

Central Bedfordshire Community Access Service

Upcoming Events

Online Workshops for Education Staff
(Scan the QR code or click on each to sign up!)

OCTOBER

14

Managing Challenging
Behaviour & Emotional
Regulation (EYFS to KS2)

4-5 PM



NOVEMBER

12

Supporting Low Mood in
the Classroom

4-5 PM



We look forward to seeing you there!



**We care
We respect
We are inclusive**

NHS
East London
NHS Foundation Trust

Upcoming Events

Online Workshops for Parents & Caregivers
Click on each to sign up or scan the QR code!

OCTOBER

8

Promoting Positive Body
Image for Young People
(11 Years +)

4-5 PM



NOVEMBER

24

Managing "Big Feelings"
(5-11 years)

12-1 PM



DECEMBER

3

Supporting Mental Health
and Wellbeing in Children
and Young People

12-1 PM



DECEMBER

7

Managing your Child's
Overwhelm during the
Holidays

4-5 PM



We care
We respect
We are inclusive

NHS

East London
NHS Foundation Trust



**Queensbury
Academy**

Co-operation • Aspiration • Respect • Endeavour

OPEN EVENING

Every student experiences success.



**Thursday 1st October
5pm – 8pm**



Headteacher presentation at
5.15pm and 6.45pm



High quality
teaching and
learning



Excellent
pastoral care
and wellbeing



A vibrant
and inclusive
community



Exciting trips
and enrichment
opportunities



Wide range
of subjects and
opportunities



Expert guidance
for your child's
next steps

**BEST 4+
OUTCOMES
IN DUNSTABLE**



**No need
to book**



**Entry via West
(Cansworde Road)**



Co-operation
We achieve
more together.



Aspiration
We aim high
for ourselves
and others.



Respect
We value
everyone.



Endeavour
We keep trying
to improve and
succeed.

BEDFORDSHIRE BALLERZ FOOTBALL ACADEMY

WEEKLY TECHNICAL TRAINING CENTRES

VENUES AT
LUTON,
DUNSTABLE
AND
HOUGHTON REGIS



DEVELOP THE **PERSON**. DEVELOP THE **PLAYER**.



IMPROVE TECHNIQUE

Build Better Players



ENHANCE CONFIDENCE

On and Off the Pitch



MAXIMISE POTENTIAL

Every Player, Every Session

PLAYERS OF
**ALL ABILITIES
WELCOME!**

EVERY JOURNEY
STARTS HERE

THE BALLERZ PLAYER DEVELOPMENT PATHWAY



TECHNICAL TRAINING CENTRES

MASTER THE BASICS
BUILD THE FOUNDATION



DEVELOPMENT SQUADS

GROW YOUR GAME
DEVELOP YOUR SKILLS



ACADEMY SQUADS

TRAIN LIKE A PRO
COMPETE & IMPROVE



JUNIOR PREMIER LEAGUE

COMPETE WEEKLY
TEST YOUR LEVEL



PROFESSIONAL PATHWAY

SHOWCASE. PROGRESS.
ACHIEVE YOUR DREAMS.



EXPERT COACHING
FA QUALIFIED &
UEFA LICENSED
COACHES



FUN & ENGAGING
POSITIVE ENVIRONMENT
FOCUSED ON ENJOYMENT
& DEVELOPMENT



PROVEN PATHWAY
STRUCTURED DEVELOPMENT
ROUTE ALIGNED TO OUR
ACADEMY PROGRAMME



INCLUSIVE FOR ALL
ALL ABILITIES.
ONE CLUB. ENDLESS
OPPORTUNITIES.

JOIN US THIS WEEK!

FOLLOW US  

WEEKLY SESSIONS
ACROSS LUTON,
DUNSTABLE AND
HOUGHTON REGIS
CHECK OUR WEBSITE & SOCIALS
FOR MORE INFO

CONTACT US



07711 270986



bedsballerz@creativesportscoaching.co.uk



www.creativesportscoaching.co.uk



OUR WEEKLY VENUES

2026-27

DEVELOP THE PERSON. DEVELOP THE PLAYER.



