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FREE

about toddler

MK & Bedford

Oct - Dec 2026

Why Won't
My Child
Apologise?

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EVENTS

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**Little Webber
Stay & Play**
Wednesday 21 October,
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webberindependentschool.com

WELCOME



TO THE AUTUMN 2026 ISSUE!

Hello and welcome to the Autumn '26 issue of Toddle About!

This issue is a particularly special one for me, being my first as the **new owner and editor of Toddle About Milton Keynes and Bedford!** It goes without saying that the last few weeks have been...BUSY. But a wonderful type of busy; one in which, while I've been wondering whether I'll ever know what a decent night's sleep feels like again, I'm filled with a childlike sense of discovery and excitement as I uncover so many new and special places, businesses, groups and activities that this region has to offer us as parents – and think about how to share those findings with all you wonderful readers!

There also couldn't be a better time to take over the reins. As the 'ber' months settle in, there's so much to look forward to. With **Halloween**, **Fireworks Night** and **Christmas** on the horizon, exciting times are ahead, with plenty to start preparing for. From sourcing local spots for some spooktacular fun to finding memorable festive activities that might just get all the family in the spirit of the season, our **"Pumpkins, Lights and All Things Nice" events guide** is a good place to start. For those of you longing for cosy autumn nights in and some quality time with loved ones, have a read of **"Family Date Nights"** on pages 22–23 for ideas on how to maintain a strong family connection. Inside this issue you'll also find some great crafts and recipes to help keep the little ones entertained at home as the colder nights draw in.

Wishing you all a wonderful autumn and the best of luck with your festive preparations. Now is the perfect moment to get ahead, make some plans and start getting excited about the special times to come. I hope this issue helps with exactly that!

Loving life with little ones,

Jen x

OWNER AND EDITOR

PS. Did you know that Toddle About subscriptions are now **totally FREE!** Plus, you get other VIP perks such as automatic entry to exclusive giveaways and freebies. More info at www.toddle.fun/subscribe

Subscribe HERE: toddle.fun/subscribe



Jen - Owner & Editor

Get in touch!

Call 07359 054782 or
email: jen@toddleabout.co.uk

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👋 in our WhatsApp group:



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Award-Winning Break for Parents

Play Lane, an engaging role play centre for little ones, is quickly gaining recognition, being named the Silver Winner for Family Business of the Year at the prestigious SME and Buckinghamshire Business Awards 2026, within a year of its opening. Based in Milton Keynes, it's a unique space that delivers safe and exciting role play adventures for children with a cosy on-site cafe for the grown-ups. Open 6 days a week, it's a welcoming spot for the whole family. Use code **TODDLE1** for 25% off your first booking. New customers only. www.playlane.co.uk See P.19



A Classic Fairy Tale, Reimagined

The wonderfully creative (and local to Bedford) Theatre of Widdershins return with their highly visual retelling of *The Elves & The Shoemaker!* Elvis Schumacher, cobbler and craftsman, has worked all his life creating the most beautiful footwear. But now he's hit hard times... Everyone's buying boring shoes from the evil businessman, Bunyan Sole-less. Time is running out for Elvis. With one piece of leather left and Bunyan's factory growing, can anyone help him?

The Quarry Theatre at St Luke's, Bedford, MK40 2NN: Sunday 29 November, 2pm
www.quarrytheatre.org.uk See P.10



Buy & Sell Quality Preloved Baby & Children's Goods

Stalls will be bursting with new and nearly-new baby and children's clothes, toys, equipment and more, suitable from birth to 5 years old. Plus, a small selection of local businesses will be showcasing their products and services. So pop along and grab yourself a bargain. £1.50 entry; kids go free! Or do you need to clean out those cupboards? Then book a stall!

Old Stratford Community Hall: Sunday 18th October, 11am - 12.30pm

Medbourne Pavilion: Saturday 14th November, 3pm - 4.30pm

For more info, visit: www.littlepoppetsprelovedmarket.co.uk

More Little Dancers, More Tot Bop!

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 its 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. Get 10% off a half term booking by quoting **TODDLE26**. www.totbop.co.uk See P.26



A Standout Year for Webber's Headteacher

Webber Independent School is celebrating after Headteacher Mrs Hilary Marsden was named Headteacher of the Year at the 2026 Milton Keynes Education Awards. The award recognises her outstanding contribution to education and the positive impact she has made on pupils, families and the wider school community. Mrs Marsden has been part of Webber for 15 years and has played a key role in shaping the school's ambitious, inclusive and forward-thinking approach. The accolade marks a significant achievement for Mrs Marsden and the wider Webber community.



www.webberindependentschool.com See P.2



Earn Cash, Clear Clutter & Bag a Bargain

Children grow fast and with all that change comes outgrown clothes and toys taking over the house. Whether you are starting on your parenting journey or are a seasoned parent, NCT sales are a great way to get everything you need at a bargain price. No need to be a member to buy or sell. Selling is easy: £5 to register (sell up to 100 items); label your items with their online barcode tool; volunteer on the day to maximise your profits (keep up to 80% of your sales).

Vandyke School, Leighton Buzzard, LU7 3DY:

Saturday 14 November. 1.30pm - 3pm

 **Leighton Buzzard and District NCT** for updates

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.



For more info, visit www.bloomsbury.com

See P.9

All Aboard for Christmas Magic

Combine the magic of both Santa and steam trains this Christmas with Northampton & Lamport Railway's ever-popular 'Santa Specials'! Trains run every Saturday and Sunday from 29 November to 20 December 2026. Looking for something extra special? They offer 'Breakfast with Santa', which is a small, intimate VIP experience. Also, check out Santa Paws (28 November), where dogs can get a present from Santa! **Advance tickets are essential for all trains.** See website for more information and online tickets: www.nlr.org.uk

See P.19



Ready, Set, Rugbytots

Looking for something to keep your little ones active while developing new skills? Rugbytots offers fun, structured play sessions, which take children on a journey of sporting imagination. With engaging and energetic coaches supporting them every step of the way, your child will learn how to catch, pass, kick and run with the ball, and also how to play as part of a team. Their motto is simple: "make it more fun". Rugbytots delivers specifically designed programmes for each age group, filled with energy, enthusiasm and excitement, which creates an atmosphere that is unique and engaging for parents and children alike. **For more info, visit: www.rugbytots.co.uk See P.19**



Bond, Relax & Grow Together

Baby College Bedford's next Baby Massage courses are starting this November, offering parents a wonderfully relaxed way to enjoy precious one-to-one time with their babies. Alongside learning massage techniques to support relaxation, sleep and trapped wind, you'll discover simple ways to understand and support your baby's development, all in a friendly, welcoming group where you can meet other local parents too. Suitable from birth to rolling. Come and make some lovely memories together! **One free infants 0-9 mth class with every purchased Baby Massage course. Visit www.babycollege.co.uk/location/baby-college-bedford See P.24**





Transformative learning and meaningful experiences beyond the classroom sit at the heart of life at Swanbourne House. Pupils are supported and stretched by dedicated subject experts and benefit from extensive grounds and exceptional sporting facilities, including two astroturfs, a golf course and an indoor pool. For our youngest learners joining Nursery or Reception, the Manor House provides an inspiring start, with small class sizes, specialist co-curricular lessons and outdoor spaces set beside open farmland.

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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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SMART GAMES PEEK-A-ZOO,
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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.

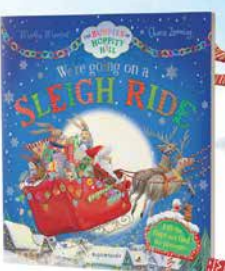


Tanya was given this product as a **freebie** for writing this review.
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The perfect festive gift for little ones, full of frosty fun and winter magic





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BETTER

SEASONAL GIFT GUIDE

GIFT IDEAS FOR
YOU AND YOUR
LITTLE ONES.



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
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Scan to find out
more and enter:



TODDLE MODELS

Baby and Toddler Photo Competition Winner

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

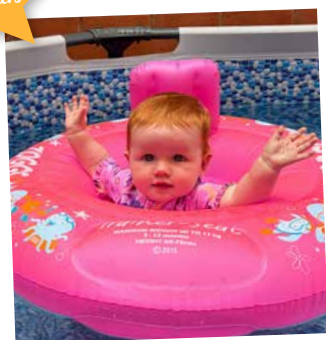
Congratulations to little Olivia and Barnaby, who both won a **Personalised Summer Bundle from My 1st Years**, worth £181!

