

Loving life with little ones

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South Bucks

Oct - Dec 2026

AUTUMN ADVENTURES!

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WELCOME

TO THE AUTUMN EDITION!



Pumpkins, fireworks, pantos and Christmas... the next three months might just be our favourite time of the year.

There's something lovely about autumn arriving. The darker evenings give us an excuse to get cosy, but there's also so much happening that we never seem to actually slow down!

We're looking forward to creating some **new family traditions** this year, starting with pumpkin picking.

November then brings **Bonfire Night**, which is always a big event for me because, in a past life, I actually worked professionally with fireworks. So yes, I'm the dad who gets **far too excited when the fireworks start**.

And then comes **Christmas**.

We'll be squeezing in multiple panto trips, festive adventures and at least one compulsory mulled wine. Meanwhile, Emily will be campaigning to put the decorations up ridiculously early. **If we let her, I genuinely think they'd stay up 365 days a year.**

There's plenty inside this issue to help you make the most of the season too. Our **Daily Activity Planner** will help you discover classes, activities and things to do locally, while **Where's Santa?** will help you find the man of the moment as **Christmas** gets closer.

Whatever traditions your family has, old or new, we hope this issue gives you plenty of ideas for enjoying the little moments together.

Have a fantastic few months and **enjoy the issue!**

Bill & Emily

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www.toddle.fun/subscribe

PS. Have you used the Toddle About website yet? Simply pop in your postcode, and you will be shown all the different things on offer for little ones near you. Head there now: www.toddleabout.co.uk

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Cover picture:

Thank you to our **Ambassador Leah** with **their little one** for this gorgeous cover photo. Follow their adventures:

[@little.verity.moments](https://www.instagram.com/little.verity.moments)



MEET THE TEAM



Bill & Emily - Owner/Editors

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Toddle About South Bucks, 19 Herriard Way, Tadley Hampshire RG26 3UG. Call us on 07359 162 124.



Tot Bop has Franchised!

After 10 years of running superb dance and creative movement classes for children aged 1-9, Tot Bop is expanding with new franchisee classes opening up in both 'Chilterns North' (Tring, Berkhamsted & Chesham) and 'North Bucks & West Northants' (Brackley, Buckingham & Towcester). This is in addition to their core business in Leighton Buzzard, Aylesbury and surrounds. Tot Bop dance classes give children an age appropriate, inspiring and nurturing introduction to dance, where EYFS based learning and fun are delivered in equal measures.

For more info visit www.totbop.co.uk See P.28



Santa Claus is Coming to Town

Don't miss the Roald Dahl Museum's Titchy Toddlers Christmas Special on Monday 7th December, 10am to 12pm. As well as Christmas-themed activities around the Museum, little ones can make Christmas cards and meet Santa. He'll be making an appearance in the galleries and visitors can choose to go up and say hello or wave from afar. The perfect festive treat for under 5s.

To find out more and book your tickets, visit www.roaddahlmuseum.org/event/titchy-toddlers-christmas-special/ See P.25



Awaken Your Imagination

As the hallway lights dim and the familiar weight of small, sleepy limbs settles into bed, a quiet revolution is taking place in children's literature. With vibrant picture books like *Bedtime for Ella*, the whimsical realm of Giggly Furbottom is transforming the chaotic twilight hours. Through gentle monster magic and vibrant storytelling, the books turn everyday stumbles into stepping stones of confidence - offering families a much-needed sanctuary where young imaginations can safely learn the art of growing up.

To get your copy now, visit www.GigglyFurbottom.com.

Make Phonics fun with Robot Reg!

These fun, interactive classes combine songs, actions, games and playful learning to help children build essential early reading skills. From recognising sounds and letters to blending their first words, every session is designed to boost confidence, enthusiasm and a love of learning. With Robot Reg's engaging character leading the way, children learn through laughter, movement and repetition — making those all-important first steps into reading exciting and memorable.

Ready to make phonics fun? Message Pip today 07952258095 See P.32



Monkey Music Comes to Aylesbury!

We're very excited to announce that the wonderful music based classes are coming to Walton Parish Hall on Tuesdays. Join us to make music, play real instruments, move to the beat and sing along to some of our favourite catchy songs! Why not also head to the Owl and Duck cafe for a cuppa and catch up afterwards? Your first class is FREE! Check out the Daily Activity Planner for class information or visit www.monkeymusic.co.uk/area/high-wycombe-aylesbury See P.30





Museum Fun for Little Ones

Bring your little ones along for fun, friendly sessions at Discover Bucks Museum! Discover Ducks is specially designed for under-5s, with themed stories, songs, games, play, creative activities and a mini museum trail, plus a drink and snack for children. For even more relaxed family fun, Stay and Play Café runs on Wednesday mornings during term time, offering a welcoming space for under-5s to play while grown-ups enjoy a hot drink. Come along, make friends and discover together!

Visit www.discoverbucksmuseum.org/whats-on/discover-ducks2025/ for more information [See P.17](#)

Welcome Aboard to Bekonscot's New Chief Executive!



This September Bekonscot welcomed Craig Bennett as their new Chief Executive. Craig brings a rich mix of experience from the world of theatre, set design and lighting to the role, alongside a passion for gardening, puppetry, storytelling and immersive visitor experiences. We look forward to seeing how his creativity and expertise helps to shape the next chapter for Bekonscot.

Read their latest blog at www.bekonscot.co.uk to find out more! [See P11 & 21](#)

Moo-sical Fun with Your Little One

Getting out of the house with your baby, toddler or pre-schooler should feel like an adventure, not a chore. At Moo Music with Elvan, our relaxed, happy sessions mix music and movement with familiar songs, friendly faces and plenty of wiggles. Parents get a breather, little ones get a boost, and everyone leaves brighter than they arrived. Families often say they walk in with the day's chaos and walk out smiling. That's the Moo Music magic and Elvan looks forward to welcoming you.

Visit moo-music.co.uk/hwmb to book your class today [See P.37](#)



Award Winning Sleep Support

Congratulations to Sleep Nanny Melanie Hastings, named Infant Sleep Consultant of the Year 2026/27 at the Prestige Awards! The judges praised Melanie's gentle, responsive approach, helping families build healthier sleep routines without leaving little ones to cry. With 20 years' childcare experience, Melanie offers personalised support for babies, toddlers and preschoolers, helping parents tackle naps, overtiredness and sleepless nights while building confidence around sleep.

Find out how Melanie can help your family sleep better at www.melaniehastings.sleepnanny.co.uk [See P.15](#)

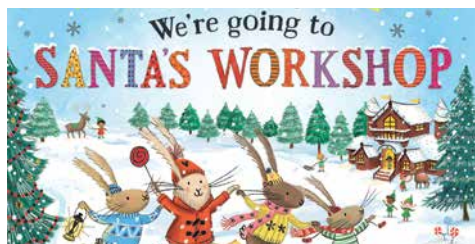


Keep your family active this season

Everyone Active centres across Bucks are inviting families to visit their local leisure centre to stay active and boost social wellbeing during the colder months. Children can plunge into fun with inflatable pool parties at Chesham Leisure Centre, Chalfont Leisure Centre and Chilterns Leisure Centre – all operated by Everyone Active in partnership with Buckinghamshire Council – while those keen to learn life-saving skills in the water can enrol in award-winning swimming lessons. Half term activities also include multi-level adventure soft play for young explorers at Chesham Leisure Centre and Chilterns Leisure Centre.

For further information, visit everyoneactive.com/centre/ and select your centre. [See P.36](#)





Celebrate 10 Years with a New Christmas Adventure

Come and join the fun as the bunnies set off on the Christmas adventure of a lifetime! The toys have all gone MISSING from Santa's Workshop, and it's up to the bunnies to find them.

The new release marks a decade of the much-loved series, bringing another interactive lift-the-flap adventure for our littlest readers and families to enjoy together.

Get your copy now in time for Christmas or explore the range in bookstores now [See P.17](#)



New Season New Us!

The Toddle About Show podcast is back and with more of a focus on the challenges of parenting and life with kids Bill and Emily tackle topics including getting your little ones to sleep better, starting school and the things we wish we knew. This is not a show that will fix all your problems but hopefully it will help you feel like you are not alone in navigating day to day life as parents.

Visit www.youtube.com/@TheToddleAboutShow to subscribe and listen to all episodes or search The Toddle About Show on Spotify or Apple Podcasts

Julie Weekes
Breakup & Divorce Coach Practioner

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HALLOWEEN QUESADILLAS

These cheesy cauliflower quesadillas are a fun, hands-on way to sneak extra veg into mealtimes this Halloween.

METHOD:

STEP 1: Half fill a large saucepan with water and bring to the boil. Add the cauliflower florets and boil for 10-12 minutes, until soft. Drain and set aside.

STEP 2: Blitz the cauliflower until smooth in a food processor.

STEP 3: Melt the butter in a saucepan over a low heat, then whisk in the flour until it forms a smooth paste. Cook, whisking constantly, for 30 seconds.

STEP 4: Gradually whisk in the milk a little at a time, bringing the mixture to a gentle simmer and letting it thicken after each addition. Continue stirring until all the milk is incorporated and the sauce coats the back of a spoon (about 6-8 minutes).

- INGREDIENTS:**
- 150ml milk
 - 75g mature cheddar, finely grated
 - 15g tomato puree
 - Salt and pepper
 - 3-4 tortillas
 - Splash of oil
 - Pumpkin cookie cutters or a knife

STEP 5: Stir in the cheese and tomato puree, then season with salt and pepper. Fold the cauliflower puree into the cheese sauce.

STEP 6: Cut 24 pumpkin shapes from the tortillas. On 12 of these, cut out spooky eyes and a mouth with a knife.

STEP 7: Lay the 12 plain pumpkin tortillas on a tray. Spoon a teaspoon of cheese sauce onto each, then top with a face tortilla to sandwich together. Repeat for all.

STEP 8: Heat a splash of oil in a frying pan and cook the quesadillas in batches, both sides, until crisp and lightly golden.



RECIPE courtesy of Louise Slope, Child Nutritional Therapist from *Nourished Nest*. www.nourishednest.co.uk.

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TODDLE MODELS

Baby and Toddler Photo Competition Winner

Thank you to everyone who entered
our Summer Toddler Models competition!

Congratulations to little Olivia and Barnaby, who both won a
Personalised Summer Bundle from My 1st Years, worth £181!

We received so many gorgeous entries - we hope you enjoy
looking through them as much as we have and that this gives
all our entrants a lovely keepsake.



Barnaby, 7 months old

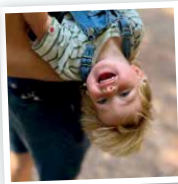
Winners



Olivia, 10 months old



Addison, 12 months



Arthur, 1 yr 11 mths



Find out more:

www.my1styears.com



Bonnie, 3 months



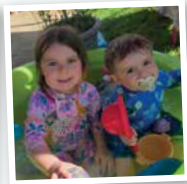
Daisy, 3 yrs 1 mths



Emile, 2 yrs 6 mths



Finn, 3 yrs 2 mths



Grace & Harry, 4 & 1 yrs



Hallie-Anna, 1 year



Hudson, 1 yr 8 mths



Isabella & Pyper, 1 & 3 yrs



Leighton, 3 yrs 5 mths



Leo, 14 months



Liezl, 1 yr 10 mths



Lottie, 2 years



Melody, 4 months



Millie, 8 months



Milo, 2 yrs 5 mths



Nellie, 15 months



Oakley, 4 months



Phoebe, 5 months



Rosie, 3 years



Ruby, 2 years



Sadie, 3 yrs 8 mths



Samuel, 2.5 years



Sapphie & Dominic,
4 yrs & 3 mths



Sofia, 2 yrs 5 mths



Tallis, 15 months



Theodore, 7 months



Tilly, 2 yrs 10 mths



Tommy, 2 yrs 5 mths



Willow, 21 months



Wren, 4 years

COMPETITION

TODDLE MODELS

WIN A **PO.P** PUDDLESUIT, WORTH £70

Perfect on the way to and from nursery or school to keep little ones warm and dry - and a must for puddle jumping! - are the new PO.P puddlesuits, offering full top to toe protection against all weather.

