benefits first hand.

This session is for babies aged 8 weeks to 6 months.



Queens Park



27 Sep | 25 Oct | 22 Nov



10 - 11am



£5 + booking fee

Scan the
QR code
or click
here



BOOK NOW



Baby Massage

Baby Massage is a 4 week course for babies aged 8 weeks to 6 months. The course offers a wonderful opportunity to bond and communicate with your baby. As part of the course, you will learn the strokes from a qualified Baby Massage Instructor to support relaxation and relief from colic and constipation.



Queens Park



Eastcotts



£34 + booking fee

Scan the
QR code
or click
here



BOOK NOW

Potty Training

Are you ready to start potty training your little one? Not sure where to start? Come and join our online workshop for tips and advice on how to get started.

This course is aimed at parents and carers of children 18 months plus.





BOOK NOW

Scan the QR code or click here

- 📍 Online
- 📅 1 Sep | 6 Oct | 3 Nov | 1 Dec
- 🕒 10 - 11am
- 💷 FREE

First Aid for Parents

Would you know what to do in an emergency if your child had an accident? Join our 2-hour First Aid Workshop which will give the skills and confidence in how to react in a range of situations.

ONLY Non-mobile babies can attend.





BOOK NOW

- | | |
|--------------------|--------------------|
| 📍 Pine Cones | 📍 Wixams Pop Up |
| 📅 29 Sep 22 Dec | 📅 7 Nov |
| 🕒 10am - 12pm | 🕒 10am - 12pm |
| 💷 £5 + booking fee | 💷 £5 + booking fee |



Mind the Bump

Mind the Bump is a weekly, women only wellbeing group offering emotional support in a safe environment to address low mood, anxiety and/or depression during pregnancy.



Queens Park



Wednesdays (Weekly)



10 - 11am



FREE

To book call
us on
0300 323 0245,
scan the QR
code or click
here



BOOK NOW



Mind the Baby

Mind the Baby is a weekly wellbeing group offering emotional support in a safe environment to address low mood, anxiety and/or depression from the birth of your baby up to 1 year old.



Queens Park



Mondays (Weekly)



1 - 2pm



FREE

To book call
us on
0300 323 0245,
scan the QR
code or click
here



BOOK NOW

Peep – Talk Together at Home

Make the most of learning opportunities in everyday life, supporting your child's learning through play. With an emphasis on communication and language. These sessions in your own home, are offered to support 3-4 year olds who need a little help to prepare them for starting school.



To find out more or
book your place call
us on **0300 323 0245**

My Choice

This 10 week course enables women who are victims of domestic abuse to think about their own choices and help them understand the complexities of relationships. With skilled staff and peer group support you will have the opportunity to explore these feelings further and learn more about healthy relationships.



To find out more or
book your place call
us on **0300 323 0245**



Online



Starts 24 September



10 - 11am



FREE



Preparing for Baby

Are you pregnant or have a baby under 12 months old? Come and join our Triple P – Preparing for Baby course where you can meet others and prepare yourself for parenthood. Staff are on hand to answer queries and guide you through your parenting journey. The course runs over 4 weeks, with 4 follow up calls.



Daisy Hill



Starts 6 October



1 - 3pm



FREE

Scan the
QR code
or click
here



BOOK NOW



Preparing for Baby Online

Are you pregnant or have a baby under 12 months old? Why not join our Triple P – Preparing for Baby online course. There are 7 modules which will support you on your parenting journey, preparing you for parenthood. The course can be completed in your own time in the comfort of your own home.



Online



Complete at your own pace



Not applicable



FREE

Scan the
QR code
or click
here



BOOK NOW

Triple P Workshops

We offer a range of online workshops to support you on your parenting journey, which are designed for children aged 18 months to 5 years.



BOOK NOW

Hassle-free Meal Times

Are mealtimes a nightmare?

Find ways to support your child with good eating habits and make meal times fun.



Online



4 Dec



10am - 12pm



FREE



BOOK NOW

Hassle-free Shopping

Struggling to get out of the house with the kids, let alone go shopping?

