

SNAP-SHOT from SNAP PCF brings you clear information, practical guidance and local opportunities.  
**SNAP SHOT Community helps you discover what's happening locally.**

## Welcome to our first SNAP-SHOT Community newsletter!

We know that finding local activities and support for your family can take time, especially when information is spread across lots of different places. We've brought together useful updates from community newsletters, local bulletins and organisations to help you discover what's available across Central Bedfordshire for families with children and young people with special educational needs and disabilities (SEND).

This is just the beginning! We aim to improve and add to each edition, sharing more activities, opportunities and support that matter to you.

Together, we can make SNAP-SHOT Community News a useful resource for our SEND community

## Things to do and dates for your diary

**October 2026**

### Play and meet other families

#### Autism Bedfordshire Stay and Play

For children with autism aged 3-12. Sessions run fortnightly on Saturday mornings in Leighton Buzzard and Biggleswade.  
Cost: £5 plus booking fee. Ask about dates and spaces. Funding rules mean you need to attend a group in your local authority area.

Call: 01234 214871

Email: [enquiries@autismbeds.org](mailto:enquiries@autismbeds.org)

Find out about Stay and Play



### An evening with Autism Bedfordshire

#### Thursday 15 October 2026, 6-9pm

Hear guest speaker Robyn Steward share Top 10 Practical Strategies at Autism Bedfordshire's annual general meeting (AGM). There will also be refreshments and a raffle.  
Where: Kings House, Bedford, MK42 9AZ  
Booking: Please reserve your place.

Book your place at the AGM



### Help your child stay safe online

#### Thursday 12 November 2026, 7-9pm, online

Contact's workshop for parents of children with SEND looks at parental controls, consent and practical ways to support your child online. There is time for questions.  
Check who can attend and the latest details when booking.

Find out more and book



Please check the organiser's latest dates, availability, cost and support arrangements before booking.

## Youth Clubs



**Places to socialise, enjoy activities and make friends.**

### A relaxed evening at Grove Corner

#### Free SEND-friendly youth session, Dunstable

When: Tuesdays in term time, 6.45–8.15pm

Ages: Advertised for 15–18, extending to 25 with SEND

Where: 76A High Street North, Dunstable, LU6 1JF



Enjoy games and activities in a supportive space, with sensory resources and a quieter area available.

Before coming: Complete a registration form and talk to the team about support needs. Staff cannot provide personal care, but your young person can bring their own carer.

Contact: 01582 891434

grovecorner@dunstable.gov.uk

Find out about Grove Corner

### Meet others at a SEND youth group

#### Leighton Buzzard, The Children's Society

When: Mondays, 4.30–6pm

Where: Leighton Buzzard Youth Club, Vandyke Road, LU7 3FU



The service supports young people aged 12–19, extending to 25 with SEND. Ask the team about joining, cost and support arrangements.

Find out about the SEND youth groups

### A SEND youth group closer to Biggleswade

#### Biggleswade, The Children's Society

When: Mondays, 5.30–7.30pm

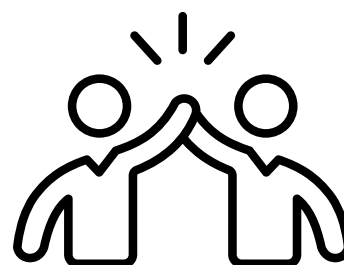
Where: Biggleswade Youth Club, Mead End, SG18 8JU

Contact for both groups:

youthsupportservice@childrenssociety.org.uk

Check the age group, spaces and current arrangements before attending.

Ask about joining a youth group



Please check the organiser's latest dates, availability, cost and support arrangements before booking.

## Sensory Adventures and Dance

Explore stories, music and movement in your own way.

### A sensory adventure this half-term

Spectrum Sensory Story Exploration Workshops

When: Thursday 29 October 2026. Check session times when booking.

Where: The Forest Centre, Station Road, Marston Moretaine, MK43 0PR

Who: Ages 4–17 with complex SEND and/or profound and multiple learning disabilities (PMLD) Enjoy music, movement and sensory play, with no expectation to sit still.

Cost: Advertised at £10, with six places per workshop.

Parents/carers stay and take part. Siblings are welcome. Booking required.

[View the half-term workshops and book](#)

### Dance and move with Spectrum



Weekly term-time clubs, Leighton Buzzard

Junior Movers, ages 8–17: Tuesdays, 6–7pm, Vandyke Upper School, LU7 3DY.