Made from 100% leftover materials from previous collections, the reclaimed puddlesuits are fully windproof and waterproof, with fully taped seams and elasticated cuffs to prevent cool draughts.

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HOW TO ENTER:

Send us a photo of your little one all dressed up for Halloween or Christmas, or anything else! We will print as many entries as possible in the next magazine to give you a lovely keepsake.

Enter by **Sun 29th Nov 2026**.

ENTER AT:

www.toddle.fun/toddlemodels



WORTH
£70

POLARN O. PYRET

SANTA'S SLIP UP

SANTA'S GOT LOST! CAN YOU HELP HIM FIND HIS WAY TO YOUR HOUSE TO DELIVER HIS PRESENTS?



CHEEKY CHARLIE HUNT!

WE'VE HIDDEN CHARLIE, TODDLE ABOUT'S CHEEKY MASCOT, THROUGHOUT THE MAGAZINE
CAN YOU COUNT HOW MANY TIMES HE APPEARS?



WITCH'S WONDER

SPOT THE DIFFERENCE.
THERE ARE 10 TO FIND!

ANSWERS ON P.39



IS YOUR CHILD REALLY “FINE IN SCHOOL”?

by Liz McCarthy

“He stopped crying straight away, but took a few minutes to settle and slowly move to class with a member of the support team. I will check on him throughout the day.”



I was thrilled to receive this email – **because it was honest.**

So many times in the past, people had promised to let me know how my child was doing. Either they had failed to contact me at all, or they had phoned to tell me the child had been **“fine”** as soon as I left.

I knew from what my children told me and from their behaviour before and after school that they were not **“fine”**. But everything I said elicited the response, **“We just don’t see it.”**

It was dismissed as a home problem, a parenting problem, or maybe not a problem at all. If any of this rings true for you and the school continues to insist your child is fine in school when you know they’re

not, **trust your instincts.** As a parent, you are the **expert in your own child.**

Whether it’s distress being treated as bad behaviour or anxiety being seemingly undetectable, children with **SEND** are often misunderstood.

Parents are told there’s no problem, that no support is needed, that their child only behaves that way when they’re around. But **a child who struggles to go into school and melts down as soon as they come out** is not a child who is **“fine”**.

SEND HUGS offers **Help, Understanding, Guidance and Support** to parents of children with special educational needs and disabilities.

If you need HUGS, call Liz on 07930 842137 or email liz@sendhugs.co.uk.

For more information,

see www.sendhugs.co.uk, **SEND HUGS on Facebook or **_send_hugs_** on Instagram.**



ADVERTORIAL



Half-Term Adventures at Bekonscot!

There is lots to do at Bekonscot this October half-term. From a **teddy bears’ picnic**, **autumnal crafts** during half term to enjoying some **seasonal treats** from our tearoom at the end of a busy day.

Book your next adventure at www.bekonscot.co.uk!





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THIS ISSUE YOU COULD REVIEW:

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VIP CLUB READER REVIEW: LIGHTHOUSE ISLAND



Written by Tanya Barroso, Toddle About Subscriber

This enchanting wooden lighthouse playset is perfect for imaginative seaside adventures. With a rotating gem at the top, a removable rock pool and a charming collection of sea creatures, it encourages little ones to explore coastal life, weather and storytelling through play. £49.99 from www.tickit.co.uk.

We were so excited to be given the chance to review the Lighthouse Island by Tickit. It is absolutely beautiful and such a lovely quality toy. The attention to detail is wonderful with little wooden shells, rocks, a sweet seal, dolphin and charming lighthouse keeper that my little boy enjoyed playing with.

Everything is beautifully made, smooth and sturdy making it perfect for little hands and it is fantastic for imaginative play.



My little boy was creating his own seaside adventures.

I also love the natural wooden finish and thoughtful design making it a lovely display piece when not being played with.

The only bit my boy struggled with was keeping the red wooden platform on as it came off easily when being played with. However overall, it's a fantastic toy. Highly recommend - 4 Stars.

Review has been edited.



Tanya was given this product as a **freebie** for writing this review.

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Discover the products up for grabs right now at www.toddle.fun/vip-reviews

ssssnAKE Hunt

in our gardens this October

SAT 17TH OCT – SUN 1ST NOV

Find the sssllithering ssnakes hidden around the gardens and collect a prize! See website for more details on all events.

Christmas Fun

FIND SANTA'S REINDEER

21 Nov – 24 Dec

Find them hidden in the gardens and collect a seasonal prize.

CHRISTMAS MARKETS

21/22 Nov & 5/6 Dec

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SEASONAL GIFT GUIDE



SNÜZPOUCH, FROM £30

New parents will love SnüzPouch, a collection of stylish sleeping bags for babies. With a handy nappy change zip to make changes quick and easy, it reduces disturbance for the most peaceful snooze. Available in a range of seasonal togs, sizes (0-36 months) and patterns, the SnüzPouch is made of super soft cotton, to keep little ones snug as a bug!

Available to buy from www.snuz.co.uk



KEEPSAKE HEART NECKLACE, £37

Engrave a fingerprint, hand/footprint, handwriting, names, dates, birth flowers, special messages and more into a necklace you'll wear forever. This 18k Gold PVD-plated heart pendant is waterproof, tarnish-resistant, and beautifully packaged: ideal for birthdays, anniversaries, or a heartfelt gift.

www.dreamygold.com



DINO WEANING SET, £18.50

Make weaning calmer and more enjoyable with the Snoozie Dino Weaning Set. This premium silicone collection includes a bib, divided dino plate, suction bowl, training cup and utensils - all designed for easy gripping, fewer spills and confident self feeding. Durable, dishwasher safe and perfect for everyday adventures.

www.snooziedino.co.uk



PUMPKIN PICKING CREW COLLECTION, FROM £14

This collection from My Little Cub features beautifully embroidered knitted cardigans and jumpers from newborn to 1 year, plus fun autumn and Halloween hoodies from age 1 to XXL. With designs for little cubs and grown-ups, there's something for the whole family this autumn.

www.mylittlecub.co.uk

OFFER: Quote **TODDLEABOUT20** to get 20% off + FREE delivery. (Minimum spend £35)



MOOSICOLOGY BITE-SIZE SERIES: FROM £6.99

Enter the World of Moosicology: a unique 16-lesson series teaching real music skills through fun and exciting songs, stories and colourful characters that sing to life with unique integrated audio. Moosicology grows with your child from birth to age seven and makes screen time more meaningful.

Available to buy from www.moosicology.com

WIN THIS!

Scan to find out more and enter:



YOUR CHILD IS POORLY. YOUR ROUTINE ISN'T THE PRIORITY. THEY ARE.

by Norland Nanny and
Sleep Consultant
Melanie

Norland nanny and sleep consultant Melanie on why the “perfect” sleep routine should be the first thing to go this cold and flu season and how to get it back once they’re well.

It's that time of year again.

Nursery is a revolving door of coughs, temperatures and “*just one more bug.*”

The parents I speak to at this point are often **more panicked about the sleep than the illness itself.**

Let me put your mind at ease: no. A poorly child needing more comfort, more contact, more of you, is not a habit forming. It's a child who feels rubbish and wants their person.

That instinct in you to go to them, to hold them a little longer, to let the routine slide for a few nights, that's not weakness, **that's exactly the right call.**

Where I see families come unstuck isn't during the illness. **It's after.** They're so relieved to be through it that they either cling to the “extras” or they yank everything back to exactly how it was overnight and wonder why their child is confused and resisting.

Once your child is on the mend, give it **two or three nights of gently stepping back** what you added. If you were rocking to sleep, start with a hand on their back instead. Children take their cue from your certainty far more than your words.

Illness season is relentless when you have little ones in nursery or school. **You are not failing** because your carefully built routine had a wobble in November. That's not a sleep regression. That's just parenting through a cough.

The routine will hold. It always does, when you know how to guide them back to it.

Melanie is a Norland Nanny and sleep consultant. Scan the QR code to access the dedicated sleep library, packed with expert advice, videos, and practical tips.

Visit www.melaniehastings.sleepnanny.co.uk to find out more and to get in touch.



ADVERTORIAL

COMPETITION - DISNEY ON ICE FAMILY TICKET

WIN A FAMILY TICKET TO DISNEY ON ICE WORTH UP TO £233

Produced by Feld Entertainment

Disney
ON ICE
DISCOVER
THE MAGIC

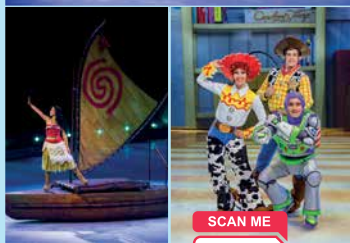


Disney On Ice returns this winter with Disney On Ice presents Discover The Magic - and we've got a family ticket up for grabs!

Expect world-class skating, aerial performances and beloved Disney stories brought to life on the ice, including Moana, Frozen, Encanto, Toy Story, Coco and more.

Join Mickey Mouse and friends on a quest to rescue Tinker Bell, sail with Moana, journey to Arendelle with Elsa, cross the Marigold Bridge with Miguel from Coco, and join Buzz, Woody and Jessie for a daring rescue. Plus, see Belle soar into the sky and experience a thrilling finale with Moana and TeKa.

The show visits Birmingham, Newcastle, Nottingham, Aberdeen, Belfast, Sheffield and London from 28 October 2026 to 3 January 2027.



SCAN ME



Enter Now at toddle.fun/disneyonice

Competition closes Sunday 22nd Nov 2026. For tour dates and tickets, visit www.disneyonice.co.uk

WHY WON'T MY CHILD APOLOGISE?

Teaching Empathy Instead of Empty 'Sorrys'

By Rachel Johnson



"Say sorry." Two little words that can turn into the longest ten seconds of your day. Your toddler crosses their arms. Clamps their mouth shut. Or mutters a "sorry" so quietly or quickly that it means nothing at all. Sound familiar?

Here's the reassuring truth: you may feel your child is being defiant, rude, or badly behaved, but they are also being what they are: very young humans who haven't learned how to be a fully functioning person yet. It's our job to teach them.

Why Little Ones Struggle To Say Sorry

Saying a genuine sorry requires something quite sophisticated: understanding that another person has feelings separate from your own, and that your actions caused them. This skill is still under construction in the under-5 brain. Right now, they are the main character in their own story. Awareness of others grows gradually, through hundreds of small, everyday moments.

So when we demand an instant, word-perfect apology from a two or three-year-old, we're often asking for something they're not developmentally ready to give. And when children learn that "sorry" is just a magic word that ends the telling-off, they say it but they don't always feel it. We end up teaching performance, not empathy.

What To Do Instead

The good news is there's plenty we can do to nurture real empathy, even before children can express it in words.