GIRLS ONLY FOOTBALL
REDBORNE UPPER SCHOOL

EVERY TUESDAY
5.00 PM TO 6.00 PM



MONDAY

HOUGHTON REGIS

TITHE FARM 3G, LU5 5JD

5.00 PM to 6.00 PM

AMPTHILL (Match Centre)

REDBORNE UPPER SCHOOL MK45 2NU

5.30 PM to 6.30 PM



TUESDAY

LUTON - Sundon Park

LEALANDS HIGH SCHOOL, LU3 3AL

5.00 PM to 6.00 PM



GIRLS ONLY FOOTBALL

REDBORNE UPPER SCHOOL MK45 2NU

5.00 PM to 6.00 PM



WEDNESDAY

WIXAMS 3G - Bedford

GREEN LANE, MK42 2NU

5.00 PM to 6.00 PM



THURSDAY

BEDFORD

BEDFORD ACADEMY 3G,
MILE ROAD, MK42 9TR

5.00 PM to 6.00 PM

KEMPSTON

KEMPSTON ROVERS FC 3G, MK42 8SZ

5.00 PM to 6.00 PM



FRIDAY

FLITWICK

FLITWICK FOOTBALL CENTRE,
AMPTHILL ROAD, MK45 1BA

R/1 and YR 2-3 4.30 PM to 5.30 PM

YR 4-5 and 6 to 7 5.30 PM to 6.30 PM



SATURDAYS

MINI BALLERZ (3 TO 6 YEAR OLD)
MARSTON MORTEYNE COMMUNITY CENTRE,
GREAT LINNS, MK43 0DD

9.00 AM to 9.45 AM | 3 to 6 yrs old



PLAYERS OF ALL ABILITIES WELCOME!



EXPERT COACHING

FA QUALIFIED &
UEFA LICENSED COACHES



FUN & ENGAGING

POSITIVE ENVIRONMENT
FOCUSED ON ENJOYMENT
& DEVELOPMENT



PROVEN PATHWAY

STRUCTURED DEVELOPMENT
ROUTE ALIGNED TO OUR
ACADEMY PROGRAMME



INCLUSIVE FOR ALL

ALL ABILITIES.
ONE CLUB. ENDLESS
OPPORTUNITIES.



SAFE & SUPPORTIVE

ALL SESSIONS DELIVERED
IN A SAFE & SUPPORTIVE
ENVIRONMENT

JOIN US TODAY!



07711 270986



bedsballerz@creativesportsc coaching.co.uk



www.creativesportsc coaching.co.uk

FOLLOW US





WE ARE LOOKING FOR THE NEXT GENERATION OF
**BEDFORDSHIRE
BALLERZ!**

U6 TALENT ID SESSIONS

NEW SEASON 2026/27



TUESDAY 1ST SEPTEMBER
REDBORNE UPPER SCHOOL
5.00PM – 6.00PM



FRIDAY 4TH SEPTEMBER
FLITWICK FOOTBALL CENTRE
5.30PM – 6.30PM



**FOR BOYS ENTERING
SCHOOL YEAR 1
IN SEPTEMBER**

DEVELOP
THE PERSON.
DEVELOP
THE PLAYER.



**'BRINGING THE BEST
UNSIGNED GRASSROOTS
TALENT IN BEDFORDSHIRE
TOGETHER'.**



**FOR BOYS ENTERING
SCHOOL YEAR 1
IN SEPTEMBER**

**REGISTER
FREE NOW!**



BOOK ONLINE

www.creativesportscoaching.co.uk

FOLLOW US





CHUMS

YOUNG PEOPLE &
PARENT/CARER WORKSHOPS

Our online workshops are designed as a starting point for families with children who have low level difficulties. These are one-off 2-hour sessions conducted virtually via Microsoft teams.

Please note these workshops do not support moderate/severe difficulties and will not address risky behaviours (self-harm, suicidal ideations).

ANXIETY WORKSHOPS

11+ ANXIETY

10/9/26 @ 4PM - 6PM

(For young people aged 11+, parents also welcome to attend)

This single psychoeducation session explores emotional development in children, emotional regulation, and focuses on anxiety and anxiety management strategies.

PARENT ANXIETY

21/9/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 11 years old)

One-off workshop exploring emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

SLEEP WORKSHOPS

UNDER 12'S SLEEP

11/9/26 @ 9:30AM - 11:30AM

(For parents of young people aged 4 - 12 years old)

One-off workshop which focuses on why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to overcome sleep problems.

OVER 12'S SLEEP

16/10/26 @ 3PM - 5PM

(For young people aged 13+, parents also welcome to attend)

One-off workshop which explores why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.

RESILIENCY WORKSHOP

6/10/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5 - 11 years old)

This single session explores relevant child development including and provides psychoeducation on mental health vs mental health problems, emotional regulation, anxiety and low mood. You will leave with a greater understanding of your child's needs and armed with strategies to build their resilience.

