

Newsletter Winter 11

Welcome to Queen's Park Neighbourhood Centre

We're open from 9:00-12:15 & 12:45-16:00 Monday to Friday for all your family's needs. From health advice to support for parents, to having fun with your children – just pop in and see what we can do for you.

We are here to listen and support you whatever your needs. We will do our best to make you feel comfortable and enjoy your time here. If you prefer, we can come and see you at home and we can accompany you to the centre.

All members of the family are welcome here, including dads and grandparents, and we also support families with children who are disabled.

Who's who at the centre?



Jo



Debs



Adele



Raj



Manjeet



Jacqui



Rosa



Lynsey

News

Have a say in how to keep Queens Park a fitter, healthier community.

Food & Conversation Day

Wednesday 9 February from 11:45 - 15:00

Join us to talk about what we can do to promote healthy lifestyles and activities in Queens Park at the same time as enjoying some delicious home-cooked food! A free crèche is provided but book early to make sure you get a place!

Get fit in the New Year!

Ladies-Only Exercise Class at QP Community Centre

Wednesday mornings 9:15 - 10:15

Join Hazel and burn some calories in a friendly but hard-working fitness class. **Cost: £3 per session or £10 for 5 sessions.** Just turn up and you'll be very welcome!

Table-Top Sale

Monday 21 February 11:00 - 13:00

An opportunity for you to turn your unwanted items into cash or to shop and pick up some bargains. Tables can be bought for **£8 each** – you keep your own profits! Refreshments available – enquire on Reception. All money that we raise is going into our Crèche Fund so we can provide free crèches with some of our courses.

Our **Parent Action Group** is a new initiative that will help the Neighbourhood Centre secure more funding to continue delivering services into the future. We are inviting parents to join the group, which will be set up in the January term. If you are interested in the future of Queen's Park Neighbourhood Centre and would like to benefit from training and experience in how to set up and run a successful charitable organisation then you may want to join. Give your details to Reception and we'll invite you to the first meeting when we have a date. Crèches will be provided alongside meetings.

QPNC Activities

If you are interested in any of the sessions below,
contact Reception, on 01234 276 744 or just pop in and have a chat.

Day	Time	Session	Cost
Monday	09:00 - 12:00	Team Meeting	
	13:00 - 16:00	Health Drop-In For professional support, advice and guidance on a range of health issues, from help with losing weight to advice on oral health, and lots in-between! Just pop in and Ghousia will be happy to help.	Free
	13:30 - 15:00	Early Explorers (0-5 yrs) Enjoy learning through play in a structured, stimulating session with our qualified staff.	£1
Tuesday	10:00 - 12:00	Midwife Drop-In Get support with pregnancy checks, advice and blood tests.	Free
	10:00 - 12:00	Checks N Chats (health visitor drop-in) Come and see our friendly health visitor team for baby health checks, advice and support.	Free
	10:30 - 12:00	Blooming Babies (from before birth to early steps) Share fun learning experiences with your baby, ask questions, develop confidence and relax with peer and professional support.	£1
	13:30 - 15:00	Baby Massage (for 6wk-6month old babies) Enjoy a nurturing and therapeutic session and support your baby's physical and emotional development.	£5 for a 4 week course
	13:30 - 15:30	Checks N Chats (health visitor drop-in) Come and see our friendly health visitor team for baby health checks, advice and support.	Free
Wednesday	10:00 - 11:30	Stay & Play Parents and toddlers up to 5yrs can use our play-room for fun activities together.	50p
5 January 2 February 2 March 6 April	12:00 - 14:00	Women's World + free crèche (1st Wednesday every month) Relaxing social session for women to enjoy some "me time" – give yourself some pampering! Book at Reception. We ask for a small contribution towards resources, activities and refreshments.	£3
Thursday	9:30 - 11:30 (20 Jan - 17 March)	Community Safety Course (for families with children under 5yrs) A 10-wk course covering: Food Hygiene; First Aid; Road Safety and Fire Safety.	£5 returnable deposit
	09:30 - 12:00	Adams Moore Solicitors (2nd Thursday every month) Free and confidential legal advice on family issues. Book on Reception.	Free
	13:00 - 16:00	JobCentre Plus (1st Thursday every month) Support for lone parents, people with disabilities, English as a second language who want to find a job. Book on Reception.	Free
	13:00 - 16:00	Citizens Advice Bureau (weekly) Pop in for advice on debts, benefits, housing, immigration, etc.	Free
	14:00 - 15:30	Chats with Snacks (for parents under 25yrs) Friendly and informal group offering a wide range of activities: pampering, play, cooking, crafts and much more!	Free
Friday	10:00 - 11:30	Stay & Play Parents and toddlers up to 5yrs can use our play-room for fun activities together.	50p
	10:00 - 10:45	Wiggles & Jiggles Movement and music fun for all the family – great for helping with speech and language.	£1
	13:00 - 15:00	Stay & Play Parents and toddlers up to 5yrs can use our play-room for fun activities together.	50p

We are closed for lunch from 12:15 - 12:45 every day

For more news and information visit: www.qpnc.co.uk

Queen's Park
Neighbourhood Centre

Queen's Park Neighbourhood Centre, Marlborough Road, Bedford. MK40 4LE t. 01234 276744 www.qpnc.co.uk