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



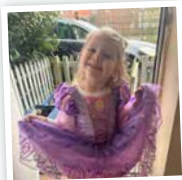
Amelia, 7 months



Annabelle, 4 years



Find out more:
www.my1styears.com



Arabella, 4 years



Athena, 22 months



Autumn, 5 months



Autumn, 4 years, and Poppy Elizabeth, 4 months



Bowen, 16 months



Clara, 3 years, and Ryan, 5 months



Esmé, 18 months



Ethan, 7 months



Ethan, 8 months



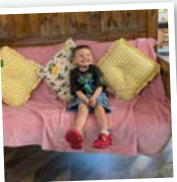
Hadleigh, 1 year



Hunter, 3 years 7 months



Ivy, 2 years



Leo, 3 years



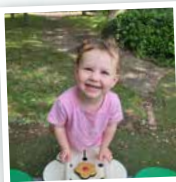
Levi, 1 year 7 months



Lucas, 10 months



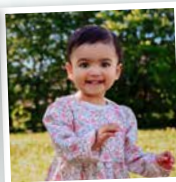
Mihika, 2 years



Olive, 2 years 3 months



Olivia, 17 months



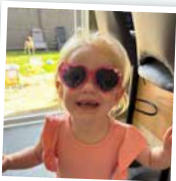
Raaji, 2 years



Remy-Rae, 4 years



Roman, 5 months



Rosie, 2 years 8 months



Rowan, 3 years



Ruby, 3 months



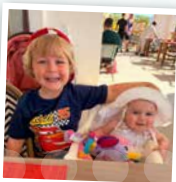
Spencer, 3 years



Seraphina, 2 years



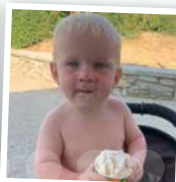
Teddy, 1 year



Tommy, 4 years, and Seren,
8 months



Wren, 3 years 8 months



Zack, 19 months

COMPETITION

TODDLE MODELS

WIN A P.O.P PUDDLESUIT, WORTH £70

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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



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WORTH
£70

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THE MAGIC



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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

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WHY WON'T MY CHILD APOLOGISE?

Teaching Empathy Instead of Empty 'Sorrlys'

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.



PUMPKINS, LIGHTS...



THE PATCH MK

Pumpkin Festival

03–31 October (Selected Dates)

Open 10am–5pm

Award-winning Pumpkin Patch packed with live entertainment, games and autumn magic.
Cost: Adult: from £6.99*; Child: from £6.99*; Under 18 months: Free (*small booking fee applies)

Mount Mill Farm, Stratford Road, MK19 6DG

www.thepatchmk.co.uk



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24–31 October, 10am–5.30pm

A fantastical Halloween day out, including potion making, animal encounters, photo ops and a free pumpkin for every child.

Cost: Adult: £15.95; Child: £17.95; Toddler: £8.97; Under 1s: Free

Hogshaw Farm & Wildlife Park, Claydon Road, MK18 3LA

www.hogshawfarm.co.uk



THE SECRET FARM

Secret Pumpkin PYO

03–31 October (Selected Dates)

Opening hours vary by date

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Cost: General Admission: £5; Under 3s: Free
Blunham Road, Moggerhanger, Bedford, MK44 3RA

www.thesecret.farm



BEDFORD BLUES

Fireworks Display & Funfair

Friday 06 November

Gates open at 6pm

A fun-filled night of entertainment with a dedicated children's fireworks display taking place at 7pm, ahead of the main event at 8pm.

Cost: General Admission: £9; Under 6s: Free
Goldington Road, Bedford, MK40 3NF

www.bedfordrugby.co.uk



GULLIVER'S LAND

Fireworks Spectacular

Saturday 07 November

Fireworks start at 6.15pm

Enjoy some family theme park fun with a spectacular fireworks display to end the day. Extended park opening hours: 10.30am–6.30pm

Cost: Adult: £22; Child: £22; Under 90cm: Free
Gulliver's Land Resort, Livingstone Drive, Milton Keynes, MK15 0DT

www.gulliverslandresort.co.uk



AMPTHILL PARK

Ampthill Fireworks

Friday 06 November

Gates open at 6pm

A community fireworks display with music, fairground and food outlets. Fireworks at 7.45pm.

Cost: Adult: £12.50*; Child: £5*; Family (2 adults & up to 3 children): £27.50*; Under 4s: Free (*small booking fee applies)

Ampthill Great Park, Woburn Street, MK45 2HX

www.ampthillfireworks.co.uk

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

... AND ALL THINGS NICE



THE NORTH POLE ADVENTURE (MK)

Bradwell Abbey
01–24 December

A new immersive, magical experience, including Father Christmas meet-and-greet.

Cost: Adult: from £14*; Child: from £20*
(*prices vary by day and time)

Bradwell Abbey, Alston Drive, Milton Keynes
MK13 9AP

www.yournorthpoleadventure.co.uk



VINTAGE CHRISTMAS GROTTO

Bletchley Park
05–23 December (Selected Dates)

Embark on a secret mission to help Father Christmas in this unique interactive experience at Bletchley Park, full of festive charm.

Cost: General Admission: £15* per person
(*plus booking fee)

Bletchley Park, Sherwood Drive, Bletchley, MK3 6EB
www.bletchleypark.org.uk



SANTA'S GROTTO EXPERIENCE

Frosts Woburn Sands
Mid-November–24 December

Step into a magical journey to the North Pole with an exciting new VR train ride as part of Frosts' enchanting Christmas experience.

Cost: Family Tickets available (starting from £38)
Newport Road, Woburn Sands, Milton Keynes,
MK17 8UE

www.frostsgardencentres.co.uk



WILLEN ON ICE

Willen Lake
21 November–03 January

Relaxed and family-friendly ice skating, now with 'Wilbur's Little Skaters' sessions specially designed for young children (under 8).

Cost: Adult: from £13.90; Child: from £11.90
(including skate hire)

Willen Lake, Milton Keynes, MK15 9HQ

www.willenonice.co.uk



'THE SNOWMAN™' CHRISTMAS EXPERIENCE

centre:mk
20 November–24 December

A heart-warming and magical visit with The Snowman™ and Father Christmas that the whole family can enjoy.

Cost: Adult: £6.50*; Child: £16*; Under 1s: £5*
(*plus 10% booking fee)

Middleton Hall, centre:mk, Milton Keynes, MK9 3EP
www.centremk.com



JACK AND THE BEANSTALK

Bedford Corn Exchange
19–31 December

Watch this much-loved fairy tale come to life in this year's Christmas pantomime extravaganza at the Bedford Corn Exchange.

Cost: Adult: £25.88*; Child: £20.25*; Family Tickets also available (*plus online transaction fee)

St Paul's Square, Bedford, MK40 1SL

www.bedfordcornexchange.co.uk

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

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New customers only. Quote 'TODDLE' when booking. Expires: 31/12/26

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CLASS**

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1 FREE FAMILY SEND YOGA CLASS
www.better.org.uk
New customers only.
Enquire at reception or email johnbunyan@gill.org
Expires: 31/12/26

EDUCATION

**FREE
ASSESS-
MENT**

KUMON BEDFORD
REGISTER FOR FREE ASSESSMENT
07341 583 675 (Tom)
www.kumon.co.uk/bedford-north
Expires: 31/12/26

FREE TRIALS

These class providers all offer **Free Trials** as standard to new customers.
Please quote '**Toddle About**' when booking.
All trials are subject to availability.

Joey Football

07757 548324 | joeyfootballfun@gmail.com
 [JoeyFootballFun](https://www.facebook.com/JoeyFootballFun)

Rugbytots

0345 313 6717 | adriaan@rugbytots.co.uk
www.rugbytots.co.uk

Little Kickers

07723 475712 | oxonbucks@littlekickers.co.uk
www.littlekickers.co.uk

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HALL[🎃]WEEN 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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- ✓ Preparation for school

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www.robotreg.co.uk

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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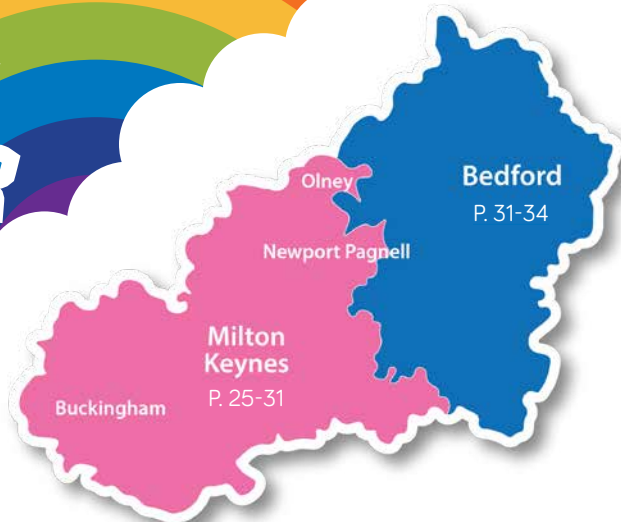
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Daily Activity Planner

Your local 'What's On Guide' for families with bumps - 5s in MK & Bedford.