Mini Sensory Movers, ages 4–8: Wednesdays, 5–5.45pm.

Sensory Movers, ages 8–17: Wednesdays, 6–7pm.

Wednesday clubs meet at Astral Park Community Centre, LU7 4AY.

Cost: £12.50 per session. Two paid tasters are available before paying for the term. A formal diagnosis is not required.

Parents/carers must stay onsite if their child needs personal care, toileting or medication support. Ask about the best class and spaces:

admin@spectrumca.co.uk

[Explore Spectrum's weekly clubs](#)



### Communication Tots, ages 18 months–3 years

A three-week course with ideas to help speech and language at home.

When: 26 October, 2 and 9 November 2026, 9.15–10.15am

Where: Flitwick Children's Centre, Malham Close, MK45 1PU

Cost: Advertised as £1. Ask if this is for each session or the whole course.

Book through the centre.

[See Communication Tots details](#)

Please check the organiser's latest dates, availability, cost and support arrangements before booking.

## Children's Centres

### SEND Stay and Play — Find a session near you



A place for your child to play in their own way, and for you to meet other families and find support.

#### Dunstable

Downside Neighbourhood Centre  
6, 13, 20 & 27 October  
9.30–10.30am  
Booking required. £1 donation requested. No formal diagnosis needed. Early Years SEND advice available.

**0300 300 8104 / 8106** [Centre details](#)

#### Flitwick

Flitwick Children's Centre  
8, 15, 22 & 29 October  
1.30–2.30pm  
Drop-in. No diagnosis needed. An enclosed space to play, with no pressure to join in.

**0300 300 8111** [Centre details](#)

#### Houghton Regis

Cube building  
9, 16, 23 & 30 October  
10.30–11.30am  
Drop-in. £1 donation. No formal diagnosis needed. Chat with parents and access professional support.

**0300 300 8115 / 8129** [Centre details](#)

#### Sandy

Sandy Children's Centre  
6 & 20 October  
1.30–2.30pm  
Under-5s. Free drop-in, optional donations. Parents can attend without children for SEND advice.

**0300 300 8114 / 8134** [Centre details](#)

#### Ivel Valley Hub

Sandy and Biggleswade locality  
13 October  
1.30–2.30pm  
For under-5s and parents/carers. Ask the centre to confirm the venue and joining arrangements.

**0300 300 8114 / 8134** [Centre details](#)

#### Leighton Buzzard

Roundabout Centre  
12, 19 & 26 October  
10–11.30am  
Drop-in. No diagnosis needed. Children with additional needs and siblings welcome. Early Years SEND advice.

**0300 300 8880** [Centre details](#)

#### Sheffield

Sheffield Children's Centre  
19 October  
10–11.30am  
Free. Under-12s with diagnosed or emerging SEND. Sensory toys and quiet areas. Parents welcome with or without children.

**0300 300 8112** [Centre details](#)

#### Leighton Buzzard Mencap

Roundabout Centre  
9 & 23 October  
10–11.30am  
Opportunity Group SEND Stay and Play. Parents and children can play and meet other families. Drop-in, no booking.

**0300 300 8880** [Centre details](#)

New to children's centres? Register once to use centres across Central Bedfordshire.

View calendars and registration information

Please confirm details before travelling. Age limits and joining arrangements vary by session.

**REGISTER HERE**



## Let's get out and explore!



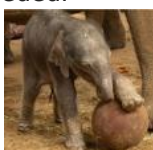
Relaxed sessions, sensory adventures and outdoor ideas for families across Central Bedfordshire.

### Whipsnade: early zoo opening

**25 October • 9-10am**

Explore before the usual opening time. Also 29 November and 27 December. Book a free relaxed slot; zoo admission or membership is needed.

[Details and booking →](#)



### Whipsnade: quieter soft play

**17, 18 & 31 October • 9.30-10.15am**

Hullabazoo has fewer visitors and no music. Equipment for ages 10 and under. Book from 9.30am the day before. Zoo admission or membership needed.

[Book Hullabazoo →](#)



### Forest Centre: sensory stories

**29 October • Marston Moretaine**

Spectrum workshops for ages 4-17 with complex SEND and/or profound and multiple learning disabilities. £10; six spaces per workshop. Carers stay; siblings welcome. Check times and book.

