

From our experience we know that even going into your local town centre after having a baby can be daunting, let alone going anywhere new! For that very reason we decided to give you a helping hand and tell you where to find your local facilities.

Babies About Town!

The Centre: MK

There is ample parking with over 16,000 spaces around the centre:mk. Other options include the nearby multi-storey at Midsummer Place shopping centre, Avebury Boulevard, The Theatre District and The Food Centre (limited to 2 hours).

| | Changing facilities | Toddler toilet / sink | Toilet with room for a pram | breastfeeding friendly | High chairs | Bottle warmer or hot water | Good place to eat |
|--|---------------------|-----------------------|-----------------------------|------------------------|-------------|----------------------------|-------------------|
| Door 9 on Deer Walk and Silbury | ✓ | | ✓ | ✓ | | ✓ | |
| BHS | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
| House of Fraser | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
| John Lewis | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Marks & Spencer | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Mothercare | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| Pizza Hut | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |

Bedford

There is a pay and display car park under the Harpur Shopping Centre with spaces for 97 cars. Disabled parking available. Parking is free on Sundays.

| | Changing facilities | Toddler toilet / sink | Toilet with room for a pram | breastfeeding friendly | High chairs | Bottle warmer or hot water | Good place to eat |
|--------------------------------|---------------------|-----------------------|-----------------------------|------------------------|-------------|----------------------------|-------------------|
| Harpur Shopping Centre | ✓ | | ✓ | ✓ | | | |
| Harpur Coffee House | in centre | | in centre | ✓ | ✓ | ✓ | ✓ |
| Pizza Express | ✓ | | | ✓ | ✓ | ✓ | ✓ |
| Beales Department Store | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Debenhams | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Costa Coffee | ✓ | | ✓ | ✓ | ✓ | ✓ | ✓ |

Surrounding Area

Due to space restrictions we can only give you one or two options per area. This is not a comprehensive list. If you know of better places in the area please let us know!!

| | | Changing Facilities | Toilet with room for a pram | Breastfeeding friendly | High chairs | Bottle warmer or hot water | Good place to eat |
|-------------------------|------------------|---------------------|-----------------------------|------------------------|-------------|----------------------------|-------------------|
| Stoney Stratford | Costa Coffee | ✓ | | ✓ | ✓ | ✓ | snacks |
| Hanslope | The Globe Inn | ✓ | | ✓ | ✓ | ✓ | ✓ |
| Woburn | Woburn Brasserie | ✓ | | ✓ | ✓ | ✓ | ✓ |
| Flitwick | Tesco | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Olney | Teapots | ✓ | | ✓ | ✓ | ✓ | ✓ |
| Clapham | Sainsburys | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Amptill | Cooks Collection | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

If you know of any good changing facilities in Milton Keynes, Bedford or the surrounding areas, please let us know!

If there is an area that we haven't included and you would like to see it listed, please drop us an email at enquiries@bonkersaboutbabies.co.uk and we'll do our best to research it and included it in our next issue.