



Spring Timetable

2 January - 12 April 2026

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.

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.

January 2026

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	

February 2026






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	

March 2026

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					

April 2026

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			

-  Term Time
-  School Holiday
-  Weekend
-  Bank Holiday
-  Closure Day (no sessions will run due to 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
- 4** **Daisy Hill Family Hub**
Hillgrounds Rd, Kempston MK42 8QH
- 5** **Cherry Trees Family Hub**
Hawkins Road MK42 9LS
- 6** **Eastcotts 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** **Oakley Pop Up**
Oakley Village Hall, Church Lane, Oakley MK43 7RJ

NEW



OUR LOCATIONS

PLEASE NOTE:

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



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.

Mini Mates

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 Central 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.



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

4.6
average rating



Feedback

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



They are inclusive and always ready to support with information and groups I could attend. I would recommend all groups as I have been taking my son to them since he was 8 weeks old and loved every stage of groups I have attended - **Bedford Borough Parent**



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



SCAN ME

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*

Drop in to self-weigh your baby at any of our Cruiser groups

Breastfeeding Group 9.30 - 11.30am *Weekly*

Wixams Pop Up - Lakeview Village Hall



Play & Learn Toddler 9.30 - 11am *See below*

Twice per month, term time only - 5, 19 Jan | 2 Feb | 2, 16 Mar

Oakley Pop Up - Oakley Village Hall



Play & Learn Toddler 9.30 - 11am *See below*

Once per month, term time only - 12 Jan | 9 Feb | 9 Mar

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*

Drop in to self-weigh your baby at any of our Cruiser groups

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 *Term time*

Queens Park



Play & Learn Cruiser 9.30 - 11.30am *Weekly*

Drop in to self-weigh your baby at any of our Cruiser groups

NCT Sling Library 9.30 - 11am *See below*

Once per month - 20 Jan | 24 Feb | 31 Mar

Breastfeeding Group 9.30 - 11.30am *Weekly*

Eastcotts

Play & Learn Toddler 9.30 - 11am *Term time*



Play & Learn Cruiser 1.30 - 3pm *Weekly*

Drop in to self-weigh your baby at any of our Cruiser groups

Daisy Hill

Play & Learn Toddler 1.30 - 2.30pm *Weekly*

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

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DROP IN SESSIONS

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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*

Drop in to self-weigh your baby at any of our Cruiser groups

Breastfeeding Group 1.30 - 3pm *Weekly*

CLOSURE DAY - 4 MARCH 2026

No sessions will run on this day due to staff training



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

THURSDAY

Eastcotts

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

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



Play & Learn Cruiser 11 - 12.15pm *Weekly*

Drop in to self-weigh your baby at any of our Cruiser groups

Breastfeeding Group 11 - 12.15pm *Weekly*

Central

Mini Mates 11 - 12pm *Weekly*

For parents under the age of 21 with children under 5 years old.

Wootton Pop Up - *Wootton Community Centre*



Play & Learn Toddler 1.30 - 2.45pm *See below*

Once per month, term time only - 15 Jan | 19 Mar

CLOSURE DAY - 29 JANUARY 2026

No sessions will run on this day due to staff training

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Thank you for being a part of our community.

PLEASE NOTE:
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DROP IN SESSIONS

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FRIDAY

Springfield Primary School

Springfield Chat & Play 9.00 - 10.30am *See below*

Twice per month, term time only - 9, 23 Jan | 6, 27 Feb | 13 Mar

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*

Central

NCT Sling Library 9.30 - 11am *See below*

Once per month - 9 Jan | 6 Feb | 20 Mar | 17 Apr



Play & Learn Cruiser 9.30 - 11.30am *Weekly*

Drop in to self-weigh your baby at any of our Cruiser groups

Breastfeeding Group 9.30 - 11.30am *Weekly*

Pine Cones

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

SATURDAY

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

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 - 10 Jan | 14 Feb | 14 Mar | 11 Apr

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.

4th Saturday of the month - 24 Jan | 28 Feb | 28 Mar

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.



Bumps, Birth & Baby Stuff


This antenatal class is jointly delivered by our experienced practitioners, midwives and health visitors. Whether you are preparing for your first baby or simply looking for a helpful refresher, the course offers clear, practical guidance on every stage of the journey.

You will learn about preparing for your new arrival, understanding the stages of labour and birth and gaining confidence in caring for and feeding your baby once they are here.

Throughout the sessions, you will have the opportunity to ask questions, share experiences and explore a range of topics designed to help you feel informed, reassured and ready for the weeks ahead.

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

 Queens Park

 7, 21 Jan | 4, 18 Feb | 18 Mar | 1 Apr

 9am - 4pm

 FREE

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.



£ £34 + booking fee

Scan the QR code or click here

BOOK NOW



Queens Park



Central

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.



Scan the QR code or click here

BOOK NOW



Queens Park



24 Jan | 6 Feb



Various



£5 + booking fee



Wootton Pop Up



2 Mar



10am - 12pm



£5 + booking fee



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.



Cherry Trees



Starts 9 January



1.30 - 2.30pm



£12.90 + booking fee
Runs for 6 weeks



Queens Park



Starts 27 February



1.30 - 2.30pm



£10 + booking fee
Runs for 5 weeks



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



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.