Find clever ways to make it easier for you.



Online



26 Nov



1 - 3pm



FREE



BOOK NOW

Good Bedtime Routines

Struggling at bedtime?

Make your evenings calmer, your child happier and get back time for yourself.



Online



4 Nov



1 - 3pm



FREE



BOOK NOW

Dealing with Disobedience

Pulling your hair out with behaviour?

Find ways to limit meltdowns, support your child's emotions and feel more Zen.



Online



29 Sep



10am - 12pm



FREE



BOOK NOW

Fighting and Aggression

Is your child aggressive?

Learn how to manage big emotions, support sibling squabbles and have a calmer home.



Online



2 Oct
14 Nov



7 - 9pm
1 - 3pm



FREE



FACES – Dad's Group

Dads@FACES is a service to support dads in Bedford Borough. It is a combination of 1-1 support in the home, 8 week workshops and play sessions.

Dads can access one or all of these services.

To find out more contact Mia on **01234 270601** or email [**mia@facesbedford.org**](mailto:mia@facesbedford.org)

Family Support

If you have children under 5 and are feeling challenged by issues such as behaviour, routines, sleep, potty training, or are facing domestic abuse or parental conflict, a 1-1 Family Support Practitioner can help.

They offer expert advice and compassionate support, guiding you through various situations with practical strategies and understanding. Whether you need assistance in improving your child's sleep or managing family stress, they will work with you to create a positive and supportive environment for you and your little ones.

For further information, please speak with a member of staff or contact us on **0300 323 0245**.

Family Support Feedback

Here's what some of the amazing families we've recently worked with have shared about their experience.

“ You have been honestly brilliant working with me at my pace. You listened when I spoke, and I felt really supported. Thank you honestly for working with me. It's been such a pleasure. You are amazing. ”

“ When I first started coming to the Family Hub at Queens Park, I didn't know what to expect. But then I met Fauzia and she made such a big difference in my life.

From the very beginning, she was kind, understanding, and always ready to listen. I felt like I could talk to her about anything, and she never made me feel like a burden. Through our conversations, I started to feel more confident — not just for myself, but for my whole family.

Fauzia also helped me access so much support through the TAF process. She walked with me every step of the way and made sure we got the help we needed.

I also want to say a big thank you to the entire team at Queens Park Family Hub. Every bit of support my family received whether big or small has made such a difference in our journey. We felt seen, heard, and cared for, and that means so much.

Thank you all for being there for us when we needed it the most. ”

“ Thank you so much, Kirsty. You have been absolutely amazing and I don't know what I would have done without your support. It has helped me improve mentally and emotionally, giving me a clearer way forward. You have helped my confidence grow. ”

“ Debbie has been amazing to work with I felt like she really listened to my concerns and helped me manage my worries. Debbie supported me with my newborn and problems with her colic and provided me with massage strokes to help relieve symptoms. Debbie has been very approachable and kind and has made a positive impact on my family. ”

“ Helped massively. Drastically improved my mental health with this help! Thank you! ”

Christmas FUN



**FREE
DROP IN**

Come and join us for our special Christmas Fun sessions to help keep your little ones (under 5) entertained over the festive period.

Scales will be available for you to self-weigh baby.

Queens Park

Monday 29 December

10 - 11.30am

Pine Cones

Tuesday 30 December

1.30 - 3pm

Cherry Trees

Wednesday 31 December

10 - 11.30am



Check out our website



SCAN ME

familyhubs.bedford.gov.uk

Find support, what's on and what is available for the whole family



CHECK OUT OUR

Website



SCAN ME



SCAN ME

FOLLOW US ON
Instagram

FOLLOW US ON
facebook.



SCAN ME



SCAN ME

FOLLOW US ON
eventbrite

SUBSCRIBE TO OUR

Email bulletin



SCAN ME



familyhubs.bedford.gov.uk



0300 323 0245



familyhubs@bedford.gov.uk



BEDFORD
BOROUGH COUNCIL



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UK Government