EXAM STRESS WORKSHOP

22/10/26 @ 4PM - 6PM

(For young people aged 12+ and parents)

One off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers parental tips for supporting their adolescent's exam stress.

BEHAVIOUR WORKSHOP

9/11/26 @ 9:30AM - 11:30AM

(For parents of young people aged 5-11 years old)

A one-off workshop that covers the following topics: Emotional development in children, emotional regulation, common behaviour difficulties and strategies to promote positive behaviours.

SELF-ESTEEM WORKSHOPS

TEENAGE SELF-ESTEEM

26/11/26 @ 4PM - 6PM

(For young people aged 13+, parents also welcome to attend)

One off workshop which equips teenagers with an understanding of self-esteem and tools to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers parental tips for building self-esteem in adolescence.

PARENT SELF-ESTEEM

9/12/26 @ 9.30AM - 11.30AM

15/1/27 @ 9.30AM - 11.30AM

(For parents of young people aged 5 - 12 years old)

One off workshop which equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

To register for any of our workshops, please fill in the workshop referral form in the referral form section, state that the referral is for a workshop and include the workshop name/time/date required.

<https://chums.uk.com/emotional-wellbeing-service/>



Ampt Hill
Climate Change
Group
Every Action Counts.



Greensand
Community
Energy

ECO HOME EXTRAVAGANZA

Fun for all the family!

Re-imagine your home and garden - become
more environmentally sustainable



Expert Energy
Savings Advice -
Explore Renewables
and EVs

Local Suppliers
and Eco Products

Insights into
plants and wildlife



Sunday 20 September 2026



Tea/coffee/cake

Look out for the Eco Home Children's Activity and
entertainment: Our very own Storyteller in Puffin Corner

11 am till 3 pm – Parkside Hall, Ampt Hill, MK45 2HX



CONTACT: Jane.Hooper@greensandenergy.org

Creating a sustainable, efficient, and healthy home for future generations.



Design Your Ideal Eco Home!

MK45 2HX

Join us for a fun and creative
children's activity!



Little ones
can draw
their ideas



Older children
can write on
post-it notes



Add your
age and idea
to our
Eco Home wall!



Sunday 20 September 2026

Join us at the

ECO HOME EXTRAVAGANZA



11 till 3 pm – Parkside Hall, Amphill, MK45 2HX



CONTACT: Jane.Hooper@greensandenergy.org



Help us build our **Dream Eco Home** together!



NOT MY CHILD

A PARENT'S GUIDE TO:

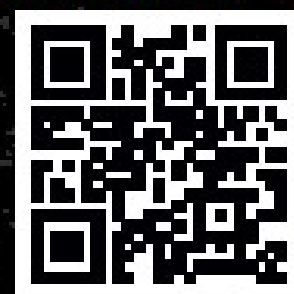
- ★ EXPLOITATION
- ★ KNIFE CRIME
- ★ COUNTY LINES

6:00PM - 9:00PM
THURS 24 SEPT 2026
QUEENSBURY SCHOOL
DUNSTABLE - LU6 3BU

BOOK YOUR TICKET



Bedfordshire
Violence &
Exploitation
Prevention
Partnership



Bedfordshire Hospitals NHS Charity Schools & Youth Support

Because people
matter most

September 2026

Welcome back! I hope you had a wonderful summer break. A huge thank you to those working in education who kept everything running smoothly whilst students were off. Good luck to all the students & staff who are starting a new school, wishing you a fantastic year ahead.

Dates for your Diary...

School Competition!

There's still time to enter! Don't miss your chance to take part in our Schools Competition and win an exclusive performance at your school from local singer Olivia Lynn! Email today to find out more and enter.

Friday 23rd October ♥

Support our Breast Cancer Unit by holding a **Wear Pink Day**, Challney High School for Girls do this every year, raising incredible amounts of money whilst gaining a huge sense of pride in supporting their local hospital and making a difference!

Tuesday 17th November ♥

Wear Purple for World Prematurity Day supporting our Neonatal & Special Care Baby units, who do amazing work every day, caring for our sick and premature babies.

Festive Events...

Give a Gift Appeal 2026

Help us ensure every patient spending Christmas Day in Hospital gets a gift and help brighten up their day!

Light up your School 2026

For just £10 you can support our Light up a Life Campaign and your school name can appear on our Social Media platforms and around our hospitals.