Scan the QR code or click here

 Online

 12 Jan | 9 Feb | 9 Mar

 10 - 11am

 FREE

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.



Scan the QR code or click here

 Online

 5 Jan | 2 Feb | 2 Mar

 10 - 11am

 FREE



Makaton

This 5 week course is designed for parents, family members and carers who would like to learn how to sign or use Makaton symbols. It is ideal for anyone with little or no previous experience of Makaton and provides a gentle, supportive introduction to the basics.

Throughout the course, you will learn simple signs and symbols that can help enhance early communication, strengthen bonding and support your child's understanding of language. Sessions are interactive, practical, and tailored to meet the needs of both you and your child.

We offer two separate groups: one for non-mobile babies and another for crawlers up to 2 years old. This helps us create sessions that are paced and structured to match your child's stage of development.



Queens Park



Cherry Trees



Starts 13 Jan



Starts 24 Feb



9.30am (babies)
11am (crawlers)



9.30am (babies)
11am (crawlers)



FREE



FREE



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.**



Scan the QR code or click here

BOOK NOW



Queens Park



Central



Cherry Trees



Daisy Hill



Pine Cones

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







Preparing for Baby Online

Are you pregnant or caring for a baby under 12 months old? Our Triple P – Preparing for Baby online workshop offers helpful support during this important stage of your parenting journey.

The programme includes seven clear, practical modules covering topics such as understanding your baby's needs, developing positive routines and supporting early development. It is designed to build confidence, provide useful strategies and help you prepare for life with your new baby.

Because the course is fully online, you can complete it at your own pace and in the comfort of your own home, making it easy to fit around your daily routine.

-  Online
-  Complete at your own pace
-  Not applicable
-  FREE

Scan the
QR code
or click
here



BOOK NOW

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.



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

-  Queens Park
-  Wednesdays
-  10 - 11am
-  FREE

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.



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

-  Queens Park
-  Mondays or Thursdays
-  Various
-  FREE

Parenting Workshops 0 – 5 Years

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.

Hassle-free Meal Times

Are mealtimes a nightmare?
Find ways to support your child with good eating habits and make meal times fun.

 Online  27 Feb  1 - 3pm  FREE



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  11 Feb  10am - 12pm  FREE



Good Bedtime Routines

Struggling at bedtime?
Make your evenings calmer, your child happier and get back time for yourself.

 Online  13 Feb  10am - 12pm  FREE



Dealing with Disobedience

Pulling your hair out with behaviour?
Find ways to limit meltdowns, support your child's emotions and feel more Zen.

 Online  23 Feb
26 Mar  10am - 12pm
7 - 9pm  FREE



Fighting and Aggression

Is your child aggressive?
Learn how to manage big emotions, support sibling squabbles and have a calmer home.

 Online  11 Mar  10am - 12pm  FREE



Parenting Workshops 5 – 12 Years

Early Help offer a range of online and in person workshops to support you on your parenting journey, which are designed for children aged 5 - 12 years.



BOOK NOW

Stepping Stones

This six week workshop helps parents of children (3-12) with SEND manage behaviour, reduce stress and build close relationships.

All Nations Church 7 Jan 9.30 - 11.30am 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.

Lakeview School 12 Feb 1 - 3pm FREE



BOOK NOW

Good Bedtime Routines

Struggling at bedtime? Make your evenings calmer, your child happier and get back time for yourself.

Putnoe Primary 10 Mar 9.30 - 11.30am 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 4 Feb 7 - 9pm FREE

Parenting Workshops 12+

Early Help offer a range of online and in person workshops to support you on your parenting journey, which are designed for young people aged 12 and over.

Coping with Teenage Emotions

Understand reasons teenagers become so emotional so quickly and how we can help them gain better control of their emotions.

📍 Mark Rutherford 📅 13 Jan ⌚ 9.15 - 11.15am 💷 FREE



[BOOK NOW](#)

Teen Brain Matters

Discover how teen brain development affects behaviour. Learn strategies to support your teen through this critical transition period.

📍 Online 📅 2 Mar ⌚ 7 - 9pm 💷 FREE



[BOOK NOW](#)

Building Teenagers Survival Skills

Want to build your teenagers resilience and confidence? Come along to our 2-hour workshop

📍 Mark Rutherford 📅 17 Mar ⌚ 9.15-11.15am 💷 FREE



[BOOK NOW](#)

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




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 15 January

 10 - 11am

 FREE

FOCUSED SUPPORT

Support

Take a look at the support available on our Family Hubs website for the different ages and stages.

If you are
Pregnant



[SEARCH](#)

0-12
months old



[SEARCH](#)

12-24
months old



[SEARCH](#)

3-5
years old



SEARCH

5-11
years old



SEARCH

11-16
years old



SEARCH

16-19
years old



SEARCH

CHECK OUT OUR

Website



SCAN ME



SCAN ME

FOLLOW US ON
Instagram

FOLLOW US ON
facebook.



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SCAN ME

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Email bulletin



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familyhubs.bedford.gov.uk



0300 323 0245



familyhubs@bedford.gov.uk



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BOROUGH COUNCIL



Funded by
UK Government