1. NARRATE THE FEELINGS, DON'T SCRIPT THE APOLOGY.

Instead of, "Say sorry to Freddie," try: "Look at Freddie's face. He's crying because you took his digger. That felt sad for him." Naming feelings out loud, calmly and often, is how children slowly learn to notice them.



*Rachel Johnson is the author of **Connected: Focusing on Me and We**, a new book for young people, their parents and educators. She is also Chief Executive of PiXL, the UK's largest school leadership network, and a parent of three.*

2. MODEL IT YOURSELF.

Children learn far more from watching us than from our instructions. If you snap at your toddler and then say, "I'm sorry I used a cross voice, that wasn't kind," you're showing them what a real apology sounds like: regret, ownership, and repair.

3. OFFER REPAIR INSTEAD OF REQUIRING WORDS.

For little ones, actions often say more than "sorry" ever could. "Shall we help Freddie build his digger back up?" or "Let's get Amelia a tissue," gives your child a way to put things right without relying on language they may not have yet.

4. KEEP YOUR EXPECTATIONS AGE-APPROPRIATE.

A three-year-old grabbing a toy back isn't always them plotting unkindness, they're testing boundaries and learning the relationship between cause and effect.

We can insist on a word, but what we really want them to understand is that other people have feelings too and sometimes we make mistakes and hurt them.

The Seeds Are Being Planted

You won't see instant results, and that's absolutely normal. Empathy isn't taught in a single conversation; it's built slowly, apology by apology, cuddle by cuddle, explanation and modelling over years.

Every time you name a feeling, model a genuine "sorry," or help your child make things right, you're laying the groundwork for a child who, one day, won't need reminding to say sorry, because they'll truly understand why it matters.



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OUT MORE



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5 & 12 Dec

Roald Dahl Museum

81-83 High St, Great Missenden
HP16 0AL

Ticket prices: £25pp + museum admission

Breakfast with Santa

12-13 Dec

Horse & Jockey

Buckingham Rd, Aylesbury HP19 9QL

Ticket prices:

Child £12.99 + adult breakfast

Christmas Craft Fayre & Grotto

19-21 Dec

Wycombe Museum
Priory Ave, High Wycombe

Ticket prices:
Child £3.50

Breakfast with Santa

6, 13 & 20 Dec

Bisham Abbey

Marlow Rd, Bisham, Marlow SL7

Ticket prices:

FROM under 3s £5, Child £18, Adult £20

Santa's Grotto

22 Nov-24 Dec selected dates

Dobbies Beaconsfield

London Rd, Beaconsfield HP9 1SH

Ticket prices: £15-£17

Breakfast with Santa

5-23 Dec selected dates

Boot & Slipper

5 Rickmansworth Rd,
Amersham HP6 5JN

Ticket prices: £5 child deposit + food

Some events must be pre-booked and event details are correct at time of printing but may change, please check before attending.

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Oct - Dec 2026 **Toddle About South Bucks** 17

FAMILY Date Nights

THE TRADITION I HOPE MY CHILDREN NEVER OUTGROW

by Sophie David



If you asked me what I hope my children remember about their childhood, it wouldn't be the expensive holidays, the days out or even the beautifully planned birthday parties. Of course, I hope those memories stay with them too, but when I really stop to think about it, they're not the moments I hope define their childhood.

Instead, I hope they remember Friday nights around our kitchen table.

Every Friday, our family has a date. Not the kind that needs booking months in advance or costs a fortune, but a few hours that belong entirely to us. We put our phones away, leave the washing where it is, ignore the emails until tomorrow and choose to be together. Some weeks we're making homemade pizzas, other weeks we're laughing through a giant game of Battleships over dinner, painting ridiculous portraits of one another or creating fairy doors for the garden. Occasionally we'll make fresh pasta from scratch, host a family spa evening or transform the kitchen into our own little ice cream parlour.

The activity changes every week, but the reason behind it never does.

We're making time for each other.

We didn't start family date nights because I thought we needed another thing to add to our calendar. In fact, it was quite the opposite. Like so many families, life had quietly become busy. Between school, work, clubs, homework, birthday parties and all the little jobs that somehow fill every spare moment, we realised we were spending plenty of time together but very little *intentional* time together. We were sharing a house, but often just passing one another in the

rush from one commitment to the next.

So we made a decision.

No matter what the week looked like, *one evening would belong to our family.*

That one small decision has become one of the best things we've ever done.

Now, by Monday morning, one of my children will usually ask, "What's our date night this week?" It's become something they look forward to, not because they know exactly what we'll be doing, but because they know we'll all be there. It has become part of our family's rhythm, and I think children find enormous comfort in those rhythms. In a world that changes quickly, where weeks often disappear before we've noticed them, traditions offer children something wonderfully dependable. They tell them, *"This matters. You matter."*

As parents, I think many of us carry an invisible pressure to create magical childhoods. Social media doesn't always help. We see beautifully styled playrooms, extravagant days out and endless bucket lists that leave us wondering whether we're doing enough. It's easy to believe that making memories requires grand gestures or expensive experiences.

But I don't think childhood is built from highlights.

I think it's built from *repetition.*

The bedtime story read every night.

The pancakes every Sunday morning.

The walk home from school.

The way you always sing the same song in the car.

These are the moments children come to expect, the traditions they grow up inside, and often the

memories they carry long after the bigger occasions have faded.

Family date nights have become one of those traditions for us. They aren't extraordinary because of what we do. They're extraordinary because *we keep choosing them, week after week.*

People often ask me for activity ideas, but I honestly think that's the least important part. We've spent almost nothing on some of our favourite evenings. A blanket on the lounge floor, homemade popcorn and a board game have created just as much laughter as evenings where we've bought ingredients for homemade pizzas or craft supplies for a creative project.

The activity is simply the vehicle.

Connection is the destination.

When I watch my children during these evenings, I realise they're learning so much more than I ever intended. They're negotiating whose turn comes next. They're solving problems together, learning to compromise, celebrating each other's ideas and discovering that losing a game isn't the end of the world. They're building relationships with one another that I hope will still be there long after Adam and I are gone.

Most importantly, they're experiencing something every child deserves to feel.

That someone thinks they're worth making time for.

I don't think we talk enough about that.

In a world where we're constantly distracted by notifications, overflowing calendars and endless jobs that seem too important to wait until tomorrow, making uninterrupted time for someone has become one of the greatest expressions of love we can offer.

Children notice it.

They notice when we're listening without looking at our phones. They notice when we laugh with them instead of watching from the sidelines. They notice when we've carved out time that belongs only to them.

Connection rarely happens by accident.

It happens because we protect it.

That's why family date nights have become non-negotiable in our home. Not because I think one evening a week makes me a better parent, but because I've realised that relationships aren't built in the spaces left over after everything else is done. They're built when we decide they're important enough to come first.

One day, these Friday nights will change.

There won't always be three little chairs squeezed around our kitchen table. There will come a time when Friday evenings are spent with friends, at university, at work or with families of their own. One day, my children will stop asking what our family date night will be because they'll be busy creating lives that no longer revolve around ours.

And that's exactly as it should be.

But I hope that somewhere, years from now, they'll remember how those evenings felt.

Not necessarily what we made or what game we played, but the feeling of belonging. The laughter that filled the kitchen. The conversations that somehow lasted longer than we'd planned. The certainty that, however busy life became, there would always be time set aside just for us.

My greatest hope isn't that they recreate every activity we've ever done.

It's that they recreate the feeling.

Perhaps one day, without even realising why, they'll find themselves saying to their own children, *"Shall we have a family date night this Friday?"*

Not because they read it in a parenting book or saw it on social media, but because it feels familiar. Because somewhere deep inside them they learnt that *connection isn't something we stumble across when life gets quieter.*

It's something we choose.

And if my children grow up believing that the people they love are always worth making time for, then I think our Friday nights will have given them something far more valuable than a collection of happy memories. They'll have given them a way of building a family of their own.

*Sophie David is a qualified teacher, early years expert and mum of three. She is the founder of Little Happy Learners and author of **How to Create Little Happy Learners and Read, Write, Play**. Through her books and online community, Sophie shares simple, play-based ideas that help families connect, learn and make childhood feel a little more magical. Find her at @littlehappylearners and www.littlehappylearners.co.uk*



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www.littlekickers.co.uk

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www.monkeymusic.co.uk

Rugbytots (South Bucks)

www.rugbytots.co.uk/class/find

All trials are subject to availability.

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PUMPKINS, LIGHTS...



HALLOWEEN SPECTACULAR

Chiltern Open Air Museum
30 Oct, 5pm-9pm

Enjoy fire performances, spooky storytelling, creepy crafts, then toast marshmallows by the bonfire before braving the scary walk.
Cost: £16.50.

Gorelands Lane, Chalfont St Giles, HP8 4AB
www.coam.org.uk/halloween



OCTOBER HALF TERM

Discover Bucks Museum
24 Oct-1 Nov, 10am-3pm

Enjoy frightfully fun activities - spooky crafts and clay monsters to bubbling witches' brews, oozy ogre slime and eerie experiments.
Cost: from £4

Church Street, Aylesbury, HP20 2QP
www.discoverbucksmuseum.org/whats-on



HALLOWEEN HUNT TRAIL

Hughenden Manor
3 Oct-1 Nov, 10am-4:30pm

Enjoy a family-friendly Halloween trail through the gardens, inspired by The Great Big Halloween Hunt.
Cost: free with entry fee.

High Wycombe, HP14 4LA
www.nationaltrust.org.uk/visit



PUMPKIN FUN

Odds Farm Park
24 Oct-1 Nov, 10am-5:30pm

Pick your own pumpkin, a Monster Mash Bash and brilliant bubble shows this half term, plus plenty of farm park fun.
Cost: £20.95

Woburn Common, High Wycombe, HP10 0LX
www.oddsfarm.co.uk/october-half-term



BEACONSFIELD FIREWORKS

Beaconsfield Cricket Club
7 Nov, from 4pm

Enjoy musical fireworks, bonfires, live music, panto performances, LED dancers, funfair rides and food trucks.
Cost: from £12.50 Under 5s Free.

Wilton Park, London Road, Beaconsfield, HP9 2HZ
www.beaconsfieldcricketclubfireworks.com



MARLOW BOTTOM FIREWORKS

Marlow Bottom Playing Field
7 Nov, from 6pm

Enjoy a spectacular fireworks extravaganza, featuring a huge aerial display, family rides, bar and food, hot drinks and sweet treats.
Cost: Adult £10, Child £6, Under 4s Free.

Burford Close, Marlow Bottom, SL7 3QP
www.marlowbottomfireworks.co.uk/



GXCA FAMILY FIREWORKS

GXCA Memorial Centre
1 Nov, from 3:30pm

A music-synchronized firework display, street food, bar, arts and crafts, children's glow games, and funfair-style activities.
Cost: Adult £10, Child £6, 5s & under Free.

8 East Common, Gerrards Cross, SL9 7AD
www.gxca.org.uk/family-fireworks



AMAZING FIREWORKS

Amersham & Chiltern RFC
6 Nov, from 5:30pm

A dynamite display, with plenty of fun, food, and frivolity for all the family.
Cost: from £7 Under 5s Free.

Ash Grove, Weedon Ln, Amersham HP6 5QU
www.tickettailor.com/events/amershamandchilternrugbyclub

... AND ALL THINGS NICE



CHRISTMAS ON THE COBBLES

Aylesbury Town Centre
22 Nov, 12pm-6pm

Free festive workshops, performances, market stalls, a bar, walkabout characters, and children's funfair rides in Kingsbury.
Cost: Free.

