

BEDFORDSHIRE
ALLERZ
FOOTBALL ACADEMY

ELITE ADVANCED Football Camp School Years 5/6 and 7/8

**Take your game to
the Next Level
elite training camp
club players of all abilities
welcome**

**Alameda Middle School
Amphill
Mon-Thurs
30th Mar to 2nd April
9.00 am to 3.00 pm**

50/50
Indoor Futsal
Outdoor Grass

- + Improve existing skills**
- + Build confidence**
- + focus on technical skills
and game understanding**
- + Elite players welcome**

**Selected players eligible
to feature in end of season
showcase games versus
Cambridge Utd Academy**



Easter camp

Limited spaces in each year group

Book online: www.creativesportscoaching.co.uk

BEDFORDSHIRE
BALLERZ
FOOTBALL ACADEMY

**GIRLS TECHNICAL
TRAINING CENTRE**
LEARN | DEVELOP | ENJOY

**Sessions available for Years
3-4, 5-7 and 8-10**

Flitwick Football Centre, Flitwick MK45 1BA

Every Thursday

starting 8th January 2026

Time - 6.30pm to 7.30pm

Surface - Astro pitch

Cost - £5.00 per session



Book online at www.creativesportscoaching.co.uk

BEDFORDSHIRE
ALLERZ
FOOTBALL ACADEMY

**WEEKLY TECHNICAL
TRAINING CENTRES**
LEARN | DEVELOP | ENJOY

**Bedford | Dunstable | Flitwick
| Luton | Shefford | Wixams
Woburn | Marston**

**Book online at
www.creativesportscoaching.co.uk**

BEDFORDSHIRE **ALLERZ** FOOTBALL ACADEMY

OUR WEEKLY VENUES

£7.00
per
session

MONDAY

WOBURN SANDS

FULBROOK SCHOOL, WEATHERCOCK LANE,
MK17 8NP | 5.00 PM to 6.00 PM

DUNSTABLE

CREASEY PARK, CREASEY PARK DRIVE
LU6 1BB | 5.00PM to 6.00PM

WEDNESDAY

LUTON-Bury Park

Beech Hill Primary School,
Hampton Rd entrance LU1
5.00PM to 6.00PM | 6.00 to 7.00 pm
School Yrs R/1-2 | School Yrs 3-6

WIXAMS - Bedford

5.00 pm to 6.00 pm
School Yrs R/1-2; 3-4;5-6

FRIDAY

FLITWICK

FLITWICK FOOTBALL CENTRE, AMPHILL ROAD MK45 1BA
RECEPTION to YEAR 2 4.30 PM to 5.30 PM
YEARS 3 to 4 & YEAR 5 to 6 5.30 PM to 6.30 PM

TUESDAY

LUTON-Sundon Park

LEALANDS HIGH SCHOOL, SUNDON PARK ROAD,
LU3 3AL | 5.00 PM to 6.00 PM

SHEFFORD

ROBERT BLOOMFIELD ACADEMY, (indoor)
BLOOMFIELD AVENUE SG17 5BU | 6.00PM to 7.00PM

THURSDAY

FLITWICK (GIRLS ONLY)

FLITWICK FOOTBALL CENTRE, AMPHILL ROAD
MK45 1BA | 6.30 PM to 7.30 PM
School Yrs 4-10 | £5.00 per session

BEDFORD

BEDFORD ATHLETIC RUGBY CLUB,
WENTWORTH DRIVE, MK41 8QA | 5.00 PM to 6.00 PM

SATURDAY

MINI BALLERZ (3 TO 6 YEAR OLD)

MARSTON MORTEYNE COMMUNITY
CENTRE,
GREAT LINNS, MK43 0DD
3 to 4 yrs old 9.00AM to 9.45AM,
5 to 6 Yrs old 9.45AM to 10.30 AM

To book your place online visit: www.creativesportscoaching.co.uk

Country Days Easter Courses 2026

Pond
dipping



Den building



Bushcraft



Problem
solving

**We are back for our
Easter Courses 2026!**

When is it?

You can sign up for *either*:

Course 1- Wednesday 1st April

Course 2 – Thursday 2nd April

Please note the Easter courses repeat so choose one course only when booking

Activities begin at 9.30am and finish at 3.15pm

Where is it?

The Leys Nature Reserve,
Pavenham road, Felpersham,
Bedfordshire MK43 7EX

Who can attend?

Children in present school years
3- 6(ages 7-11 years old) who
live in Bedfordshire.

How much does it cost?

Places are £10 or *free* for those
who are on Free School Meals or
Pupil Premium.

How can you book?

Contact the office

info@countrydays.net for more
information

*Country Days is an educational charity
providing outdoor learning in a
beautiful 6-acre nature reserve for
young people in Bedfordshire.*

Registered Charity Number: 1181833

Bug
hunting



Sports/
Team
building



Arts and
Crafts



Nature
studies

Family Help Service

Parenting Workshop: Supporting and Progressing Families (SPF)

Supporting & Progressing Families is a 4-week programme and is aimed at parents of children aged 9+.