MILTON KEYNES

MONDAY

PARENTS & TOTS

Cornerstone Toddlers

Cornerstone Church, 300 Saxon Gate West, MK9 2ES.
01908 237777 or 07854 762676. www.cornerstonemk.co.uk.

Times: 10:00 - 11:30. **Ages:** 1 mths - 4 yrs 11 mths.

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

MK Multiples

Kents Hill Community Centre, Kents Hill, MK7 6HG.

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

Cost: £4 (drop in). **Dates:** 5 Oct - 14 Dec.

Tiny Thrivers Ltd

Willen Pavilion, 28 Portland Dr, Willen, MK15 9JP.

07942 005112. www.tinythrivers.com.

- **Stay and Play:** 13:00 - 14:00.

Ages: 2 - 5 yrs. **Cost:** £9.50 per class (booking essential).

Dates: 9 Nov - 14 Dec.

MUSIC & SIGNING

Music Bugs Milton Keynes

Summerlin Centre Station Rd, Woburn Sands, MK17 8SG.
0844 822 1158. www.musicbugs.co.uk.

Times: 10:00 - 10:40 & 11:00 - 11:40. **Ages:** 0 - 4 yrs.

Cost: £7.50 (booking essential). **Dates:** 5 Oct - 19 Oct & 2 Nov - 14 Dec.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Milton Keynes

Wolverton Scout Hut, Furze Way, Wolverton, MK12 5AQ.
07809 459648. www.robotreg.co.uk.

- **Phonics with Robot Reg Babies**

Gentle sensory play exploring nursery rhymes

Times: 10:45 - 11:30. **Ages:** 3 mths - 1 yrs. **Dates:** 5 Oct - 19 Oct.

Times: 11:00 - 11:45. **Ages:** 3 mths - 1 yrs. **Dates:** 2 Nov - 14 Dec.

Cost: £8 (booking essential).

Phonics with Robot Reg Milton Keynes

The Quaker Centre, 1 Oakley Gardens, Downhead Park, MK15 9BH.
07809 459648. www.robotreg.co.uk.

- **MINIS Phonics:** 12:45 - 13:30.

With songs, role play & dancing

Ages: 1 - 3 yrs.

- **Pre-school Phonics:** 13:45 - 14:30.

Fun introduction to Phonics

Ages: 2 yrs 6 mths - 4 yrs 11 mths. **Cost:** £8 (booking essential).

Dates: 5 Oct - 19 Oct & 2 Nov - 7 Dec.

DANCE & DRAMA

Tot Bop

Pitstone Village Hall, Vicarage Road, Pitstone, Leighton Buzzard,
LU7 9EY. 01525 237474 / 07775 582791. www.totbop.co.uk.

- **Tiny Tots (ages 1 - 2.5 yrs) - Pitstone:** 9:30 - 10:05.

- **Baby Boppers (ages 2.5 - 5 yrs) - Pitstone:** 10:20 - 11:05.

Cost: £8.50 (booking essential). **Dates:** 5 Oct - 19 Oct & 2 Nov - 7 Dec.

PHYSICAL FUN

Play Lane

Play Lane, 16 Cochran Close, MK8 0AJ. www.playlane.co.uk.

- **Play sessions:** 9:30 - 11:30 & 16:00 - 18:00.

Ages: 0 - 5 yrs. **Cost:** £9 (booking essential).

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

SWIMMING

Water Babies Bucks & Beds

Revival Health Club Buckingham, A421 Ring Road South,
Buckingham, MK18 1RY. 01295 709221. www.waterbabies.co.uk.

Times: 9:30 - 11:30. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).

Dates: 5 Oct.

Holiday Inn Hotel Central, 500 Saxon Gate West, MK9 2HQ.

01295 709221. www.waterbabies.co.uk.

Times: 10:00 - 12:00. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).

Dates: 5 Oct.



HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX. 07723 020994.
www.majorfitness.co.uk.

- **Fit Mummy Bootcamp:** 11:00 - 11:45.

Group fitness for mums with babies and small children

Cost: £7.50 (booking essential). **Dates:** 5 Oct - 19 Oct & 2 Nov - 14 Dec.

PREGNANCY

Vicki Wilkinson Birth & Baby

Oxley Park Community Centre, Redgrave Drive, Oxley Park, MK4 4TA.
07581 559856. www.vickiwillkinsonbirthandbaby.co.uk.

- **Tinies Baby Massage:** 11:00 - 12:00.

Ages: 0 - 6 mths. **Cost:** £66 (booking essential).

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

TUESDAY

PARENTS & TOTS

Milton Keynes Christian Centre Parent and Toddler Group

Milton Keynes Christian Centre, Strudwick Drive, Oldbrook, MK6 2TG.
01908 670655. www.mkcc.org.uk.

Times: 10:00 - 11:00. **Ages:** 0 - 4 yrs. **Cost:** £1 (drop in).

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

Milton Keynes Libraries

Milton Keynes Central Library, 555 Silbury Boulevard, MK9 3HL.

- **Song and Rhyme Time:** 10:00 - 10:30.

Ages: 0 - 2 yrs. **Cost:** Free (drop in). **Dates:** 6 Oct - 22 Dec.

- **Storytime:** 10:45 - 11:15.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 6 Oct - 22 Dec.

- **Lego & Duplo Club:** 16:00 - 17:00.

Ages: 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 6 Oct - 22 Dec.

Bletchley Library, Westfield Road, Bletchley, MK2 2RA.

- **Stay & Play:** 10:30 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 6 Oct - 20 Oct & 3 Nov - 15 Dec.

Woburn Sands Library, The Institute, High Street, Woburn Sands, MK17 8SD.

- **Storytime:** 11:15 - 11:45.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 6 Oct - 22 Dec.

Wolverton Library, Town Hall, Creed Street, Wolverton, MK12 5LY.

- **Lego & Duplo Club:** 15:30 - 16:30.

Ages: 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 6 Oct - 22 Dec.

Winslow Baby and Toddler Group

Winslow Public Hall, Elmfields Gate, Winslow, MK18 3JA.

Times: 10:00 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £2.50 (drop in).

Dates: 6 Oct - 13 Oct, 27 Oct - 10 Nov & 24 Nov - 8 Dec.

MUSIC & SIGNING

Mini Mozart Bedford & Milton Keynes

St Mary & St Giles Church, 1 Church Street, Stony Stratford, MK11 1FD.
020 7193 1983. www.minimozart.com.

- **Mini Mozart: Babies & Toddlers:** 10:00 - 10:40.

Live toddler music classes led by professional musicians

Ages: 0 - 4 yrs. **Cost:** £12 (booking essential).

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

Music Bugs Milton Keynes

360 Play, Roebuck Way, Knowlhill, MK5 8HL. 0844 822 1158.
www.musicbugs.co.uk.

- **Music Bugs (360 Play, MK):** 10:00 - 10:40 & 11:00 - 11:40.

Get 3 sessions (in a row) as a trial for just £15.00

Ages: 3 mths - 4 yrs. **Cost:** £7.50 (booking essential).

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



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TinyTalk Milton Keynes

Downhead Park Quaker Centre, 1 Oakley Gardens, Downhead Park, MK15 9BH. 07581 185265. www.robotreg.co.uk.

- **Toddler Talking:** 9:45 - 10:45.

Ages: 1 yrs 4 mths - 4 yrs 11 mths. **Cost:** £8.50 (booking essential).

- **Baby Signing:** 11:00 - 12:00.

Ages: 0 - 1 yrs 11 mths. **Cost:** Free (booking essential).

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

SENSORY & DEVELOPMENT

Phonics with Robot Reg Milton Keynes

Green Park Community Centre, Green Park Drive, Newport Pagnell, MK16 0NJ. 07809 459648. www.robotreg.co.uk.

- **Pre-school Phonics:** 9:45 - 10:30.

Ages: 2 yrs 6 mths - 4 yrs 11 mths. **Cost:** £8 (booking essential).

Dates: 6 Oct - 20 Oct & 3 Nov - 8 Dec.

East Street Community Centre, East Street, Olney, MK46 4DH.

07809 459648. www.robotreg.co.uk.

- **MINIS Phonics:** 13:30 - 14:15.

Ages: 1 - 3 yrs. **Cost:** £8 (booking essential).

Dates: 6 Oct - 20 Oct & 3 Nov - 8 Dec.

PHYSICAL FUN

Play Lane

Play Lane, 16 Cochran Close, MK8 0AJ. www.playlane.co.uk.

- **Play sessions:** 9:30 - 11:30 & 12:00 - 14:00.

Ages: 0 - 5 yrs. **Cost:** £9 (booking essential).

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

SWIMMING

Water Babies Bucks & Beds

Revival Health Club Buckingham, A421 Ring Road South, Buckingham, MK18 1RY. 01295 709221. www.waterbabies.co.uk.
Times: 9:30 - 11:00. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).
Dates: 6 Oct.