Jolly Jumper Day

It's easy to take part & everyone can get involved! Simply come to school in your favourite Jolly Jumper on your chosen day and help raise money for your chosen area in the hospital

School Choirs If you would like your School Choir to come and sing at either Bedford or the Luton and Dunstable Hospital, or a local Supermarket, please give us a call or email to book your slot – these do fill up quickly, so do book in asap!

If you would like to get involved this term, please get in touch:

Email fundraising@bedsft.nhs.uk Phone: 01582 718289 QR Code: Scan this code →





Autism
BEDFORDSHIRE

CHILDREN'S SERVICES

**£5 per
session**
(+ booking fee)

Stay and Play Sessions

A safe and inclusive environment for autistic children aged 3-12 taking place fortnightly on Saturday mornings

Venue Locations:

- Luton
- Leighton Buzzard
- Bedford
- Biggleswade

FOR MORE INFORMATION



Telephone
01234 214871



More Information
www.autismbedfordshire.net



Email
enquiries@autismbeds.org

**SPACES AVAILABLE NOW - BOOK USING LINK IN
CAPTION!**

Registered Charity No. 1100722

Transfer to Starting School 2027

Central
Bedfordshire



Scan here
to apply

**Was your child born between
1 September 2022 and 31 August 2023?**

**They will start school in September 2027, so you need to apply
for a school place by 15 January 2027.**

Apply online at www.centralbedfordshire.gov.uk/admissions

You can also complete a paper application form which is available from your local school or by contacting
School Admissions @ admissions@centralbedfordshire.gov.uk 0300 300 8000

A great place to live and work.



My ^{epilepsy}
Mind

Build habits for better wellbeing

Take care of your mind

Epilepsy can affect your mental wellbeing as well as your physical health. If you're feeling anxious, stressed, low or finding things difficult, you're not alone.

MyEpilepsyMind is a free online self-help programme that gives you practical tools and techniques to help you:

- Manage difficult thoughts & feelings
- Feel more confident
- Cope with everyday challenges
- Build positive wellbeing habits



Work through the activities in your own time and take the steps that feel right for you.



Registered Charity No. 11877 (England and Wales)



Find out more

Or visit: [youngepilepsy.org.uk/
i-have-epilepsy/myepilepsymind](https://youngepilepsy.org.uk/i-have-epilepsy/myepilepsymind)

Housing Information Hubs!

Do you have a query about your Housing Service?

Come and speak to teams from across the
housing service for free advice and information.

We would love to hear from you.

- Help shape the service you receive
- Influence Change and Improvements
- Make a personal difference



Find us below and which housing service will be in attendance:



Dunstable Library Wednesday 09 September 2026 1.30pm- 3.30pm	Houghton Regis Library Friday 18 September 2026 12pm-2pm	Leighton Buzzard Library Tuesday 22 September 2026 11am-1pm
Housing Register, Rents Team, Neighbourhood Housing, & Home Ownership	Housing Register, Rents team, Gypsy & Traveller, & Neighbourhood Housing	Housing Register, Rents Team, Gypsy & Traveller, & Home Ownership

We look forward to seeing you!

**Can't make it and want to learn how
you can influence change?**

Join our tenant register by scanning
the QR code:





October Timetable

All regular 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

Raising Self-Esteem	5 Oct 10am
Supporting Healthy Sleep	5 Oct 7pm
Decreasing Depression	6 Oct 10am
Introduction to OCD	6 Oct 7pm
Improving Family Communication	12 Oct 10am
What is ACT?	12 Oct 7pm
Understanding Addictive Behaviour	13 Oct 10am
Supporting a Child with ADHD	13 Oct 7pm
Understanding Anger	19 Oct 10am
Understanding the Teenage Brain	19 Oct 7pm
Supporting Healthy Screen Use	20 Oct 10am
Autism: Improving Communication	20 Oct 7pm
FREE - ADHD and Homework	22 Oct 7-8pm
Facing Defiance	26 Oct 10am
Cannabis & Ketamine Awareness	26 Oct 7pm
School Anxiety	27 Oct 10am
Anxiety Explained	27 Oct 7pm



Junior
Adventures
Group

HOLIDAY



HQ

OCTOBER

HALF TERM

HOLIDAY CAMP



SCAN TO FIND YOUR
HOLIDAY HQ & BOOK NOW

LAUNCHING OCTOBER 2026

- ✓ Action-packed activities every day – sports, games, crafts, challenges & more
- ✓ Mission Starlight this October – a new space-themed adventure every day
- ✓ Make, create & take it home – including our Solar System Planetarium
- ✓ Great-value holiday childcare – with offers & discounts available