[View timetable and book →](#)

### Dunstable Downs

**Explore at your own pace**



Borrow a sensory bag from the Visitor Hub. Follow the hard-surfaced path with benches. Accessible toilets and mobility equipment available. The visitor centre can be noisy.

[Plan your visit →](#)

### Rushmere: woodland adventures

**Fairy doors • sculptures • autumn trail**

Discover the Giant's Chair and family accessible Sculpture Trail. Natural paths may be muddy; check conditions for wheelchairs. Autumn Trail runs 23 October-1 November; not a dedicated SEND event.

[Trails and what's on →](#)



### Forest Centre: nature and senses

**Millennium Country Park**

Visit the Sensory Wildlife Garden and enjoy wildlife watching. Level surfaced trails suit wheelchairs and buggies. A Changing Places toilet is available at the centre. General family visit, not a SEND session.

[Explore the Forest Centre →](#)



### Wellbeing Walks

Our family wellbeing walking group meet once a month on a Tuesday 10:30-12:30. The location moves around Bedfordshire as there are so many great places, but it will always be near a coffee shop and have accessible parking. Walks are open to the whole family, and you are welcome to join for refreshments after, even if you cannot manage the walk.

**Embrace - Carer Support - Children's activities - Bedford**

Find what works for your family. Outdoor ideas are general visits, not all are dedicated SEND sessions. Please confirm dates, availability, access and any charges before travelling.

## Support for You and Your Family

### Drop in for play and a chat

Marston Drop-In and Play

When: Thursdays in term time, 8.30–10.30am

Where: Marston Moretaine Community Centre, Great Linns, MK43 0DD

Let your little one play while you meet other families. Staff can offer advice on child development, including SEND, and wider family support.

No booking needed.

See the drop-in details

[A place to play, talk and ask questions.](#)



### Time to Talk and Ask for Advice

Capa First Response, free online parent drop-in

Capa First Response CIC is an online support service for families (and professionals) experiencing Child Against Parent/Carer Violence & Aggression (CAPVA).

Wednesdays, 12.30–1.30pm. A welcoming space for parents and carers to seek support. Book a place and check current sessions.

**Find a parent drop-in**



### Support for the whole family

**These services offer wider family support and are not SEND specific.**

### Online Wellbeing Workshops

CHUMS online wellbeing workshops

Find practical ideas for anxiety, sleep, behaviour, resilience, exam stress and self-esteem. Check dates and who can attend. There are workshops for children/young people and also parent carers Explore CHUMS 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).**



## Useful Links

You don't have to find everything at once. These links are useful places to start.

### Looking for SEND support?

#### Central Bedfordshire SEND Local Offer

Find information about education, health and care, plus leisure activities and support groups for your child and family.  
Explore the SEND Local Offer

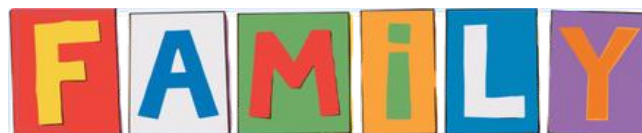


Central Bedfordshire SEND Local Offer

### Looking for local family activities?

#### Family Information Directory

Search for children's centres, childcare, local activities and organisations that offer advice and support.  
Search the Family Information Directory



### Keep in touch with SNAP PCF

#### For parent carers in Central Bedfordshire

Visit our website to find out more about SNAP PCF.  
Email: [admin@snappcf.org.uk](mailto:admin@snappcf.org.uk)  
Website: [snappcf.org.uk](http://snappcf.org.uk)

#### Visit the SNAP PCF website to find out more and our Facebook page

Remember to check your emails for details of our upcoming events and training



**SNAP PARENT CARER FORUM**  
CENTRAL BEDFORDSHIRE

QR Code for our parent carer  
membership form



Free to join, open to parent carers who live in Central Bedfordshire & have a child/young person 0-25 years with SEND  
[www.snappcf.org.uk](http://www.snappcf.org.uk)

*SNAP PCF free to join, open to parent carers who live in Central Bedfordshire and have a child/young person 0-25 years with SEND*

Scan the QR code or go to

<https://uk.surveymonkey.com/R/MEMBERSHIPFORMTOJOINSNAP>

or email: [admin@snappcf.org.uk](mailto:admin@snappcf.org.uk)