Market Square and Kingsbury, Aylesbury
www.aylesburytowncouncil.gov.uk



CHRISTMAS FESTIVAL

Great Missenden
28 Nov, 3pm-8pm

Explore a large selection of local craft stalls, food and drink, and live entertainment.
Cost: Free.

High St, Great Missenden HP16 0AL
www.coopersmarkets.com/the-chilterns-artisan-markets/christmas-fes-



MARLOW CHRISTMAS LIGHTS

Marlow High Street
19 Nov, from 6pm

A community celebration featuring festive music, street entertainers, stilt walkers, and simulated falling "snow" on the High Street.
Cost: Free

High Street, Marlow, SL7 1AW
www.marlow-tc.gov.uk/christmas-lights-switch-on



SANTA STEAM SPECIAL

Princes Risborough Station
28 Nov-23 Dec, various times

This enchanting journey is a festive treat for children, offering a magical steam train ride to Santa's Grotto at his North Pole station.
Cost: From £24.50, Under 1s free
Princes Risborough, HP27 9DN
www.chinnorrailway.co.uk



SANTA'S GROTTO

Hellfire Caves
22 Nov-24 Dec, from 4:30pm

Step into a world of enchantment and wonder nestled within the heart of the Hellfire Caves.

Cost: Adult: £10; Child: £20
Church Lane, West Wycombe, HP14 3AH
www.hellfirecaves.co.uk/christmas



SANTA'S BEST EVER CHRISTMAS!

Aylesbury Waterside Theatre
20-24 Dec, various times

Join Santa and friends in this brand new, festive, musical, interactive adventure to make 2026 Santa's Best Ever Christmas!
Cost: from £18.15

Exchange Street, Aylesbury, HP20 1UG
www.atgtickets.com/shows



CHRISTMAS MARKET

West Wycombe Walled Garden
28 & 29 Nov, 10:30am-4pm

Enjoy a Christmas Market with Christmas shopping, food and drink, and traditional carols from the West Wycombe brass band.
Cost: Free

The Walled Garden, West Wycombe, HP14 3AP
www.humblecountry.co.uk/humble-events



CHESHAM CAROL CONCERT

St. Mary's Church
8 Dec, from 6pm

A special evening of carols, from talented local choirs, raising money for charity.
Cost: Adult £10, Child £5, Under 5s free
Bury Lane, Chesham, HP5 1HY
www.stfrancis.org.uk/events/fundraising/chesham-carol-concert

Children's NUTRITION

WHY EARLY ALLERGIES & INTOLERANCES CAN OCCUR

by Suzannah Winsor MSc PNPD mBANT AFMCP

Your birth story, early diet, early exposures and medications can all play a role in shaping your microbiome and, therefore, your immune health. The first 1,000 days (from conception through to a child's second birthday) are a critical window for establishing the foundations of the microbiome. During this time, the air we breathe, the milk we drink, the medications we take and the foods we're weaned onto all influence the composition of our microbiome.

THE MICROBIOME-IMMUNE CONNECTION

It may come as a surprise that an adult is made of approximately 30 trillion human cells and 38 trillion bacterial cells.

Your microbiome helps to train, develop and regulate your immune system.

The bacteria that live on us and inside us – our skin microbiome, our lung microbiome, the sinus microbiome and the gut microbiome – all work together to build the foundations of our immune system, alongside important nutrients such as vitamin D and zinc.

Immune-mediated reactions can include IgE food allergies, intolerances or food sensitivities. Inflammatory responses to foods such as lactose (dairy), histamine (aged foods), gluten (wheat), eggs, nuts and soy can be accompanied by digestive issues, asthmatic symptoms, skin irritation, constipation and mood changes. Lesser-known food sensitivities, such as reactions to oranges and potatoes, can also occur and may be easily overlooked.

THE IMPORTANCE OF THE GUT

Up to 70% - 80% of the body's immune cells live in the gut, where they interact with your bacteria.

Microbes also have the job of turning our foods into beneficial short-chain fatty acids, which nourish the cells lining your colon and help reduce allergies by strengthening your gut wall and calming down overactive immune cells. Microbes even make some vitamins, including vitamin K, B12 and B9 (folate).

WHERE TO START?

Navigating increasing food restrictions, an unhappy child and "magic answer" supplement marketing can be confusing, expensive and tiring.

It can be helpful to take a step back and look at the beginning of your child's health story.

Consider: when was your child last well? Have they been exposed to antibiotics at a young age? What has helped so far? Is there mould in your home? What was their early diet like? Is constipation, bloating or IBS part of your child's health story? Are important nutrients such as vitamin D and zinc part of your child's diet?

These are just some of the questions that can help build a bigger picture of what may be contributing to your child's allergies, intolerances or food sensitivities.

Everyone is different, and what works for one may not work for another.

MICROBIOME TESTING

One option is a paediatric microbiome test. This report shows which of the good bugs need a helping hand, if any bad bugs are thriving and even if there are too many of the good bugs. Seeing a snapshot of your child's gut microbiome allows for a more effective and personalised approach to supporting their immune system and gut health.

Suzannah Winsor MSc PNPD mBANT AFMCP is a Registered Nutritionist & Registered Biomedical Scientist at The Biomedical Personalised Nutrition Clinic. If you're looking for professional nutritional guidance to naturally support you or your child's health, she offers a free 30-minute Nutrition Consultation at TheBiomedicalNutritionist.com.

Disclaimer: This article is for educational purposes only and is not intended as medical advice.



DIY SNOW GLOBE CRAFT

This DIY Snow Globe is a simple craft for kids of all ages! Create a customised glittery globe to keep or gift to a loved one this Christmas.



You'll need:

- 1 Glass Jar
- Distilled Water

- Small item to use as a focal point (eg: ornament, small toy, plastic or ceramic figurine)

- Glitter
- Clear Glue
- Glue Gun

Instructions:

1. Select a focal point object to use in your snow globe. Get an adult to use the hot glue gun to glue the focal point object to the centre of the lid of the jar.
2. Fill the jar halfway full of distilled water and then squirt in some clear glue and stir it into the water.
3. Add 1-2 teaspoons of glitter.
4. Fill the jar up almost full with more distilled water, leaving enough space in the jar for the focal point object so the jar doesn't overflow.
5. Screw the lid tightly onto the jar so that the focal point object fits nicely inside.
6. Turn the jar upside down and watch the "snow" fall!

Craft kindly supplied by Shelly Carlson, founder of Welcome to Nana's.
For more fun craft ideas visit <https://welcometonanas.com/>.



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AYLESBURY VALE

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Your local 'What's On Guide'
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MONDAY

PARENTS & TOTS

Best Start Family Hub Elmhurst

Elmhurst School, Dunsham Lane, Aylesbury, HP20 2DB.
01296 383293. familyinfo.buckinghamshire.gov.uk.

- My First Playtime: 10:00 - 11:30.

Ages: 0 - 1 yrs. **Cost:** Free (drop in). **Dates:** 5 Oct - 14 Dec.

Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441.
www.discoverbucksmuseum.org.

- Spiders & Webs: 10:00 - 15:00. **Ages:** 2 - 10 yrs.

Cost: £4 per session (booking essential). **Dates:** 26 Oct.

MUSIC & SIGNING

Monkey Music Aylesbury & High Wycombe

St Martha's Church, Park Road, Tring, HP23 6BP. 01494 819138.
www.monkeymusic.co.uk.

- Heigh Ho: 10:10 - 10:40. **Ages:** 1 - 2 yrs.
- Rock n Roll: 10:50 - 11:20. **Ages:** 3 mths - 1 yrs.
- Jiggety Jig: 9:30 - 10:00. **Ages:** 2 - 4 yrs.

Cost: £11 per session (booking essential).

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Aylesbury and Surrounding Villages

Waddesdon Community Centre, Frederick St, Aylesbury, HP18 0LX. 07568 595592. www.robotreg.co.uk.

- Minis Class: 9:30 - 10:15. **Ages:** 1 yrs - 2 yrs 6 mths.
- Preschool Class: 10:30 - 11:15. **Ages:** 2 yrs 6 mths - 4 yrs.

Cost: £8.50 per session (booking essential).

Dates: 5 Oct - 14 Dec.

TUESDAY

PARENTS & TOTS

Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441.
www.discoverbucksmuseum.org.

- Ghouls & Ghosts: 10:00 - 15:00. **Ages:** 2 - 10 yrs.

Cost: £4 per session (booking essential). **Dates:** 27 Oct.

Fishes Toddler Group

Church of the Holy Spirit, Church Hall, 71a Camborne Avenue, Aylesbury, HP21 7UE. 01296 394759.

www.holyspiritbedgrove.org.

- Little Fishes Baby Group: 13:00 - 14:30. **Ages:** 0 - 1 yrs.

Cost: Free (drop in). **Dates:** 6 Oct - 20 Oct & 3 Nov - 15 Dec.





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01296 382415. www.haddenhamcommunitylibrary.org.uk.
• **StoryTime:** 10:30 - 11:00.
Ages: 3 - 4 yrs. **Cost:** Free (drop in). **Dates:** 6 Oct - 15 Dec.

Wendover Community Library
High St, Wendover, HP22 6DU. 01296 382415.
• **Bounce & Rhyme:** 10:00 - 10:30.
Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 6 Oct - 15 Dec.

CREATIVE

Buckinghamshire Family Learning
Aylesbury Vineyard Church, The Vineyard Centre, Gatehouse Close, Aylesbury, HP19 8DN. www.adultlearningbc.ac.uk.
• **Wonderful One: Helping your toddler to communicate:** 9:30 - 11:30. **Ages:** 1 - 2 yrs.
Cost: Free (booking essential). **Dates:** 6 Oct - 20 Oct.
• **Wonderful One: Learning to talk:** 9:30 - 11:30.
Ages: 1 - 2 yrs. **Cost:** Free (booking essential).
Dates: 3 Nov - 8 Dec.

Southcourt Family Hub
Aylesbury College Campus, Oxford Road, Aylesbury, HP21 8PD. adultlearningbc.ac.uk.
• **Little Cooks:** 13:00 - 15:00. **Ages:** 2 - 4 yrs.
Cost: Free (booking essential). **Dates:** 6 Oct - 20 Oct.
• **Confident Healthy Active Child:** 13:00 - 15:00.
Ages: 2 - 4 yrs. **Cost:** Free (booking essential).
Dates: 3 Nov - 8 Dec.

DANCE & DRAMA

Tot Bop

Fairford Leys Church Hall, Hampden Square, Aylesbury, HP19 7HT. 01525 237474 / 07775 582791. www.totbop.co.uk.
• **Tiny Tots:** 9:30 - 10:05. **Ages:** 1 yrs - 2 yrs 6 mths.
• **Baby Boppers:** 10:20 - 11:05. **Ages:** 2 yrs 6 mths - 5 yrs.
Cost: £8.50 per session (booking essential).
Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec.

WEDNESDAY

PARENTS & TOTS

Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441. www.discoverbucksmuseum.org.
• **Stay & Play Café:** 10:00 - 12:00. **Ages:** 0 - 5 yrs.
Cost: £2 per session (booking essential). **Dates:** 7 Oct - 21 Oct.
• **Clay Monsters:** 10:00 - 15:00. **Ages:** 3 - 10 yrs.
Cost: £4 per session (booking essential). **Dates:** 28 Oct.