Wolverton Swimming & Fitness Centre, Addington Avenue, Stratford Park, Wolverton, MK12 5GH. 01295 709221. www.waterbabies.co.uk.
Times: 9:00 - 11:00. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).
Dates: 6 Oct.

Nuffield Health - Milton Keynes, 602 Marlborough Gate, MK9 2HQ. 01295 709221. www.waterbabies.co.uk.
Times: 10:00 - 10:30. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).
Dates: 6 Oct.

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX. 07723 020994. www.majorfitness.co.uk.

- **Fit Mummy Bootcamp:** 11:00 - 11:45.
 Group fitness for mums with babies and small children
Cost: £7.50 (booking essential). **Dates:** 6 Oct - 20 Oct & 3 Nov - 15 Dec.

WEDNESDAY

PARENTS & TOTS

Jumping Beans Under 5s stay and playgroup
 Springfield Community Hall, Springfield, MK6 3JH. 07962 891680.
 • **Every Wednesday - All Year Round:** 9:30 - 11:30.
Cost: £4 (booking essential). **Dates:** 7 Oct - 16 Dec.

Milton Keynes Libraries

Newport Pagnell Library, St John Street, Newport Pagnell, MK16 8HQ.
 • **Stay & Play:** 10:30 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

• **Lego & Duplo Club:** 15:30 - 16:30.

Ages: 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 7 Oct - 23 Dec.

Olney Library, High Street, Olney, MK46 4EF.

• **Storytime:** 11:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 7 Oct - 23 Dec.

Milton Keynes Central Library, 555 Silbury Boulevard, MK9 3HL.

• **Stay & Play:** 13:30 - 14:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Tiny Thrivers Ltd

Willen Pavilion, 28 Portland Dr, Willen, MK15 9JP. 07942 005112. www.tinythrivers.com.

• **Stay and Play:** 13:20 - 14:20.

Active play for ages 3 to 4

Ages: 2 - 5 yrs. **Cost:** £9.50 (booking essential). **Dates:** 4 Nov - 9 Dec.

MUSIC & SIGNING

Music Bugs Milton Keynes

The Methodist Church, Silver Street, Stony Stratford, MK11 1JS. 0844 822 1158. www.musicbugs.co.uk.

Times: 10:00 - 10:40 & 11:00 - 11:40. **Ages:** 0 - 5 yrs.

Cost: £7.50 (booking essential). **Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

Ragdolly Annas

Summerlin Community Centre, 138 Station Road, Woburn Sands, MK17 8SG. 07989 713745. www.ragdollyannas.co.uk.

• **Ragdolly Annas Woburn Sands:** 10:00 - 10:45.

Ages: 0 - 5 yrs. **Cost:** £7.95 (booking essential).

Dates: 14 Oct - 21 Oct & 4 Nov - 16 Dec.

SENSORY & DEVELOPMENT

Phonics with Robot Reg Milton Keynes

360 Play, Roebuck Way, Knowhill, MK5 8HL. 07809 459648. www.robotreg.co.uk.

• **MINIS Phonics:** 10:00 - 10:45.

Ages: 1 - 3 yrs.

• **Pre-school Phonics:** 11:00 - 11:45.

Ages: 2 yrs 6 mths - 4 yrs 11 mths. **Cost:** £8 (booking essential).

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

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX. 07723 020994. www.majorfitness.co.uk.

• **Fit Mummy Bootcamp:** 11:00 - 11:45.

Cost: £7.50 (booking essential). **Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

PREGNANCY

Vicki Wilkinson Birth & Baby

Blackpit Brewery, Silverstone Road, Stowe, Buckingham, MK18 5LJ. 07581 559856. www.vickiwillkinsonbirthandbaby.co.uk.

• **Pregnancy Flow - Buckingham:** 19:00 - 20:00.

Ages: Pregnancy. **Cost:** £13 (booking essential). **Dates:** 7 Oct - 16 Dec.

THURSDAY

PARENTS & TOTS

Church Mice

St Peter's & St Paul's Church, Church Street, Olney, MK46 4AD. 01234 712772. www.olneychurch.org.

Times: 10:30 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** Free (booking essential).

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

Milton Keynes Libraries

Stony Stratford Library, 5-7 Church Street, Stony Stratford, MK11 1BD.

• **Stories, Songs and Rhymes:** 10:00 - 10:30.

Free weekly drop-in Storytimes for the Under 5s.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 8 Oct - 24 Dec.

Bletchley Library, Westfield Road, Bletchley, MK2 2RA.

• **Storytime:** 10:00 - 10:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 8 Oct - 24 Dec.

• **Lego & Duplo Club:** 15:30 - 16:30.

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

Kingston Library, Winchester Circle, Kingston, MK9 3HL.

• **Storytime:** 10:00 - 10:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 8 Oct - 24 Dec.

Olney Library, High Street, Olney, MK46 4EF.

• **Read & Play:** 14:30 - 16:30.

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

Westcroft Library, Wimborne Crescent, Westcroft, MK4 4DE.

• **Lego & Duplo Club:** 15:30 - 16:30.

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

Steeple Claydon Baby & Toddler Group

The Village Hall, 48 Queen Catherine Rd, Steeple Claydon, MK18 2PY.

Times: 10:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £2.50 (drop in).

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

MUSIC & SIGNING

Music Bugs Milton Keynes

Portfield Community Centre, 8 Wordsworth Avenue, Newport Pagnell, MK16 8SB. 0844 822 1158. www.musicbugs.co.uk.

Times: 10:00 - 10:40 & 11:00 - 11:40. **Ages:** 6 mths - 4 yrs.

Cost: £7.50 (booking essential). **Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec.

TinyTalk Milton Keynes

Wolverton Scout Hut, Furze Way, MK12 5AQ. 07581 185265.
www.tinytalk.co.uk.

- **Baby Signing:** 10:00 - 11:00.

Ages: 0 - 1 yrs 11 mths. **Cost:** Free (booking essential).

- **Baby Signing:** 11:15 - 12:15.

Ages: 0 - 1 yrs 11 mths. **Cost:** £9 (booking essential).

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

SENSORY & DEVELOPMENT

Phonics with Robot Reg Milton Keynes

East Street Community Centre, East Street, Olney, MK46 4DH.
07809 459648. www.robotreg.co.uk.

- **Pre-school Phonics:** 13:30 - 14:15.

Ages: 2 yrs 6 mths - 4 yrs 11 mths. **Cost:** £8 (booking essential).

Dates: 8 Oct - 22 Oct & 5 Nov - 10 Dec.

DANCE & DRAMA

Tot Bop

Billington Village Hall, Gaddesden Turn, Leighton Buzzard, LU7 9BW.
01525 237474 / 07775 582791. www.totbop.co.uk.

- **Tot Bop Halloween Dance Party:** 9:30 - 11:30.

Ages: 1 - 9 yrs. **Cost:** £25 (booking essential). **Dates:** 29 Oct.

PHYSICAL FUN

Play Lane

Play Lane, 16 Cochran Close, MK8 0AJ. www.playlane.co.uk.

- **Play session:** 9:30 - 11:30.

Ages: 0 - 5 yrs. **Cost:** £9 (booking essential).

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

SWIMMING

Water Babies Bucks & Beds

Revival Health Club Buckingham, A421 Ring Road South,
Buckingham, MK18 1RY. 01295 709221. www.waterbabies.co.uk.
Times: 10:30 - 12:00. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).
Dates: 8 Oct.

Holiday Inn Hotel Central, 500 Saxon Gate West, MK9 2HQ. 01295
709221. www.waterbabies.co.uk.

Times: 10:50 - 11:20. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).

Dates: 8 Oct.

Nuffield Health - Milton Keynes, 602 Marlborough Gate, MK9 2HQ.
01295 709221. www.waterbabies.co.uk.

Times: 13:30 - 14:30. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).

Dates: 8 Oct.

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Blechley, MK1 1DX. 07723 020994.
www.majorfitness.co.uk.

- **Fit Mummy Bootcamp:** 11:00 - 11:45.

Cost: £7.50 (booking essential). **Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec.

PREGNANCY

Vicki Wilkinson Birth & Baby

Blackpit Brewery, Silverstone Road, Stowe, Buckingham, MK18 5LJ.
07581 559856. www.vickiwillkinsonbirthandbaby.co.uk.

- **Tinies Baby Massage:** 13:00 - 14:00.

Ages: 0 - 6 mths. **Cost:** £66 (booking essential). **Dates:** 8 Oct - 22 Oct

& 5 Nov - 17 Dec.

FRIDAY

PARENTS & TOTS

Milton Keynes Libraries

Westcroft Library, Wimborne Crescent, Westcroft, MK4 4DE.

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

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 9 Oct - 18 Dec.