SPF is based on the philosophy of non-violent resistance (NVR) and looks at building stronger relationships within the family. It will give parents the opportunity to explore and learn new tools and techniques and ways of responding to their child based on a number of core principles, including parental self-care, parental presence and de-escalation.

Please see the dates below for the start dates of each group of 4 sessions. The course will then run on the same day and time following that start date for 4 weeks.

Start Date	End Date	Time	Link to book a place
Tue 3rd March	Tue 24th March	10 -12pm	3rd March
Wed 15th April	Wed 5th May	12.30 -2.30pm	15th April
Tues 2nd June	Tues 23rd June	5 -7pm	2nd June
Tues 22nd Sept	Tues 13th Oct	5 -7pm	22nd Sept
Mon 9th Nov	Mon 30th Nov	10 -12pm	9th November



HOLIDAY MUSIC COURSES

Easter Holidays

8 - 10 April 2026

Summer Holidays

27 Jul - 7 Aug 2026

Age 5 - 18

**WRAP AROUND CARE OPTIONS
AVAILABLE**

musicale.co.uk



March 2026 Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Improving Family Communication	2 Mar 10am
Autism - Improving Communication	2 Mar 7pm
Understanding Addictive Behaviour	3 Mar 10am
Supporting a Child with ADHD	3 Mar 7pm
Anxiety Based School Avoidance	9 Mar 10am
Understanding Anger	9 Mar 7pm
Supporting Healthy Screen Use	10 Mar 10am
Facing Defiance	10 Mar 7pm
Cannabis and Ketamine Awareness	16 Mar 10am
Anxiety Explained	16 Mar 7pm
Introduction to OCD	17 Mar 10am
What is ACT	17 Mar 7pm
Raising Self-Esteem	23 Mar 10am
Decreasing Depression	23 Mar 7pm
Supporting Healthy Sleep	24 Mar 10am
Understanding the Teenage Brain	24 Mar 7pm
FREE Anxiety Based School Avoidance	26 Mar 7-8pm



SEND

STAY & PLAY

**0-14
years**

An open, parent-supervised, soft play session for
children with SEND & their siblings

 07/03 | 02/05 | 06/06 | 04/07 | 01/08 | 05/09 | 03/10 | 14/11 | 05/12

 3.15pm-4.15pm

 Open to SEND children only (unless attending as a sibling)

**£6.50 FOR X1 ADULT & X1 CHILD | + £6.50 PER
EXTRA SIBLING**

BOOK ONLINE NOW



www.saltogym.org



SALTO GYMNASTICS CLUB
98 Camford Way
Luton
LU3 3AN

FREE RESILIENCE-BUILDING SESSIONS

Brook have joined with local schools to offer Free Parent and Carer online session designed to help you strengthen resilience in your young person and build emotional wellbeing at school.

Eligible Schools

- Redborne Upper & Community College
- Sandy Secondary School
- Vandyke Upper School
- Ivel Valley School
- Fulbrook Middle School
- Brooklands Middle School
- Harlington Upper School
- All Saints Academy
- Cedars Upper School
- ACB
- Manshead CE Academy
- Houstone School

Scan the QR code to view all resilience sessions currently running and more added throughout the year.

 **brook**



GAMING AND GAMBLING AWARENESS AND INFORMATION SESSIONS FOR PARENTS, CARERS AND GUARDIANS



WHAT
MIGHT INFLUENCE
A YOUNG PERSON
TO GAMBLE?

WHAT IS
A LOOT
BOX?

WHY ARE
IN-GAME ITEMS
SO IMPORTANT
TO YOUNG
PEOPLE?

Ygam are delighted to offer a CPD certified information session to help develop your understanding of gaming and gambling harms, enabling you to have open conversations with your children.

Workshop overview:

- **Gambling: exploring the influences on children and young people**
- **Gaming: discussing the benefits and concerns**
- **The blurred lines between gaming and gambling**
- **How to spot the signs of harm**
- **Useful tips to create a healthy gaming balance**
- **Where to get help and support**

We also have a dedicated Family Hub which aims to provide information and guidance to help you safeguard your children against the potential harms of gaming and gambling. Find out more here: ygam.org/family-hub



Book your **FREE** place now!

DATE: Thursday 21st May 2026

TIME: 6:00pm – 7:30pm

VENUE: Online via Microsoft Teams



To register, please scan the QR Code or follow this link: [REGISTER HERE](#)

Foundations Into Wellness

great
lifestyles

- *Are you feeling overwhelmed or down?
- *Having trouble getting a good nights sleep?
- *Do you find it challenging to relax and unwind?