Southcourt Baptist Church

40 Penn Road, Aylesbury, HP21 8HW. 01296 480080. www.southcourtbaptist.org.uk.
• **The Ark Parent and Toddler Group:** 10:00 - 11:30.
Ages: 0 - 5 yrs. **Cost:** Free (drop in).
Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

MUSIC & SIGNING

Monkey Music Aylesbury & High Wycombe

St Marys Centre, Church End, Haddenham, HP17 8AJ. 01494 819138. www.monkeymusic.co.uk.
• **Heigh Ho:** 9:30 - 10:00.
Ages: 1 - 2 yrs. **Cost:** £11 per session (booking essential).
Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Aylesbury and Surrounding Villages

Wingrave Community Centre, Church St, Wingrave, Aylesbury, HP22 4PE. 07568 595592. www.robotreg.co.uk.
• **Minis Class:** 9:45 - 10:30. **Ages:** 1 yrs - 2 yrs 6 mths.
• **Preschool Class:** 10:45 - 11:30. **Ages:** 2 yrs 6 mths - 4 yrs.
Cost: £8.50 per session (booking essential).
Dates: 7 Oct - 16 Dec.

CREATIVE

Berryfields Family Hub

John Fitzjohn Avenue, Aylesbury, HP18 0FG. www.adultlearningbc.ac.uk.
• **Little Cooks:** 9:30 - 11:30.
Ages: 2 - 4 yrs. **Dates:** 7 Oct - 21 Oct.
• **Confident Healthy Active Child:** 9:30 - 11:30.
Ages: 2 - 4 yrs. **Dates:** 4 Nov - 9 Dec.
Cost: Free (booking essential).



PREGNANCY

The Village Midwife - Buckinghamshire (Wendover & Hughenden, High Wycombe)

The Village Midwife HQ, 2 Holly Court, Tring Road, Wendover, HP22 6PE. 07801 990768. www.thevillagemidwife.co.uk.

- Bucks Hypnobirthing Workshops: 19:00 - 21:00.

Dates: 25 Nov - 2 Dec.

THURSDAY

PARENTS & TOTS

Southcourt Family Hub

Aylesbury College Campus, Oxford Road, HP21 8PD. 01296 383293. www.familyinfo.buckinghamshire.gov.uk.

- My First Playtime: 10:00 - 11:30.

Ages: 0 - 1 yrs. **Cost:** Free (drop in). **Dates:** 8 Oct - 17 Dec.

Best Start Family Hub Elmhurst

Elmhurst School, Dunsham Lane, Aylesbury, HP20 2DB. 01296 383293. www.familyinfo.buckinghamshire.gov.uk.

- Play and Explore: 13:30 - 15:00.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 8 Oct - 17 Dec.

Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441. www.discoverbucksmuseum.org.

- Discover Ducks: 10:00 - 12:00.

Ages: 0 - 5 yrs. **Cost:** £5 per session (drop in).

Dates: 8 Oct, 22 Oct, 12 Nov, 26 Nov - 3 Dec & 17 Dec.

- Spooky Science: 10:15 - 11:15, 12:15 - 13:15 & 14:15 - 15:15. **Ages:** 5 - 10 yrs.

Cost: £7.50 per session (booking essential). **Dates:** 29 Oct.

Fishes Toddler Group

Church of the Holy Spirit, Church Hall, 71a Camborne Avenue, Aylesbury, HP21 7UE. 01296 394759.

www.holyspiritbedgrove.org. **Times:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** £2 per session (drop in).

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec.

Lighthouse Toddler Group

Walton Hall, Walton Street, Aylesbury, HP21 7QX. 01296 398110. www.htaylesbury.org.

Times: 10:30 - 11:45. **Ages:** 0 - 4 yrs. **Cost:** Free (drop in).

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec.

Toybox and Babybox

Long Crendon Baptist Church, High Street, Long Crendon, HP18 9AF. 01844 201335. www.lcbc.org.uk.

Times: 10:45 - 12:00. **Ages:** Pregnancy - 3 yrs.

Cost: Free **Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec.

MUSIC & SIGNING

Monkey Music Aylesbury & High Wycombe

St Martha's Church, Park Road, Tring, HP23 6BP. 01494 819138. www.monkeymusic.co.uk.

- Heigh Ho: 10:10 - 10:40. **Ages:** 1 - 2 yrs.
- Rock n Roll: 10:50 - 11:20. **Ages:** 3 mths - 1 yrs.
- Jiggety Jig: 9:30 - 10:00. **Ages:** 2 - 4 yrs.

Cost: £11 per session (must book).

Dates: 8-22 Oct & 5 Nov-17 Dec.

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SENSORY & DEVELOPMENT

Phonics with Robot Reg Aylesbury and Surrounding Villages

Stoke Mandeville Community Centre, Eskdale Rd, Stoke Mandeville, Aylesbury, HP22 5UJ. 07568 595592. www.robotreg.co.uk.

- Minis Class: 9:45 - 10:30. **Ages:** 1 yrs - 2 yrs 6 mths.
- Preschool Class: 10:45 - 11:30. **Ages:** 2 yrs 6 mths - 4 yrs.

Cost: £8.50 per session (booking essential).

Dates: 8 Oct - 17 Dec.

CREATIVE

Best Start Family Hub Elmhurst

Dunsham Lane, Aylesbury, HP20 2DB. www.adultlearningbc.ac.uk.

- Confident Healthy Active Child: 10:00 - 12:00.

Ages: 2 - 4 yrs. **Dates:** 8 Oct - 22 Oct.

- Play and Learn: 10:00 - 12:00.

Ages: 2 - 4 yrs. **Dates:** 12 Nov - 10 Dec.

Cost: Free (booking essential).

HEALTH & WELLNESS

Happy Hearts First Aid

Unit 6, Bradmoor Farm, Haddenham, Aylesbury, HP17 8JX. 07522 312795. www.happyheartsfirstaid.com.

- Baby & Child First Aid: 12:15 - 14:15. **Ages:** 0 - 99 yrs.

Cost: £28 per session (booking essential). **Dates:** 15 Oct.





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Ding Dong (3&4 years)
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SEND ACTIVITIES

Sparkles - Speech Therapy for Children with Down's Syndrome

Email for Location, Aylesbury, HP20. www.sparkles.org.uk.

• **Sparkles Speech Therapy: 9:30 - 14:00. Ages:** 0 - 5 yrs.
Cost: Free (booking essential). **Dates:** 8-22 Oct & 5 Nov-17 Dec.

FRIDAY

PARENTS & TOTS

Berryfields Family Hub

John Fitzjohn Avenue, Aylesbury, HP18 0FG. 01296 383293.
www.bucksfamilyinfo.org

• **My First Playtime: 10:00 - 11:30.**
Ages: 0 - 1 yrs. **Cost:** Free (drop in). **Dates:** 9 Oct - 18 Dec.

Southcourt Family Hub

Aylesbury College Campus, Oxford Road, Aylesbury, HP21 8PD. 01296 383293.
www.familyinfo.buckinghamshire.gov.uk.

• **Play and Explore: 10:00 - 11:30.**
Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 9 Oct - 18 Dec.

Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441.
www.discoverbucksmuseum.org.

• **Spooky Science: 10:15 - 11:15, 12:15 - 13:15 & 14:15 - 15:15. Ages:** 5 - 10 yrs.
Cost: £7.50 per session (booking essential). **Dates:** 30 Oct.

Haddenham Community Library

Banks Park, Bank Road, Haddenham, HP17 8EE.
01296 382415. www.haddenhamcommunitylibrary.org.uk.

• **Bounce and Rhyme: 10:30 - 11:00. Ages:** 0 - 5 yrs.

Cost: Free (drop in).

Dates: 16 Oct, 30 Oct, 13 Nov, 27 Nov & 11 Dec.

MUSIC & SIGNING

Sing and Sign Banbury, Bicester, Brackley & Buckingham

Lace Hill Sports & Community Centre, Catchpin Street, Buckingham, MK18 7RR. 07771 550335.

www.singandsign.co.uk.

• **Stage 2: 9:45 - 10:30. Ages:** 1 yrs 2 mths - 2 yrs 6 mths.

• **Stage 1: 10:45 - 11:30. Ages:** 6 mths - 1 yrs 2 mths.

• **Babes: 11:45 - 12:30. Ages:** 0 - 6 mths.

Cost: £8.50 per session (booking essential).

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec.

SATURDAY

PARENTS & TOTS

Discover Bucks Museum

Church Street, Aylesbury, HP20 2QP. 01296 331441.

www.discoverbucksmuseum.org.

• **Roald Dahl Children's Gallery: 10:00 - 16:00.**

Ages: 3 - 15 yrs. **Cost:** £5.50 per session (booking essential).

Dates: 10 Oct - 1 Nov.

Haddenham Community Library

Banks Park, Bank Road, Haddenham, HP17 8EE.
01296 382415. haddenhamcommunitylibrary.org.uk.

• **Lego & Craft Club: 10:30 - 11:30.**

Ages: 2 - 5 yrs. **Cost:** Free (drop in). **Dates:** 10 Oct - 12 Dec.

Who Let The Dads Out?

Granville Street Church, Granville Street, Aylesbury, HP20 2JR.

01296 334154. www.granvillestreetchurch.org.uk.

Times: 9:30 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £1 per session (drop in). **Dates:** 10 Oct - 19 Dec.

DANCE & DRAMA

Tot Bop

The Anthony Hall, 33 London Road, Aston Clinton, Aylesbury, HP22 5HG. 01525 237474 / 07775 582791. www.totbop.co.uk.

• **Tiny Tots: 9:00 - 9:35. Ages:** 1 yrs - 2.5 yrs.

• **Baby Boppers: 9:45 - 10:30. Ages:** 2.5 yrs - 3.5 yrs.

• **Funky Monkeys (preschool & reception): 10:45 - 11:30.**

• **Groovy Movers (school years 1-4): 11:45 - 12:30.**

Cost: £8.50 per session (booking essential).

Dates: 10 Oct - 24 Oct & 7 Nov - 19 Dec.

PHYSICAL FUN

Little Kickers Oxford, Bucks & Northants

The Kingsbrook School, Armstrongs Flds, Bierton, Aylesbury, HP22 7BR. 07503 142496. www.littlekickers.co.uk.

• **Little Kicks: 8:45 - 9:30 & 9:35 - 10:20. Ages:** 1.5 - 2.5 yrs.

• **Junior Kickers: 9:35 - 10:20. Ages:** 2.5 yrs - 3.5 yrs.

• **Mighty Kickers: 8:45-9:30 & 10:25-11:10. Ages:** 3.5 - 5 yrs.

• **Mega Kickers: 11:15 - 12:00. Ages:** 5 - 7 yrs.

Cost: £8.30 per session (booking essential).

Dates: 10 Oct - 19 Dec.

DAYS OUT

Hogshaw Farm & Wildlife Park

Claydon Road, Hogshaw, Buckingham, MK18 3LA.
01296 670444. www.hogshawfarm.co.uk.

• **Hogshaw School of Witchcraft & Wizardry: 10:00 - 17:30.**

Ages: 0 - 99 yrs. **Cost:** £17.95 per session (*booking essential*).

Dates: 24 Oct - 31 Oct.

• **Christmas at the Farm: 10:00 - 17:30.**

Ages: 0 - 99 yrs. **Cost:** £29.95 per session (*booking essential*).

Dates: 28 Nov - 24 Dec.

SUNDAY

PHYSICAL FUN

Little Kickers Oxford, Bucks & Northants

Sir Henry Floyd Grammar School, Oxford Rd, Aylesbury,
HP21 8PE. 07503 142496. www.littlekickers.co.uk.

• **Little Kickers: 8:45 - 9:30. Ages:** 1.5 - 2.5 yrs.