Newport Pagnell Library, St John Street, Newport Pagnell, MK16 8HQ.

- **Stories, Songs and Rhymes:** 10:00 - 10:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 9 Oct - 18 Dec.

Kingston Library, Winchester Circle, Kingston, MK9 3HL.

- **Stay & Play:** 10:30 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.

- **Legs & Duplo Club:** 15:30 - 16:30.

Ages: 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 9 Oct - 18 Dec.

Wolverton Library, Town Hall, Creed Street, Wolverton, MK12 5LY.

- **Stories, Songs and Rhymes:** 14:00 - 14:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 9 Oct - 18 Dec.

Woburn Sands Library, The Institute, High Street, Woburn Sands,
MK17 8SD.

- **Legs & Duplo Club:** 15:30 - 16:30.

Ages: 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 9 Oct - 18 Dec.

Olney Library, High Street, Olney, MK46 4EF.

- **Legs & Duplo Club:** 15:30 - 16:30.

Ages: 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 9 Oct - 18 Dec.

Stony Stratford Library, 5-7 Church Street, Stony Stratford, MK11 1BD.

- **Legs & Duplo Club:** 15:30 - 16:30.

Ages: 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 9 Oct - 18 Dec.

Tiny Thrivers Ltd

Willen Pavilion, 28 Portland Dr, Willen, MK15 9JP.

07942 005112. www.tinythrivers.com.

- **Stay and Play:** 13:20 - 14:20.

Ages: 2 - 5 yrs. **Cost:** £9.50 (booking essential).

Dates: 9 Oct - 23 Oct & 04 Nov - 09 Dec.

Woburn Baby And Toddler Group

Woburn Village Hall, Crawley Road, Woburn, MK17 9QD.
07717 883356.

Times: 9:45 - 11:30. **Ages:** 0 - 4 yrs. **Cost:** £2.50 (booking essential).

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

MUSIC & SIGNING

Music Bugs Milton Keynes

The Sunshine Centre, Dulverton Drive, Furzton, MK4 1EZ.
0844 822 1158. www.musicbugs.co.uk.

Times: 10:00 - 10:40 & 11:00 - 11:40. **Ages:** 0 - 5 yrs.

Cost: £7.50 (booking essential). **Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.

Ragdolly Annas

Herons Lodge Guide Centre, Bradwell Road, Loughton Lodge,
Great Holm, MK8 9AA. 07989 713745. www.ragdollyannas.co.uk.

- **Ragdolly Annas Whitehouse:** 10:00 - 10:45.

Ages: 0 - 5 yrs. **Cost:** £7.95 (booking essential). **Dates:** 9 Oct - 23 Oct,

16 Oct - 23 Oct & 6 Nov - 18 Dec.

TinyTalk Milton Keynes

Willen Pavilion, 24 Portland Drive, MK15 9JP.

07581 185265. www.tinytalk.co.uk.

- **Toddler Talking:** 9:45 - 10:45.

Ages: 1 yrs 4 mths - 4 yrs 11 mths. **Cost:** £8.50 (booking essential).

- **Baby Signing:** 11:00 - 12:00.

Ages: 0 - 1 yrs 11 mths. **Cost:** Free (booking essential).

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

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music bugs

www.musicbugs.co.uk

SENSORY & DEVELOPMENT

Phonics with Robot Reg Milton Keynes

360 Play, Roebuck Way, Knowhill, MK5 8HL. 07809 459648.
www.robotreg.co.uk.

• **MINIS Phonics:** 10:00 - 10:45.

Ages: 1 - 3 yrs. **Dates:** 9 Oct - 23 Oct & 6 Nov - 11 Dec.

• **Pre-school Phonics:** 11:00 - 11:45.

Ages: 2 yrs 6 mths - 4 yrs 11 mths. **Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.
Cost: £8 (booking essential).

DANCE & DRAMA

Tot Bop

Billington Village Hall, Gaddesden Turn, Leighton Buzzard, LU7 9BW.
01525 237474 / 07775 582791. www.totbop.co.uk.

• **Tiny Tots (age 1 - 2.5 yrs):** 9:30 - 10:05.

• **Baby Boppers (age 2.5 - 5 yrs):** 10:20 - 11:05.

Cost: £8.50 (booking essential). **Dates:** 9 Oct - 23 Oct & 6 Nov - 11 Dec.

PHYSICAL FUN

Play Lane

Play Lane, 16 Cochran Close, MK8 0AJ. www.playlane.co.uk.

• **Play session:** 9:30 - 11:30 & 12:00 - 14:00.

Ages: 0 - 5 yrs. **Cost:** £9 (booking essential).

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

SWIMMING

Water Babies Bucks & Beds

Holiday Inn Hotel Central, 500 Saxon Gate West, MK9 2HQ.
01295 709221. www.waterbabies.co.uk.

Times: 9:30 - 11:30. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).

Dates: 9 Oct.

Fitness First, Unit B, Stadium Way, West Milton Keynes, MK1 1ST.
01295 709221. www.waterbabies.co.uk.

Times: 10:00 - 10:30. **Ages:** 0 - 5 yrs. **Cost:** £18.50 (booking essential).

Times: 11:00 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £17 (booking essential).

Dates: 9 Oct.

HEALTH & WELLNESS

Fit Mummy MK

Fit Mummy MK, 24 First Avenue, Bletchley, MK1 1DX.
07723 020994. www.majorfitness.co.uk.

• **Fit Mummy Bootcamp:** 11:00 - 11:45.

Cost: £7.50 (booking essential). **Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.

SATURDAY

PARENTS & TOTS

DadTime

Kents Hill Community Centre, Frithwood Crescent, Kents Hill, MK7 6HQ. 07727 675171.

Times: 10:00 - 11:30. **Ages:** 0 - 6 yrs. **Cost:** Free (drop in).

Dates: 17 Oct, 21 Nov & 19 Dec.

Milton Keynes Libraries

Milton Keynes Central Library, 555 Silbury Boulevard, MK9 3HL.

• **Lego & Duplo Club:** 10:00 - 12:00.

Ages: 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 10 Oct - 19 Dec.

Stony Stratford Library, 5-7 Church Street, Stony Stratford, MK11 1BD.

• **Lego & Duplo Club:** 11:00 - 12:00.

Ages: 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 10 Oct - 19 Dec.

Newport Pagnell Library, St John Street, Newport Pagnell, MK16 8HQ.

• **Lego & Duplo Club:** 11:00 - 12:00.

Ages: 0 - 17 yrs. **Cost:** Free (drop in). **Dates:** 10 Oct - 19 Dec.

Olney Library, High Street, Olney, MK46 4EF.

• **Storytime:** 11:00 - 12:00.

Ages: 0 - 7 yrs. **Dates:** 24 Oct & 28 Nov.

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

Ages: 0 - 17 yrs. **Dates:** 7 Nov & 5 Dec. **Cost:** Free (drop in).

DANCE & DRAMA

Tot Bop

Pages Park Pavilion, Richmond Road, Leighton Buzzard, LU7 4RF.
01525 237474 / 07775 582791. www.totbop.co.uk.

• **Tiny Tots (ages 1 - 2.5 yrs):** 8:45 - 9:20.

• **Baby Boppers (ages 2.5 - 3.5 yrs):** 9:30 - 10:15.

• **Funky Monkeys (ages 3.5 - 5 yrs; preschool & reception):** 10:30 - 11:15.

• **Groovy Movers (ages 5 - 9 yrs; school years 1-4):** 11:30 - 12:15.

Cost: £8.50 (booking essential). **Dates:** 10 Oct - 24 Oct & 7 Nov - 12 Dec.

PHYSICAL FUN

Little Kickers Oxford, Bucks and Northants

Fairfields Primary School, Apollo Ave, Fairfields, MK11 4BA.
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 (booking essential). **Dates:** 10 Oct - 19 Dec.

Oakgrove Secondary School, Venturer Gate, MK10 9JQ.

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 (booking essential). **Dates:** 10 Oct - 19 Dec.

The Buckingham School, London Road, Buckingham, MK18 1AT.

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 (booking essential). **Dates:** 10 Oct - 19 Dec.

Play Lane

Play Lane, 16 Cochran Close, MK8 0AJ. www.playlane.co.uk.

• **Play sessions:** 9:30 - 11:30 & 12:00 - 14:00.

Ages: 0 - 5 yrs. **Cost:** £9 (booking essential).

Dates: 10 Oct - 17 Oct & 7 Nov - 19 Dec.

Rugbytots Leighton Buzzard, Buckingham, MK & Bedford

Shenley Brook End School, Walbank Grove, Shenley Brook End, MK5 7ZT. 0345 313 6717. www.rugbytots.co.uk.