If you've answered yes to any of the above, this new programme could help!

WHAT IS THE FOUNDATIONS INTO WELLNESS PROGRAMME

Foundations into Wellness is a FREE 6-week programme designed to boost mental wellbeing through gentle activities, connection, and self-care. It offers a supportive space to build emotional resilience and improve overall quality of life.

The weekly sessions cover a variety of wellbeing topics, including well-being walks, meditation, nutrition, sleep, breath work, and gentle exercises, each led by expert professionals, with a strong focus on community, connection, and peer support.

HOW TO BE REFERRED

To join the programme, speak to your GP and ask to be referred to the Active Lifestyle Team.

Where:

The Rufus Centre
Steppingly Road
Flitwick
Beds
MK45 1AH

Dates:

1. Wednesday 25th February 2026
2. Wednesday 4th March 2026
3. Wednesday 11th March 2026
4. Wednesday 18th March 2026
5. Wednesday 25th March 2026
6. Wednesday 1st April 2026

Time:

10.30am - 11.30am

For more information, email: active.lifestyles@centralbedfordshire.gov.uk



A great place to live and work.

Find us online



www.centralbedfordshire.gov.uk



[getactivewith](https://www.facebook.com/getactivewith)



[@letstalkcentral](https://twitter.com/letstalkcentral)

AUTISM & EATING DISORDERS

PARENT/CARER WEBINAR

With Emily Nuttall

When?



18th March 2026



11:00am- 12:30pm



Microsoft Teams

The session will be delivered online via Microsoft Teams. A joining link will be sent out

£5

Per Person
+ Booking Fee

Emily Nuttall has lived experience of autism and anorexia, which informs her work and perspective.

Emily works for the Guernsey Eating Disorder Team and collaborates with local charities and services. She also works with specialist organisations including the Maudsley Hospital and King's College London to help improve services and understanding for autistic patients with eating disorders.

Emily will be sharing her own experiences but will also be talking about:

- How to spot signs of disordered eating
- How it may present in boys
- How to get help
- How to support your child through treatment

To book your place:

Click below or scan the QR code to book!

<https://tinyurl.com/y7u2s8s6>



Arts & Soul

**FREE Adult Creative
Workshops March
2026**



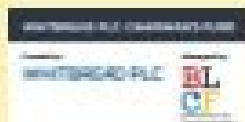
Workshops

- ★ 5th March
Fabric Collage
- ★ 12th March
Foil Embossing
- ★ 19th March
Marbling
- ★ 26th March
Hanging Circles

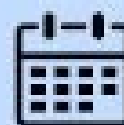
Come join us for some community art :)
Everybody welcome, no creative experience needed

No booking needed

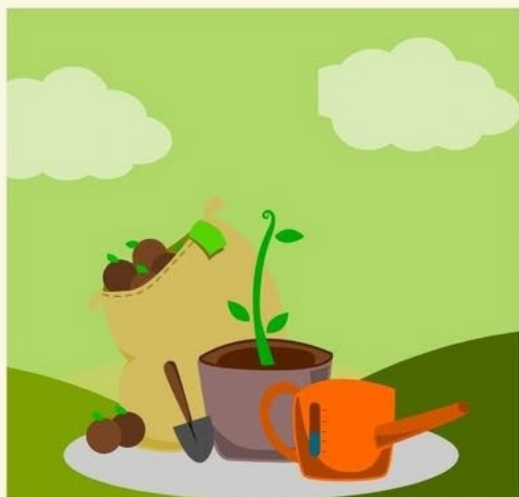
<https://www.learningthroughthearts.co.uk/>
07510 917 517



**Main Hall
Dunstable
Community Halls
Manchester Pl,
Dunstable,
LU6 1HT**



**Thursdays,
12:30- 14.30**



Join us for a morning of gardening and spring themed activities. suitable for all male carers and children up to 12 years old.



DAD & ME SPRING THEMED



Saturday 07th March
10:00-11:30

Dunstable Children's
Centre, Oakwood Avenue
LU5 4AS

NO BOOKING REQUIRED



Central
Bedfordshire
Libraries



Theatre of Widdershins presents Old Nanny Nibblebeard and the 7 Little Kids

Dunstable Library

Saturday 7 March 11am

A story of a hard working single Mum and a big bad wolf! Told amongst the bookshelves and layered with gentle humour that appeals to all age groups, the show offers a unique blend of puppetry, props, storytelling and audience participation.



This 45 minute show is suitable for children aged 4+

Tickets: Children £5 Adults £5

Available at the library
helpdesk or online via
Eventbrite (booking fee
applies) scan the QR code



National
Year of
Reading
2026



FREE online talk by
Jane Keyworth

FACE family Advice Lead Facilitator

Decreasing Depression

23rd April 7-8pm



Book online

www.facefamilyadvice.co.uk

Parents - Live Talks page