• **Junior Kickers: 9:35 - 10:20. Ages:** 2.5 - 3.5 yrs.

• **Mighty Kickers: 10:25 - 11:10. Ages:** 3.5 - 5 yrs.

• **Mega Kickers: 11:15 - 12:00. Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 11 Oct - 20 Dec.

Little Kickers Oxford, Bucks & Northants

Wendover Memorial Hall, Wharf Rd, Wendover, Aylesbury,
HP22 6HF. 07503 142496. www.littlekickers.co.uk.

• **Little Kickers: 8:45 - 9:30. Ages:** 1.5 - 2.5 yrs.

• **Junior Kickers: 9:35 - 10:20. Ages:** 1 yrs 6 mths - 5 yrs.

• **Mighty Kickers: 10:25 - 11:10. Ages:** 3 yrs 6 mths - 5 yrs.

• **Mega Kickers: 11:15 - 12:00. Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 11 Oct - 20 Dec.



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PARENTS & TOTS

The Village Midwife - Buckinghamshire (Wendover & Hughenden, High Wycombe)

The Village Midwife HQ, 2 Holly Court, Tring Road, Wendover,
HP22 6PE. 07801 990768. www.thevillagemidwife.co.uk.

• **Toddler Workshops: 14:00 - 16:30. Ages:** 1 - 2 yrs.

Cost: £89 per session (*booking essential*). **Dates:** 18 Oct.



SOUTH BUCKS AREA

MONDAY

PARENTS & TOTS

Amersham Library

Chiltern Lifestyle Centre, Chiltern Avenue, HP6 5AH.

• **Bounce & Rhyme: 10:30 - 11:00. Ages:** 0 - 5 yrs.

Cost: Free (*booking essential*). **Dates:** 5 Oct - 14 Dec.

Holmer Green Tiddlywinks: 13:30 - 15:00.

Christ Church Centre, Holmer Green, High Wycombe,
HP15 6XQ. 01494-715195. www.pshg.org.

• **Stay & Play group Ages:** 0 - 4 yrs.

Cost: £2 per session (*drop in*). **Dates:** 5-19 Oct & 2 Nov-14 Dec.

Tiddlywinks

Marlow Methodist Church, Spittal Street, Marlow, SL7 3HJ.

07799 854535. **Times:** 8:45 - 11:30. **Ages:** 0 - 5 yrs.

Cost: £1 per session (*drop in*). **Dates:** 5-19 Oct & 2 Nov-14 Dec.

Little Fish High Wycombe

Wycombe Marsh Baptist Church, London Road Wycombe

Marsh, High Wycombe, HP11 1ET. 07940 953909.

Times: 14:00 - 14:30. **Ages:** 0 - 5 yrs. **Cost:** Free (*drop in*).

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec.

MUSIC & SIGNING

Monkey Music Amersham Beaconsfield and the Chalfonts

Community Centre, Chiltern Lifestyle Centre, Chiltern Avenue,
Amersham, HP6 5AH. 01494 716861.

www.monkeymusic.co.uk.

• **Ding Dong: 8:15 - 8:45 & 12:30 - 13:00. Ages:** 3 - 4 yrs.

• **Jiggety Jig: 9:00 - 9:30. Ages:** 2 - 3 yrs.

• **Heigh Ho: 9:45 - 10:15. Ages:** 1 - 2 yrs.

• **Rock n Roll: 10:30 - 11:00. Ages:** 3 mths - 1 yrs.

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec.

Monkey Music Aylesbury & High Wycombe

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 1SQ. 01494 819138.

www.monkeymusic.co.uk.

• **Jiggety Jig: 9:25 - 9:55. Ages:** 2 - 4 yrs.

• **Heigh Ho: 10:05 - 10:35. Ages:** 1 - 2 yrs.

Cost: £11 per session (*booking essential*).

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec.

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s a t p i n

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

Marlow, Christ Church, 18 Oxford Road, Marlow, SL7 2NL.
07360 745264. www.moo-music.co.uk.

- **Maxi Moo:** 10:20 - 11:00. **Ages:** 1 yrs 6 mths - 4 yrs.
- **Baby Moo:** 11:30 - 12:10. **Ages:** 1 mths - 1 yrs.

Cost: £10 per session (*booking essential*).

Dates: 5 Oct - 19 Oct, 2 Nov - 9 Nov & 23 Nov - 14 Dec.

SENSORY & DEVELOPMENT

Baby College South Buckinghamshire

St. Francis of Assisi Church, Amersham Road, High Wycombe, HP13 5AB. 07720 441672. www.babycollege.co.uk.

- **Juniors 18m - 3+ years:** 9:30 - 10:15.
- **Toddlers:** 10:30 - 11:15. **Ages:** 9 mths - 1 yrs 6 mths.
- **Infants:** 11:30 - 12:15. **Ages:** 0 - 9 mths.

Cost: £9.25 per session (*booking essential*).

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec.

Baby College South Buckinghamshire

The Stokenchurch Centre, Bartholomew Tipping Way, Stokenchurch, HP14 3RX. 07720 441672. www.babycollege.co.uk.

- **Toddlers:** 10:30 - 11:15. **Ages:** 9 mths - 1 yrs 6 mths.
- **Infants:** 11:30 - 12:15. **Ages:** 0 - 9 mths.

Cost: £9.25 per session (*booking essential*).

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec.

Phonics with Robot Reg Wycombe

West Wycombe Village Hall, High Street, West Wycombe, High Wycombe, HP14 3AB. 07952 258095. www.robotreg.co.uk.

- **MINIS Phonics:** 8:30 - 9:15 & 9:30 - 10:15. **Ages:** 1 - 2.5 yrs.
- **Pre-school Phonics:** 10:30 - 11:15. **Ages:** 2.5 - 5 yrs.

Cost: £8 per session (*booking essential*).

Dates: 5 Oct - 19 Oct, 2 Nov - 14 Dec.

Phonics with Robot Reg Wycombe

Flackwell Heath Community Centre, Swains Lane, Flackwell Heath, HP10 9BN. 07952 258095. www.robotreg.co.uk.

- **Pre-school Phonics:** 13:30 - 14:15. **Ages:** 2.5 - 5 yrs.

Cost: £8 per session (*booking essential*).

Dates: 5 Oct - 19 Oct, 2 Nov - 14 Dec

CREATIVE

Newtown Family Hub

Berkhampstead Road, Chesham, HP5 3AT. www.adultlearningbc.ac.uk.

- **Play and Learn:** 10:00 - 12:00.

Ages: 2 - 4 yrs. **Dates:** 5 Oct - 19 Oct.

- **Confident Healthy Active Child:** 10:00 - 12:00.

Ages: 2 - 4 yrs. **Dates:** 2 Nov - 7 Dec.

Cost: Free (*booking essential*).

DANCE & DRAMA

Medley School of Dance

Flackwell Heath Community Centre, 1 Swains Ln, Flackwell Heath, High Wycombe, HP10 9BN. 07841 124697. www.medleyschoolofdance.co.uk.

- **Teeny Tutu's:** 16:00 - 16:30. **Ages:** 2 - 4 yrs.

Cost: £5.50 per session (*drop in*).

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec.

Tappy Toes Ruislip, Chalfont St. Peter and Little Chalfont

Sacred Heart Scout and Guide Hut, Pembroke Road, Ruislip, HA4 8NN. 07961 213253. www.tappytoes.com.

- **Tappy Toes:** 9:35 - 10:05. **Ages:** 6 mths - 5 yrs.

Cost: £7.50 per session (*booking essential*).

Dates: 5 Oct - 19 Oct & 2 Nov - 14 Dec.



TUESDAY

PARENTS & TOTS

Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382415. www.buckinghamshire.gov.uk.

- **Storytime:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 6 Oct - 15 Dec.

Chesham Library

Elgiva Lane, Chesham, HP5 2JD. 01296 382415. www.buckinghamshire.gov.uk.

- **Bounce and Rhyme:** 10:30 - 11:00. **Ages:** 0 - 4 yrs.

Cost: Free (*booking essential*). **Dates:** 6 Oct - 15 Dec.

Great Missenden Community Library

High Street, Great Missenden, HP16 0AL. 01296 382415. www.buckinghamshire.gov.uk.

- **Story and Craft Time with Pru:** 10:00 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 6 Oct - 15 Dec.

The Lantern Babies and Toddlers

St Mary's Church, 141 Marlow Bottom, Marlow, SL7 3PJ.

Times: 10:00 - 11:30. **Cost:** £2 per session (*drop in*).

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec.

MUSIC & SIGNING

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

St Mary's Church Hall, Glory Mill Lane, Wooburn Green, HP10 0LU. 07360 745264. www.moo-music.co.uk.

- **Moo Music (Maxi):** 9:50 - 10:30. **Ages:** 1 yrs 6 mths - 4 yrs.
- **Moo Music (Baby Moo):** 11:00 - 11:40. **Ages:** 1 - 14 mths.

Cost: £10 per session. **Dates:** 6 Oct - 20 Oct & 3 Nov - 15 Dec.

SENSORY & DEVELOPMENT

Baby College South Buckinghamshire

Amersham Community Centre, Chiltern Lifestyle Centre, Amersham, HP6 5AH. 07720 441672. www.babycollege.co.uk.

- **Juniors 18m - 3+ years:** 9:30 - 10:15.
- **Toddlers:** 10:30 - 11:15. **Ages:** 9 mths - 1 yrs 6 mths.
- **Infants:** 11:30 - 12:15. **Ages:** 0 - 9 mths.

Cost: £9.25 per session (*booking essential*).

Dates: 6 Oct - 20 Oct & 3 Nov - 15 Dec.

CREATIVE

Castlefield Family Hub

Rutland Avenue, Castlefield, High Wycombe, HP12 3LL. www.adultlearningbc.ac.uk.

- **Play and Learn:** 10:00 - 12:00. **Dates:** 6 Oct - 20 Oct.
- **Confident Healthy Active Child:** 10:00 - 12:00.

Dates: 3 Nov - 8 Dec. **Ages:** 2 - 4 yrs. **Cost:** Free (*must book*).

WEDNESDAY

PARENTS & TOTS

Chalfont St Peter Community Library

High Street, Chalfont St Peter, SL9 9QA. 01296 382415. www.csp-communitylibrary.co.uk.

- **Bounce & Rhyme:** 10:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 7 Oct - 16 Dec.

High Wycombe Library

5 Eden Place, High Wycombe, HP11 2DH. 01296 382415.

- **Bounce & Rhyme:** 10:15 - 10:45. **Ages:** 0 - 1 yrs 6 mths.

Cost: Free (*booking essential*). **Dates:** 7 Oct - 16 Dec.

Radnage Mother and Toddler Group

Radnage Common Road, Radnage, High Wycombe, HP14 4DF. 07789 902336. **Times:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Cost: £1.50 per session (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

St. Anne's Parent & Toddler Group

St. Anne's Church, London Road, High Wycombe, HP11 1ET. 07443 596304. **Times:** 9:30 - 11:30. **Ages:** 0 - 5 yrs.

Cost: £1.50 per session (*drop in*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Tiny Tots

St James Gerrards Cross & Fulmer, Oxford Road, Gerrards Cross, SL9 7DJ. www.saintjames.org.uk. **Times:** 9:30 - 11:00.

Ages: 0 - 3 yrs. **Cost:** Free (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

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MUSIC & SIGNING

Monkey Music Amersham Beaconsfield and the Chalfonts

Community Centre, Chiltern Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH. 01494 716861.

www.monkeymusic.co.uk.