- **Rugbytots:** 9:00 - 9:30. **Ages:** 2 yrs - 3 yrs 6 mths.
- **Rugbytots:** 9:40 - 10:25. **Ages:** 3 yrs 6 mths - 5 yrs.

Cost: £8.50 (*booking essential*). **Dates:** 10 Oct - 24 Oct & 7 Nov - 19 Dec.

OTHER

Little Poppets Preloved Market - Milton Keynes

Medbourne Pavilion, 31 Pascal Dr, Medbourne, MK5 6LS. 07894 126753. www.littlepoppetsprelovedmarket.co.uk.

- **Medbourne Pavilion Baby & Children's Nearly New Sale:** 15:00 - 16:30.

Ages: Pregnancy - 8 yrs. **Cost:** £1.50 (*booking essential*). **Dates:** 14 Nov.

SUNDAY

SENSORY & DEVELOPMENT

Phonics with Robot Reg Milton Keynes

Wolverton Scout Hut, Furze Way, Wolverton, MK12 5AQ. 07809 459648. www.robotreg.co.uk.

- **MINIS Phonics with Robot Reg:** 9:45 - 10:30.

Ages: 1 yrs - 2 yrs 6 mths. **Cost:** £8 (*booking essential*).

Dates: 11 Oct - 18 Oct & 1 Nov - 6 Dec.

PHYSICAL FUN

Little Kickers Oxford, Bucks and Northants

Oakgrove Secondary School, Venturer Gate, MK10 9JQ. 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 (*booking essential*). **Dates:** 11 Oct - 20 Dec.

Fulbrook Middle School, Weathercock Ln, Woburn Sands, MK17 8NP. 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 (*booking essential*). **Dates:** 11 Oct - 20 Dec.

Lord Grey Academy, Rickley Ln, Bletchley, MK3 6EW. 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 (*booking essential*). **Dates:** 11 Oct - 20 Dec.

Play Lane

Play Lane, 16 Cochran Close, MK8 0AJ. www.playlane.co.uk.

- **Play sessions:** 9:30 - 11:30, 12:00 - 14:00 & 15:00 - 17:00.

Ages: 0 - 5 yrs. **Cost:** £9 (*booking essential*).

Dates: 11 Oct - 18 Oct & 8 Nov - 20 Dec.

Rugbytots Leighton Buzzard, Buckingham, MK & Bedford

Brooklands Farm Primary School, 152 Fen St, MK10 7EU. 0345 313 6717. www.rugbytots.co.uk.

- **Rugbytots:** 9:00 - 9:30. **Ages:** 2 yrs - 3 yrs 6 mths.
- **Rugbytots:** 9:40 - 10:25 & 10:30 - 11:15. **Ages:** 3 yrs 6 mths - 5 yrs.
- **Rugbytots:** 11:20 - 12:05. **Ages:** 5 - 7 yrs.

Cost: £8.50 (*booking essential*). **Dates:** 11 Oct - 25 Oct & 8 Nov - 20 Dec.



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Rugbytots Leighton Buzzard, Buckingham, MK & Bedford

The Hazeley Academy, Emperor Dr, Hazeley, MK8 0PT. 0345 313 6717. www.rugbytots.co.uk.

- **Rugbytots:** 9:10 - 9:40. **Ages:** 2 yrs - 3 yrs 6 mths.
- **Rugbytots:** 9:45 - 10:30. **Ages:** 3 yrs 6 mths - 5 yrs.

Cost: £8.50 (*booking essential*). **Dates:** 11 Oct - 25 Oct & 8 Nov - 20 Dec.

Stowe School, Stowe, Buckingham, MK18 5EH. 0345 313 6717. www.rugbytots.co.uk.

- **Rugbytots:** 9:25 - 9:55 & 10:00 - 10:30. **Ages:** 2 yrs - 3 yrs 6 mths.
- **Rugbytots:** 10:35 - 11:20 & 11:25 - 12:10. **Ages:** 3 yrs 6 mths - 5 yrs.

Cost: £8.50 (*booking essential*). **Dates:** 11 Oct - 25 Oct & 8 Nov - 20 Dec.

OTHER

Little Poppets Preloved Market - Milton Keynes

Old Stratford Community Hall, Deanshanger Road, Old Stratford, MK19 6NL. 07894 126753. www.littlepoppetsprelovedmarket.co.uk.

- **Old Stratford Baby & Children's Nearly New Sale:** 11:00 - 12:30.

Ages: Pregnancy - 8 yrs. **Cost:** £1.50 (*booking essential*). **Dates:** 18 Oct.

BEDFORD

MONDAY

PARENTS & TOTS

Bromham Benefice

St Owen's Church Bromham, Bromham, MK43 8HH. www.bromhambenefice.org.

- **Messy Morning:** 11:30 - 13:30.

Ages: 0 - 5 yrs. **Cost:** £2 (*booking essential*).

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

The Parish Church of Transfiguration

Transfiguration Church - Kempston Road, Kempston, MK42 8QB. 01234 854726. www.transfiguration.org.uk.

- **Transfig Tots:** 9:15 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (*drop in*). **Dates:** 5 Oct - 19 Oct & 2 Nov - 14 Dec.

MUSIC & SIGNING

Ragdolly Annas

Pages Park Pavilion, Pages Park, Billington Road, Leighton Buzzard, LU7 4TG. 07989 713745. www.ragdollyannas.co.uk.

• **Ragdolly Annas Pages Park:** 10:00 - 10:45.

Ages: 0 - 5 yrs. **Cost:** £7.95 (*booking essential*).

Dates: 12 Oct - 19 Oct & 2 Nov - 14 Dec.

PHYSICAL FUN

The Forest Centre & Millennium Country Park - Forest of Marston Vale

The Forest Centre and Millennium Country Park, Forest of Marston Vale, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

• **The Monster March Halloween Trail:** 11:00 - 12:00.

Ages: 3 - 7 yrs. **Cost:** £3 (*booking essential*). **Dates:** 26 Oct.

• **A Festive Tea Party with the Princesses:** 12:30 - 14:00.

Ages: 4 - 10 yrs. **Cost:** £15 (*booking essential*). **Dates:** 28 Dec.

SEND ACTIVITIES

John Bunyan Sports and Fitness

John Bunyan Sports and Fitness, Mile Road, MK42 9TS. 01234 364481. www.better.org.uk.

• **SEND Soft Play:** 17:30 - 18:50.

Ages: 0 - 12 yrs. **Cost:** £2.60 (*booking essential*). **Dates:** 5 Oct - 14 Dec.

TUESDAY

MUSIC & SIGNING

Ragdolly Annas

Parkside Community Hall, Woburn Street, Amptill, MK45 2HX. 07989 713745. www.ragdollyannas.co.uk.

• **Ragdolly Annas Amptill:** 10:00 - 10:45.

Ages: 0 - 5 yrs. **Cost:** £7.95 (*booking essential*).

Dates: 13 Oct - 20 Oct & 3 Nov - 15 Dec.

SENSORY & DEVELOPMENT

Baby College Bedford

St Andrews Church, Kimbolton Road, MK40 2PF. 07722 012148. www.babycollege.co.uk.

• **Juniors:** 10:00 - 10:45. **Ages:** 1 yrs 6 mths - 3 yrs.

• **Toddlers:** 11:00 - 11:45. **Ages:** 9 mths - 1 yrs 6 mths.

• **Infants:** 12:00 - 12:45. **Ages:** 0 - 9 mths.

Cost: £9 (*booking essential*). **Dates:** 6 Oct - 20 Oct & 3 Nov - 15 Dec.

• **Baby Massage Course:** 13:00 - 13:45.

Ages: 0 - 6 mths. **Cost:** £11 (*booking essential*).

Dates: 6 Oct - 13 Oct & 3 Nov - 1 Dec.

PHYSICAL FUN

The Forest Centre & Millennium Country Park - Forest of Marston Vale

The Forest Centre and Millennium Country Park, Forest of Marston Vale, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

• **The Monster March Halloween Trail:** 11:00 - 12:00.

Ages: 3 - 7 yrs. **Cost:** £3 (*booking essential*). **Dates:** 27 Oct.

• **Krisgar's Christmas Magic Show:** 10:00 - 10:45.

Ages: 3 - 9 yrs. **Cost:** £6.50 (*booking essential*). **Dates:** 22 Dec.

SWIMMING

Water Babies Bucks & Beds

Clophill Pool, 22 Back Street, Clophill, MK45 4BY.

01295 709221. www.waterbabies.co.uk.

Times: 12:30 - 14:30. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (*booking essential*).

Dates: 6 Oct.

HEALTH & WELLNESS

John Bunyan Sports and Fitness

John Bunyan Sports and Fitness, Mile Road, MK42 9TS. 01234 364481. www.better.org.uk.

• **Pilates:** 10:30 - 11:30. **Ages:** 16 yrs.

• **Yoga:** 18:00 - 19:00. **Ages:** 16 yrs.

Cost: £6.95 (*booking essential*). **Dates:** 6 Oct - 15 Dec.

WEDNESDAY

PARENTS & TOTS

All Nations Church Bedford

All Nations Church Bedford, Brickhill Drive, MK41 7QF. 01234 273773. www.allnationsbedford.org.

• **New Mums and Babies:** 10:30 - 12:00.

Ages: 0 - 1 yrs. **Cost:** Free (*drop in*).

• **Stay & Play:** 13:30 - 15:00.

Ages: 0 - 4 yrs. **Cost:** £1 (*drop in*). **Dates:** 7 Oct - 16 Dec.

Christ Church Bedford

Christ Church Bedford, 140 Dudley Street, MK40 3SX. 01234 327150. ccbedford.churchinsight.com.

• **Little Fishes:** 13:30 - 15:30.

Refreshing drop-in place for new parents and their babies

Ages: Pregnancy - 2 yrs. **Cost:** Free (*drop in*).

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

Great Barford Tots & Teenies

Great Barford Village Hall, Fishers Close, Great Barford, MK44 3HA. 07970 114030.

Times: 9:45 - 11:30. **Ages:** 0 - 5 yrs. **Cost:** £3 (*booking essential*).

Dates: 7 Oct - 16 Dec.

Sharnbrook Tiny Tots

Sharnbrook Village Hall, Lodge Road, Sharnbrook, MK44 1JP.

Times: 9:30 - 11:00. **Ages:** 0 - 5 yrs. **Cost:** £2.50 (*drop in*).

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

SENSORY & DEVELOPMENT

Baby College Bedford

Biddenham Village Hall, Nodders Way, MK40 4BJ. 07722 012148. www.babycollege.co.uk.

• **Juniors:** 10:00 - 10:45. **Ages:** 1 yrs 6 mths - 3 yrs.

• **Toddlers:** 11:00 - 11:45. **Ages:** 9 mths - 1 yrs 6 mths.

• **Infants:** 12:00 - 12:45. **Ages:** 0 - 9 mths.

Cost: £9 (*booking essential*). **Dates:** 7 Oct - 21 Oct & 4 Nov - 16 Dec.

• **Baby Massage Course:** 13:00 - 14:00.

Ages: 0 - 6 mths. **Cost:** £11 (*booking essential*).

Dates: 7 Oct - 14 Oct & 4 Nov - 2 Dec.

DANCE & DRAMA

Tappy Toes Bedford

Playhouse Bedford, Twinwoods Business Park, Thurlough Road, MK44 1FD. 07779 159710. www.tappytoes.com.

• **Mixed:** 10:00 - 10:30.

Ages: 6 mths - 4 yrs. **Cost:** £8 (*booking essential*).

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

PHYSICAL FUN

The Forest Centre & Millennium Country Park - Forest of Marston Vale

The Forest Centre and Millennium Country Park, Forest of Marston Vale, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **The Monster March Halloween Trail:** 11:00 - 12:00.

Ages: 3 - 7 yrs. **Cost:** £3 (booking essential). **Dates:** 28 Oct.

CREATIVE

The Forest Centre & Millennium Country Park - Forest of Marston Vale

The Forest Centre and Millennium Country Park, Forest of Marston Vale, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **Ghostly Crafts:** 11:00 - 12:00.

Ages: 4 - 9 yrs. **Cost:** £4 (booking essential). **Dates:** 28 Oct.

- **Jolly Christmas Kids' Crafts:** 11:00 - 12:00.

Ages: 6 - 10 yrs. **Cost:** £4 (booking essential). **Dates:** 23 Dec.

SWIMMING

Water Babies Bucks & Beds

Trinity Arts & Leisure, Bromham Road, MK40 2BS. 01295 709221. www.waterbabies.co.uk.

Times: 12:15 - 13:45. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).

Dates: 7 Oct.

HEALTH & WELLNESS

John Bunyan Sports and Fitness

John Bunyan Sports and Fitness, Mile Road, MK42 9TS. 01234 364481. www.better.org.uk.

- **Yoga:** 9:30 - 10:30.

Ages: 16 yrs. **Cost:** £6.95 (booking essential). **Dates:** 7 Oct - 16 Dec.

Mum and Baby Nurture

St Andrews Church hall, Rectory Lane, Ampthill, MK45 2EL. 07523 323389. www.mumbabynurture.com.

- **Mum and Baby Yoga:** 10:15 - 11:30.

Ages: 0 - 11 mths. **Cost:** £11.67 (booking essential).

Dates: 4 Nov - 9 Dec.

THURSDAY

PARENTS & TOTS

Bromham Benefice

St Mary's Church, Oakley, Church Lane, Oakley, MK43 7RU. www.bromhambenefice.org.

- **Messy Morning:** 10:00 - 11:45.

Ages: 0 - 5 yrs. **Cost:** £2 (booking essential).

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

Jolly Tots

London Road Methodist Church, 96 London Road, MK42 0NT.

Times: 9:15 - 11:15. **Ages:** 0 - 5 yrs. **Cost:** £1 (drop in).

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

Providence Baptist Chapel Bedford

Providence Baptist Chapel, Rothsay Road, MK40 3PT. 07976 846159. www.providencechapel.org.uk.

- **Providence Parents and Toddlers:** 10:00 - 11:30.

Ages: 0 - 5 yrs. **Cost:** Free (drop in).

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

SENSORY & DEVELOPMENT

Baby College Bedford

Priory Church, 63 Newnham Avenue, MK41 9QJ. 07722 012148. www.babycollege.co.uk.

- **Juniors:** 10:00 - 10:45. **Ages:** 1 yrs 6 mths - 3 yrs.
- **Toddlers:** 11:00 - 11:45. **Ages:** 9 mths - 1 yrs 6 mths.
- **Infants:** 12:00 - 12:45. **Ages:** 0 - 9 mths.

Cost: £9 (booking essential). **Dates:** 8 Oct - 22 Oct & 5 Nov - 17 Dec.

• **Baby Massage Course:** 13:00 - 14:00. **Ages:** 0 - 6 mths.

Cost: £11 (booking essential). **Dates:** 8 Oct - 22 Oct & 5 Nov - 3 Dec.

DANCE & DRAMA

Tot Bop

Wing Village Hall, 71 Leighton Road, Wing, Leighton Buzzard, LU7 0NN. 01525 237474 / 07775 582791. www.totbop.co.uk.

- **Tiny Tots (ages 1 - 2.5 yrs):** 9:30 - 10:05.

- **Baby Boppers (ages 2.5 - 5 yrs):** 10:20 - 11:05.

Cost: £8.50 (booking essential). **Dates:** 8 Oct - 22 Oct & 5 Dec - 10 Dec.

PHYSICAL FUN

The Forest Centre & Millennium Country Park - Forest of Marston Vale

The Forest Centre and Millennium Country Park, Forest of Marston Vale, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **The Monster March Halloween Trail:** 11:00 - 12:00.

Ages: 3 - 7 yrs. **Cost:** £3 (booking essential). **Dates:** 29 Oct.

- **The Monster Mash Halloween Kids' Disco:** 17:00 - 19:00.

Ages: 2 - 12 yrs. **Cost:** £15 (booking essential). **Dates:** 29 Oct.

SWIMMING

Water Babies Bucks & Beds

Clophill Pool, 22 Back Street, Clophill, MK45 4BY. 01295 709221. www.waterbabies.co.uk.

Times: 10:00 - 12:30. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).

Dates: 8 Oct.

Water Babies Bucks & Beds

Trinity Arts & Leisure, Bromham Road, MK40 2BS. 01295 709221. www.waterbabies.co.uk.

Times: 9:45 - 11:15. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).

Dates: 8 Oct.

HEALTH & WELLNESS

John Bunyan Sports and Fitness

John Bunyan Sports and Fitness, Mile Road, MK42 9TS. 01234 364481. www.better.org.uk.

- **Pilates:** 10:30 - 11:30.

Ages: 16 yrs. **Cost:** £6.95 (booking essential). **Dates:** 8 Oct - 17 Dec.

SEND ACTIVITIES

John Bunyan Sports and Fitness

John Bunyan Sports and Fitness, Mile Road, MK42 9TS. 01234 364481. www.better.org.uk.

- **SEND Soft Play:** 17:30 - 18:50.

Ages: 0 - 12 yrs. **Cost:** £2.60 (booking essential). **Dates:** 8 Oct - 17 Dec.

- **Family SEND Yoga:** 16:30 - 17:30.

Cost: £5.15 (drop in). **Dates:** 8 Oct - 17 Dec.

FRIDAY

PARENTS & TOTS

Christ Church Bedford

Christ Church Bedford, 140 Dudley Street, MK40 3SX.
01234 327150. cbedford.churchinsight.com.