- **Ding Dong:** 10:45 - 11:15. **Ages:** 3 - 4 yrs.
- **Jiggety Jig:** 9:15 - 9:45. **Ages:** 2 - 3 yrs.
- **Heigh Ho:** 8:30 - 9:00. **Ages:** 1 - 2 yrs.
- **Rock n Roll:** 10:00 - 10:30. **Ages:** 3 mths - 1 yrs.

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Monkey Music Aylesbury & High Wycombe

The Walled Garden, Chorley Road, West Wycombe, HP14 3AP. 01494 819138. www.monkeymusic.co.uk.

- **Monkey Music Sessions**

Times: 9:45 - 10:15. **Ages:** 2 - 3 yrs.

Times: 10:25 - 10:55. **Ages:** 1 - 2 yrs.

Times: 11:05 - 11:35. **Ages:** 3 mths - 1 yrs.

Times: 11:50 - 12:20. **Ages:** 3 - 4 yrs.

Cost: £11 per session (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

Booker Memorial Hall, Limmer Lane, High Wycombe, HP12 4QR. 07360 745264. www.moo-music.co.uk.

- **Mixed Moo:** 9:50 - 10:30.

Ages: 6 mths - 4 yrs. **Cost:** £10 per session (*booking essential*).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Dance classes for ages 2.5-4yrs

Teeny Tutus Ballet

MONDAYS
Flackwell Heath Community Centre
4:00-4:30pm

FRIDAYS
Wrights Meadow Centre
4:00-4:30pm

THURSDAYS
Wrights Meadow Centre
4:00-4:30pm

Teeny Acro

SATURDAYS
Wrights Meadow Centre
9:00-9:30am

Teeny Steps
Wrights Meadow Centre
9:30-10:00am

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SENSORY & DEVELOPMENT

Baby College South Buckinghamshire

St Thomas' Church Hall, Mayflower Way, Beaconsfield, HP9 1UF. 07720 441672. www.babycollege.co.uk.

- Juniors 18m - 3+ years: 9:30 - 10:15.
- Toddlers: 10:30 - 11:15. **Ages:** 9 mths - 1 yrs 6 mths.
- Infants: 11:30 - 12:15. **Ages:** 0 - 9 mths.
- Beaconsfield Juniors Plus 2.5 - 4 years: 12:30 - 13:15.

Cost: £9.25 per session (booking essential).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Baby College South Buckinghamshire

Holy Trinity Church, Wycombe Road, Prestwood, HP16 0HJ. 07720 441672. www.babycollege.co.uk.

- Juniors 18m - 3+ years: 9:30 - 10:15.
- Toddlers: 10:30 - 11:15. **Ages:** 9 mths - 1 yrs 6 mths.
- Infants: 11:30 - 12:15. **Ages:** 0 - 9 mths.

Cost: £9.25 per session (booking essential).

Dates: 7 Oct - 21 Oct & 4 Nov - 16 Dec.

CREATIVE

Hampden Way Family Hub

The Community Centre, Hampden Way, High Wycombe, HP13 7TJ. www.adultlearningbc.ac.uk.

- **Wonderful One: Helping your toddler to communicate:** 10:00 - 12:00. **Ages:** 1 - 2 yrs.

Cost: Free (booking essential). **Dates:** 7 Oct - 21 Oct.

- **Wonderful One: Learning to talk:** 10:00 - 12:00.

Ages: 1 - 2 yrs. **Cost:** Free (booking essential).

Dates: 4 Nov - 9 Dec.

Hope Church

Upper Belmont Road, Hivings Hill, Chesham, HP5 2DB. www.adultlearningbc.ac.uk.

- **Wonderful One: Helping your toddler to communicate:** 10:00 - 12:00. **Ages:** 1 - 2 yrs. **Cost:** Free. **Dates:** 7 - 21 Oct.

DANCE & DRAMA

Stagecoach Theatre Arts School

(Buckinghamshire)

Cedar Park School, Cedar Ave, Hazlemere, HP15 7EF. 07539 753718. www.stagecoach.co.uk.

- **Early Stages:** 16:30 - 18:00. **Ages:** 4 - 6 yrs.

Cost: £15 (must book). **Dates:** 7 - 21 Oct & 4 Nov - 2 Dec.

THURSDAY

PARENTS & TOTS

Beaconsfield Library

Reynolds Road, Beaconsfield, HP9 2NJ. 01296 382415.

- **Storytime:** 10:15 - 10:45. **Ages:** 0 - 5 yrs.
- **Duplo for Toddlers:** 10:30 - 11:30. **Ages:** 1 - 5 yrs.

Cost: Free (drop in). **Dates:** 8 Oct - 17 Dec.

Bourne End Community Library

Wakeman Road, Bourne End, SL8 5SX. 01296 382415.

- **Storytime:** 15:30 - 16:15.

Ages: 3 - 8 yrs. **Cost:** Free (drop in). **Dates:** 8 Oct - 17 Dec.

Penn & Tylers Green Toddler Group

Tylers Green Village Hall, Tylers Green, High Wycombe, HP10 8LN. 01494 819990. **Times:** 9:15 - 11:00. **Ages:** 0 - 4 yrs.

Cost: £3 per session (drop in). **Dates:** 8-22 Oct & 5 Nov-17 Dec.

Playhouse Toddlers High Wycombe

The Hub, Union Baptist Church Easton Street, High Wycombe, HP11 1NJ. 01494 473889. **Times:** 9:30 - 11:30. **Ages:** 0 - 4 yrs.

Cost: £1 (must book). **Dates:** 8 - 22 Oct & 5 Nov - 17 Dec.

St Andrew's Tots

St Andrew's Church, Hatter's Lane, High Wycombe, HP13 7NJ. 01494 529668. www.standrewshw.co.uk. **Times:** 9:30 - 11:30.

Ages: 0 - 4 yrs. **Cost:** £2 (must book). **Dates:** 8 Oct - 17 Dec.

St Peter's Church, Burnham

Cornerstone, Church Street, Burnham, SL1 7HX. 01628 664338. www.stpetersburnham.org.

- **Little Angels-Baby and Toddler Group:** 9:30 - 11:30.

Ages: 0 - 5 yrs. **Cost:** £2 per session (drop in).

Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec.

The Lantern Babies and Toddlers

Lantern Community Corner, St Mary's Church, 141 Marlow Bottom, Marlow, SL7 3PJ.

- **Community Corner:** 13:30 - 15:00.

Cost: Free (drop in). **Dates:** 5 Nov & 3 Dec.

CREATIVE

Mapledean Family Hub

Cressex Road, High Wycombe, HP12 4PR. www.adultlearningbc.ac.uk.

- **Wonderful One: Helping your toddler to communicate:** 10:00 - 12:00. **Ages:** 1 - 2 yrs. **Dates:** 8 Oct - 22 Oct.
- **Wonderful One: Learning to talk:** 10:00 - 12:00.

Ages: 1 - 2 yrs. **Dates:** 5 Nov - 10 Dec.

Cost: Free (booking essential).



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Fridays 4:45 - 6:15pm (Marlow)
Saturdays 9:30am - 11:00am (Henley)
Saturdays 11:30am - 13:00pm (Henley)
Saturdays 9:00 - 10:30am (High Wycombe)
Saturdays 9:30 - 11:00am (High Wycombe)
Saturdays 11:30 - 1:00pm (High Wycombe)
Saturdays 1:30 - 3:00pm (High Wycombe)

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Saturdays 9:30 - 11:30am (High Wycombe)

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stagecoach.co.uk/henleyandmarlow

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Early Stages (ages 4 - 6)
Our dynamic weekly classes for children aged four to six are all about building confidence, making friends and expanding children's imagination.

Early Stages Plus (ages 6 - 7)
We are excited to be introducing an Early Stages PLUS class. This 2hr session is perfect for children aged 6-7yrs who love to dance, sing and act.

The core life skills we develop with our Early Stages groups are:

- Turn-taking
- Teamwork
- Listening skills
- Speaking confidently
- Empathy
- Make friends

ASK ABOUT OUR 2-WEEK TRIAL

MUSIC & SIGNING

Monkey Music Aylesbury & High Wycombe

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 1SQ. 01494 819138.
www.monkeymusic.co.uk

• **Rock n Roll: 11:25 - 11:55. Ages:** 3 mths - 1 yrs.
Cost: £11 per session (*booking essential*).
Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec.

SENSORY & DEVELOPMENT

Baby Sensory Chesham & Amersham

Amersham Free Church, Woodside Road, Amersham, HP6 6AJ.
07557 647231. www.babysensory.com.

- 6 to 13 months: 10:15 - 11:15.
- Birth to 6 months: 11:30 - 12:30.
- Birth to 13 months: 13:00 - 14:00.

Dates: 8 - 15 Oct, 5 Nov - 17 Dec. **Cost:** £11.50 (*must book*).
• **Baby Pumpkin Special Event: 10:15-11:15. Ages:** 0 - 1 yrs.
Cost: £13 per session (*booking essential*). **Dates:** 22 Oct.
• **Baby's First Christmas: 10:15 - 11:15. Ages:** 0 - 1 yrs.
Cost: £20 per session (*booking essential*). **Dates:** 10 Dec.

DANCE & DRAMA

Medley School of Dance

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 1SQ. 07841 124697.
www.medleyschoolofdance.co.uk.

• **Teeny Acro: 16:00 - 16:30. Ages:** 2 - 4 yrs.
Cost: £5.50 per session. **Dates:** 8 - 22 Oct & 5 Nov - 17 Dec.

Follow us for daily updates!



Tappy Toes Ruislip, Chalfont St. Peter and Little Chalfont

Little Chalfont Village Hall, Cokes Lane, Little Chalfont, Amersham, HP8 4UD. 07961 213253. www.tappytoes.com.

• **Tappy Toes: 9:30 - 10:00. Ages:** 1 - 5 yrs.
Cost: £7.50 per session (*booking essential*).
Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec.

Tappy Toes Ruislip, Chalfont St. Peter and Little Chalfont

Gold Hill Baptist Church, Church Lane, Chalfont St Peter, SL9 9RF. 07961 213253. www.tappytoes.com.

• **Mixed Toddler/ Tots Toes: 14:00 - 14:30. Ages:** 1 - 5 yrs.
Cost: £7.50 per session (*booking essential*).
Dates: 8 Oct - 22 Oct & 5 Nov - 17 Dec.

FRIDAY

PARENTS & TOTS

Beaconsfield Library

Reynolds Road, Beaconsfield, HP9 2NJ. 01296 382415.

• **Bounce & Rhyme: 10:15 - 10:45.**
Ages: 0 - 4 yrs. **Cost:** Free (*drop in*). **Dates:** 9 Oct - 18 Dec.

Amersham Library

Chilterns Lifestyle Centre, Chiltern Avenue, Amersham, HP6 5AH. 0845 230 3232.

• **Duplo Club @ Amersham: 10:00 - 12:00.**
Cost: Free (*drop in*). **Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.



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Flackwell Heath Methodist Church Parent and Toddler Group

Flackwell Heath Methodist Church Heath End Road, Flackwell Heath, High Wycombe, HP10 9DT. 07979 541874.

- **Play & Praise: 9:15 - 11:15. Ages:** 0 - 5 yrs.

Cost: £1 per session (*drop in*). **Dates:** 9 Oct - 18 Dec.

Fun at One

Amersham Free Church, Woodside Road, Amersham, HP6 6AJ. 01494 726816. amershamfreechurch.org.uk.