- **Morning Out:** 9:30 - 11:00.

Ages: 0 - 4 yrs. **Cost:** £2 (drop in). **Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.

Clophill Toddler Group

Clophill Village Hall, Kiln Lane, Clophill, MK45 4DA.

Times: 10:00 - 11:30. **Ages:** 0 - 3 yrs. **Cost:** £3 (drop in).

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

FACES Bedford

Kingsbrook Children's Centre, Oak Road, Cavin Way, MK42 0HL.
01234 270601. www.facesbedford.org.

- **Multi-Tots:** 10:00 - 12:00.

Term-time group for parents with twins/triplets aged 0-5

Ages: Pregnancy - 5 yrs. **Cost:** £3 (drop in).

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

St Mary's Church, Marston Moreteyne and Lidlington

St Mary's Church, Marston Moreteyne and Lidlington, Church Walk,
MK43 0NR. www.stmarysmarston.org.

- **Tea and Tots:** 9:30 - 11:00.

Ages: 0 - 5 yrs. **Cost:** Free (drop in). **Dates:** 9 Oct, 23 Oct, 13 Nov, 27 Nov & 11 Dec.

MUSIC & SIGNING

Mini Mozart Bedford & Milton Keynes

Putnoe Heights Church, Putnoe Heights, MK41 8EB.
020 7193 1983. www.minimozart.com.

- **Mini Mozart Toddlers:** 9:30 - 10:10. **Ages:** 1 yrs 4 mths - 4 yrs.

- **Mini Mozart Babies:** 10:25 - 11:05. **Ages:** 0 - 1 yrs 4 mths.

Live music classes for babies led by professional musicians

Cost: £12 (booking essential). **Dates:** 9 Oct - 23 Oct & 6 Nov - 18 Dec.

PHYSICAL FUN

The Forest Centre & Millennium Country Park - Forest of Marston Vale

The Forest Centre and Millennium Country Park, Forest of Marston Vale, Station Road, Marston Moretaine, MK43 0PR. 01234 767037.
www.marstonvale.org.

- **The Monster March Halloween Trail:** 11:00 - 12:00.

Ages: 3 - 7 yrs. **Dates:** 30 Oct. **Cost:** £3 (booking essential).

- **The Monster Mash Halloween Kids' Disco:** 17:00 - 19:00.

Ages: 2 - 12 yrs. **Dates:** 30 Oct. **Cost:** £15 (booking essential).

- **Jingle Bell Kids' Party:** 17:00 - 19:00.

Ages: 3 - 11 yrs. **Dates:** 18 Dec. **Cost:** £15 (booking essential).

SWIMMING

Water Babies Bucks & Beds

Pilgrims Prep School, Brickhill Dr, MK41 7QZ. 01295 709221.
www.waterbabies.co.uk.

Times: 9:00 - 11:30. **Ages:** 0 - 6 yrs. **Cost:** £19.50 (booking essential).

Dates: 9 Oct.

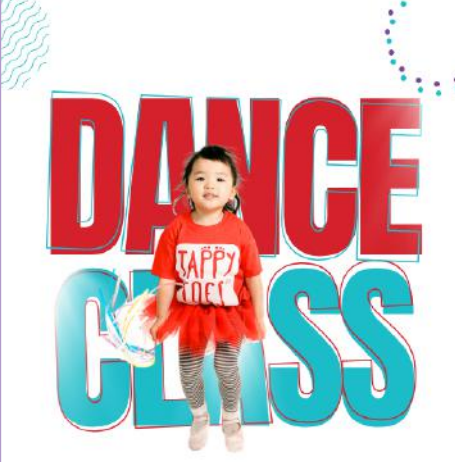
HEALTH & WELLNESS

John Bunyan Sports and Fitness

John Bunyan Sports and Fitness, Mile Road, MK42 9TS.
01234 364481. www.better.org.uk.

- **Yoga:** 18:00 - 19:00.

Ages: 16 yrs. **Cost:** £6.95 (booking essential). **Dates:** 9 Oct - 18 Dec.



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PREGNANCY

Mum and Baby Nurture

Mum & Baby Nurture, St Andrews Church, Ampthill, MK45 2EL.
07523 323389. www.mumbabynurture.com.

- **Yoga For Pregnancy:** 19:30 - 21:00.

Ages: Pregnancy. **Cost:** £12.50 (drop in). **Dates:** 9 Oct - 13 Nov.

SATURDAY

PARENTS & TOTS

All Nations Church Bedford

All Nations Church Bedford, Brickhill Drive, MK41 7QF.
01234 273773. www.allnationsbedford.org.

- **Toddlers for Dads:** 10:30 - 12:00.

Ages: 0 - 5 yrs. **Cost:** £1 (drop in). **Dates:** 31 Oct & 28 Nov.

DANCE & DRAMA

Tappy Toes Bedford

St James Church Barn, Church End, Biddenham, MK40 4AS.
07779 159710. www.tappytoes.com.

- **Tots Toes:** 9:30 - 10:00.

Ages: 2 yrs 6 mths - 4 yrs 11 mths. **Cost:** £8 (booking essential).

Dates: 10 Oct - 17 Oct & 7 Nov - 19 Dec.



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PHYSICAL FUN

Joey Football

Great Ouse Primary Academy, Seaforth Gardens, MK40 4TJ.

- **Joey Football:** 8:00 - 8:45. **Ages:** 1.5 yrs - 2.5 yrs.
- **Joey Football:** 9:00 - 9:45. **Ages:** 2.5 yrs - 3.5 yrs.
- **Joey Football:** 10:00 - 10:45. **Ages:** 3.5 - 5 yrs.
- **Joey Football:** 11:00 - 11:45. **Ages:** 5 - 7 yrs.

Dates: 10 Oct - 19 Dec.

Rugbytots Leighton Buzzard, Buckingham, MK & Bedford

Redborne Upper School, Flitwick Rd, Ampthill, MK45 2NU.

0345 313 6717. www.rugbytots.co.uk.

- **Rugbytots:** 8:35 - 9:05 & 10:10 - 10:40. **Ages:** 2 yrs - 3.5 yrs.
- **Rugbytots:** 9:15 - 10:00. **Ages:** 3.5 yrs - 5 yrs.

Cost: £8.50 (booking essential). **Dates:** 10 Oct - 24 Oct & 7 Nov - 19 Dec.

Great Denham Community Hall, 86 Saxon Way, MK40 4GP.

0345 313 6717. www.rugbytots.co.uk.

- **Rugbytots:** 8:35 - 9:05 & 9:10 - 9:40. **Ages:** 2 yrs - 3.5 yrs.
- **Rugbytots:** 9:45 - 10:30 & 10:35 - 11:20. **Ages:** 3.5 yrs - 5 yrs.

Cost: £8.50 (booking essential). **Dates:** 10 Oct - 24 Oct & 7 Nov - 19 Dec.

The Forest Centre & Millennium Country Park - Forest of Marston Vale

The Forest Centre and Millennium Country Park, Forest of Marston Vale, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **The Monster March Halloween Trail:** 11:00 - 12:00. **Ages:** 3 - 7 yrs. **Cost:** £3 (booking essential). **Dates:** 31 Oct.

SUNDAY

PHYSICAL FUN

Joey Football

Brickhill Community Centre, Avon Drive, MK41 7AF.

- **Joey Football:** 10:00 - 10:45. **Ages:** 1.5 yrs - 2.5 yrs.
- **Joey Football:** 10:00 - 10:45. **Ages:** 2.5 yrs - 3.5 yrs.
- **Joey Football:** 11:00 - 11:45. **Ages:** 3.5 yrs - 5 yrs.
- **Joey Football:** 12:00 - 12:45. **Ages:** 5 - 7 yrs.

Dates: 11 Oct - 20 Dec.

Rugbytots Leighton Buzzard, Buckingham, MK & Bedford

Trinity Arts & Leisure, Bromham Road, MK40 2BS. 0345 313 6717.

www.rugbytots.co.uk.

- **Rugbytots:** 9:40 - 10:25. **Ages:** 3.5 yrs - 5 yrs.
- **Rugbytots:** 10:35 - 11:05. **Ages:** 2 yrs - 3.5 yrs.
- **Rugbytots:** 11:15 - 12:00. **Ages:** 5 - 7 yrs.

Cost: £8.50 (booking essential). **Dates:** 11 Oct - 18 Oct & 1 Nov - 20 Dec.

The Forest Centre & Millennium Country Park - Forest of Marston Vale

The Forest Centre and Millennium Country Park, Forest of Marston Vale, Station Road, Marston Moretaine, MK43 0PR. 01234 767037. www.marstonvale.org.

- **Breakfast with Santa:** 9:00 - 11:00. **Ages:** 3 - 10 yrs. **Cost:** £10 (booking essential). **Dates:** 13 Dec & 20 Dec.

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