Times: 13:00 - 14:40. **Ages:** 0 - 5 yrs.

Cost: £2 per session (*drop in*). **Dates:** 9-23 Oct & 6 Nov-18 Dec.

Magpie Club Baby & Toddler Group

Coleshill Village Hall, Barracks Hill, Amersham, HP7 0LN.

Times: 9:00 - 11:00. **Ages:** 0 - 5 yrs.

Cost: £3 per session (*drop in*). **Dates:** 9-23 Oct & 6 Nov-18 Dec.

Micklefield Community Library

Micklefield Road, High Wycombe, HP13 7HU. 01296 382415. www.buckinghamshire.gov.uk.

- **Bounce and Rhyme, for under 5's: 10:00 - 10:30.**

Cost: Free (*drop in*). **Dates:** 9 Oct - 18 Dec.

Small Saints

All Saints Church, Castle Street, High Wycombe, HP13 6RF. 07791 389598. www.allsaintshighwycombe.org.

Times: 10:00 - 12:00. **Ages:** 0 - 5 yrs.

Cost: £0.50 per session (*drop in*).

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec.

MUSIC & SIGNING

Moo Music - High Wycombe, Marlow, Beaconsfield & Bourne End

Downley, Downley Community Centre, School Close, High Wycombe, HP13 5TR. 07360 745264. www.moo-music.co.uk.

- **Moo Music (Maxi): 10:20 - 11:00. Ages:** 1 - 4 yrs.

- **Baby Moo: 11:30 - 12:10. Ages:** 2 mths - 1 yrs 6 mths.

Cost: £10 per session. **Dates:** 9 Oct - 16 Oct & 6 Nov - 18 Dec.

DANCE & DRAMA

Medley School of Dance

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 1SQ. 07841 124697. www.medleyschoolofdance.co.uk.

- **Teeny Tutu's: 16:00 - 16:30. Ages:** 2 - 4 yrs.

Cost: £5.50 per session (*drop in*).

Dates: 9 Oct - 23 Oct & 6 Nov - 18 Dec.

Ondine Academy of Dance

All Saints Church Hall, Oval Way, Chalfont St Peter, Gerrards Cross, SL9 0DE. 07775 881829. www.ondineacademy.co.uk.

- **Melody Movement Ballet Class: 13:25 - 14:10.**

Ages: 3 yrs 6 mths - 4 yrs 6 mths.

- **Pre-Primary Ballet and Tap Class: 16:45 - 17:30.**

Ages: 4 yrs 6 mths - 5 yrs 6 mths.

- **RAD Primary Ballet Class: 17:30 - 18:15.**

Ages: 5 yrs 6 mths - 7 yrs.

Cost: £9 per session (*booking essential*). **Dates:** 9 Oct - 20 Nov.

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SEND ACTIVITIES

Sparkles - Speech Therapy for Children with Down's Syndrome

High Wycombe, HP10. www.sparkles.org.uk.

- Sparkles Speech Therapy: 9:30 - 14:30. **Ages:** 0 - 5 yrs.

Cost: Free (booking essential). **Dates:** 9-23 Oct & 6 Nov-18 Dec.

SATURDAY

PARENTS & TOTS

Chalfont St Peter Community Library

High Street, Chalfont St Peter, SL9 9QA. 01296 382415.

- Meet the Authors: 14:00 - 16:00.

Cost: Free (booking essential). **Dates:** 21 Nov.

Great Missenden Community Library

High Street, Great Missenden, HP16 0AL. 01296 382415.

- Saturday Club with Annabelle: 10:30 - 12:30.

Ages: 4 - 11 yrs. **Cost:** Free (drop in). **Dates:** 10 Oct - 19 Dec.

High Wycombe Library

5 Eden Place, High Wycombe, HP11 2DH. 01296 382415.

- Storytime: 11:30 - 12:00.

Ages: 0 - 10 yrs. **Cost:** Free (drop in). **Dates:** 10 Oct - 19 Dec.

DANCE & DRAMA

Medley School of Dance

Wrights Meadow Centre, Wrights Meadow Road, High Wycombe, HP11 1SQ. 07841 124697.

www.medleyschoolofdance.co.uk.

- Teeny Tutu's: 9:00 - 9:30. **Ages:** 2 - 4 yrs.
- Teeny Steps: 9:30 - 10:00. **Ages:** 2 - 4 yrs.

Cost: £5.50 per session. **Dates:** 10 - 17 Oct & 7 Nov - 12 Dec.

Stagecoach Theatre Arts School (Buckinghamshire)

Wycombe High School, Marlow Hill, High Wycombe, HP11 1TB. 07539 753718. www.stagecoach.co.uk.

- Mini Stages: 9:00 - 9:45.

Ages: 2 - 4 yrs. **Cost:** £7.50 per session (booking essential).

- Early Stages: 9:00 - 10:30, 9:30 - 11:00 & 11:30 - 13:00.

Ages: 4 - 6 yrs. **Cost:** £15 per session (booking essential).

Dates: 10 Oct - 24 Oct & 7 Nov - 5 Dec.

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CREATIVE

St. Michael's Church

St. Michael's Church, 70 Sycamore Rd, Amersham, HP6 5DR. 01494 726680. www.stmichaelsamersham.org.uk.

- Messy Church: 11:30 - 13:00. **Ages:** 3 - 10 yrs.

Cost: Free (drop in). **Dates:** 17 Oct, 21 Nov & 19 Dec.

PHYSICAL FUN

Little Kickers Oxford, Bucks & Northants

The Curzon Centre, 43 Maxwell Road, Beaconsfield, HP9 1RG. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 1 yrs 6 mths - 2 yrs 6 mths.
- Junior Kickers: 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.
- Mighty Kickers: 10:25-11:10 & 11:15-12:00. **Ages:** 3.5-5 yrs.
- Mega Kickers: 12:05 - 12:50. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (must book). **Dates:** 10 Oct - 19 Dec.

Little Kickers Oxford, Bucks & Northants

Chesham Grammar School, White Hill, Chesham, HP5 1BA. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 3 - 7 yrs.
- Junior Kickers: 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.
- Mighty Kickers: 10:25 - 11:10. **Ages:** 3 yrs 6 mths - 5 yrs.
- Mega Kickers: 10:25 - 11:10. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (must book). **Dates:** 10 Oct - 19 Dec.

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Little Kickers Oxford, Bucks & Northants

Sir William Ramsey School, Rose Avenue, Hazlemere, HP15 7UB. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 3 - 7 yrs.
- Junior Kickers: 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.
- Mighty Kickers: 10:25 - 11:10. **Ages:** 3 yrs 6 mths - 5 yrs.
- Mega Kickers: 10:25 - 11:10. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 10 Oct - 19 Dec.

Little Kickers Oxford, Bucks & Northants

Chalfont Community College, Narcot Lane, Chalfont St Peter, Gerrards Cross, SL9 8TP. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 9:05 - 9:50. **Ages:** 3 - 7 yrs.
- Junior Kickers: 9:05 - 9:50. **Ages:** 1 yrs 6 mths - 5 yrs.
- Mighty Kickers: 9:55 - 10:40. **Ages:** 3 yrs 6 mths - 5 yrs.
- Mega Kickers: 10:45 - 11:30. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 10 Oct - 19 Dec.

Little Kickers Oxford, Bucks & Northants

Totteridge Rec, 2 Kingswood Pl, High Wycombe, HP13 7SR. 07503 142496. www.littlekickers.co.uk.

- Mega Kickers: 13:30 - 14:15. **Ages:** 6 - 10 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 10 Oct - 19 Dec.

South Bucks Rugbytots LLP

Castlefield School, The Middleway, High Wycombe, HP12 3LE. 07515 754391. www.rugbytots.co.uk.

- Rugbytots age 2-3½: 9:00 - 9:30 & 10:25 - 10:55.

Cost: £8.50 per session (*booking essential*).

- Rugbytots age 3½-5: 9:35 - 10:20.

Ages: 3 - 6 yrs. **Cost:** £9.25 per session (*booking essential*).

Dates: 10 Oct - 17 Oct & 31 Oct - 19 Dec.

SUNDAY

PHYSICAL FUN



Little Kickers Oxford, Bucks & Northants

Hervines Park, 45 Longfield Dr, Amersham, HP6 5HE. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 1 yrs 6 mths - 2 yrs 6 mths.
- Junior Kickers: 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.
- Mighty Kickers: 10:25 - 11:10 & 11:15 - 12:00. **Ages:** 3.5-5 yrs.
- Mega Kickers: 12:05 - 12:50. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 11 Oct - 20 Dec.

Little Kickers Oxford, Bucks & Northants

The Beaconsfield School, Wattleton Road, Beaconsfield, HP9 1SJ. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 1 yrs 6 mths - 2 yrs 6 mths.
- Junior Kickers: 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.
- Mighty Kickers: 10:25 - 11:10. **Ages:** 3 yrs 6 mths - 5 yrs.
- Mega Kickers: 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 11 Oct - 20 Dec.

Little Kickers Oxford, Bucks & Northants

Gold Hill Common, Gold Hill North, Chalfont St Peter, Gerrards Cross, SL9 9JG. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 3 - 7 yrs.
- Junior Kickers: 8:45 - 9:30. **Ages:** 1 yrs 6 mths - 5 yrs.
- Mighty Kickers: 9:35 - 10:20. **Ages:** 3 yrs 6 mths - 5 yrs.
- Mega Kickers: 9:35 - 10:20. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 11 Oct - 20 Dec.

Little Kickers Oxford, Bucks & Northants

Kingsmead Rec, Fennels Road, High Wycombe, HP11 1SL. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 3 - 7 yrs.
- Junior Kickers: 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.
- Mighty Kickers: 10:25 - 11:10. **Ages:** 3 yrs 6 mths - 5 yrs.
- Mega Kickers: 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 11 Oct - 20 Dec.

Little Kickers Oxford, Bucks & Northants

Wades Centre, Stratton Road, Princes Risborough, HP27 9AX. 07503 142496. www.littlekickers.co.uk.

- Little Kickers: 8:45 - 9:30. **Ages:** 3 - 7 yrs.
- Junior Kickers: 9:35 - 10:20. **Ages:** 1 yrs 6 mths - 5 yrs.
- Mighty Kickers: 10:25 - 11:10. **Ages:** 3 yrs 6 mths - 5 yrs.
- Mega Kickers: 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.30 per session (*must book*). **Dates:** 11 Oct - 20 Dec.

South Bucks Rugbytots LLP

Davenies School, Station Road, Beaconsfield, HP9 1AA. 07515 754391. www.rugbytots.co.uk.

- Rugbytots 2-3½: 8:45 - 9:15. **Cost:** £8.50 per session.
- Rugbytots 3½-5: 9:20 - 10:05. **Cost:** £9.25 per session.
- Rugbytots 2-3½: 10:10 - 10:40. **Cost:** £8.25 per session.
- Rugbytots 3½-5: 10:45 - 11:30. **Cost:** £9.25 per session.

Dates: 11 Oct - 18 Oct & 1 Nov - 20 Dec (*booking essential*).

South Bucks Rugbytots LLP

Amersham School, Stanley Hill, Amersham, HP7 9HH. 07515 754391. www.rugbytots.co.uk.

- Rugbytots 2-3½: 9:00 - 9:30 & 10:25 - 10:55.

Cost: £8.50 per session.

- Rugbytots 3½-5: 9:35 - 10:20. **Cost:** £9.25 per session.

Dates: 11 Oct - 18 Oct & 1 Nov - 20 Dec (*booking essential*).

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