




What's on for Families North Herts – Summer 2022 (till 22nd July)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Self-Weigh Station Chestnut FC 9am - 12pm Weekly Booking via Eventbrite Not running 18 th April, 2 nd May	Self-Weigh Station Oughton FC Weekly 9.00am - 12pm Booking via Eventbrite Not running 19 th April	Baby Group Oughton FC Weekly 10am - 11.30am Free drop in	Self-Weigh Station Royston FC Weekly 9am – 12pm Booking via Eventbrite Not running 2 nd June	Self-Weigh Station Holly Blue FC Weekly 9am – 12pm Booking via Eventbrite Not running 3 rd June	
Active Rhyme Time Chestnut Tree FC Weekly 1.30pm - 2.15pm Free drop in Not running 4 th , 11 th , 18 th April, 2 nd May	Baby Group Coombes Community Hall Weekly 10am - 11.30am Free drop in Not running 19 th April	Physical Fun Walsworth Road Baptist Church Hall Weekly 1.30pm - 2.30pm Free drop in Not running 6 th , 13 th April	SEND Drop-in Chestnut Tree FC 7th April, 5th May, 9th June, 7th July 10am – 11.30am Booking via Eventbrite	Baby Group Norton Methodist Church Weekly 10am - 11.30am Free drop in Not running 3 rd June	
Welly Walk Norton Common Weekly (from 25th April) 10.30am - 11.30am Booking via Eventbrite Not running 2 nd May	Parent Café Oughton FC 26th April, 31st May, 28th June, 26th July 1.30pm - 3pm Free drop in	Parent Café Letchworth Garden City Church 10.30am-12 midday 27th April, 25th May, 29th June, 27th July Free drop in	Breastfeeding & Infant Feeding Support Group Oughton FC Weekly 10am - 11.30am Free drop in Not running 2 nd June		
Easter Craft & Messy Play Oughton F C 4th April 10.30am-12 midday Booking via Eventbrite 	Active Rhyme Time Oughton FC Weekly 1.30pm - 2.15pm Free drop in Not running 5 th , 12 th , 19 th April		Active Rhyme Time Coombes Community Hall Weekly 10am - 10.45am Free drop in Not running 7 th , 14 th April, 2 nd June		
Easter Egg Hunt & Outdoor Fun Weston Way Nursery School 11th April 10.30am-12 midday Booking via Eventbrite 			Physical Fun Coombes Hall Weekly 1.30pm – 2.30pm Free drop in Not running 7 th , 14 th April, 2 nd June		
			Easter Craft Coombes Community Hall 14th April 1.30pm - 2.30pm Booking via Eventbrite 		

Courses & Workshops for Parents – Summer 2022 (till 22nd July)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Preparing for Baby Coffee Afternoon Chestnut Tree FC 11th April & 13th June 3pm – 4.30pm Booking via Eventbrite	Preparing for Baby Norton Methodist Church 10th May 7pm - 9pm Booking via Eventbrite	Preparing for Baby The Oval Community centre 11 th May 7pm - 9pm Booking via Eventbrite		Introduction to Solids Foods Oughton FC 6th May, 27th May, 24th June, 15th July 10.30am – 11.30am Booking via Eventbrite	Preparing for Baby Norton Methodist Church 14th May 9.30am - 11.30am Booking via Eventbrite
First Aid Oughton FC 16th May, 13th June, 27th June 9.30am - 11.30am Booking via Eventbrite	Preparing for Baby Venue TBC 5 th July TBC Booking via Eventbrite	Preparing for Baby Venue TBC 8 th June, 6 th July TBC Booking via Eventbrite		Introduction to Solids Foods Icknield FC 29th April, 20th May, 17th June, 8th July 10.30am – 11.30am Booking via Eventbrite	Preparing for Baby Venue TBC 11 th June, 9 th July TBC Booking via Eventbrite
Recruitment and Advice Oughton FC 9 th May 3pm-6pm Free drop in	Preparing for Baby Coffee Afternoon Oughton FC 17th May 3pm – 4.30pm Booking via Eventbrite			Introduction to Solids Foods Royston FC 13th May, 10th June, 1st July, 22nd July 10.30am – 11.30am Booking via Eventbrite	
	Introduction to Solids Foods Q&A Live on Facebook 26 th April, 31 st May, 28 th June, 26 th July 1.30pm - 2.30pm No booking necessary				

To book Preparing for Baby - <https://www.eventbrite.co.uk/o/preparing-for-baby-20041788297>

Session Descriptions – North Herts District

Active Rhyme Time

Fun, active rhymes and songs for your baby & toddler. A great way to meet other families and develop your child's growing communication and physical skills.

**** The activities and content of the sessions are planned for children aged 6-18 months ****

Baby Group

An opportunity to meet other families with young babies in a supportive, stimulating and friendly environment. During the session you can play and discover more about your baby's development and support your wellbeing.

**** The activities and content of the sessions are planned for children aged 0-6 months ****

Breastfeeding and Infant Feeding Group These sessions will allow parents to ask questions, seek support and to meet other families in a relaxed friendly environment.. For Specialist Breastfeeding Support please call 0300 123 7572, select your area, then choose option 1 to talk to a Health Visitor.

Families Feeling Safe

This 5 week course is to support a family's emotional wellbeing. To enable mothers, fathers & carers to improve relationships and communication; build on strengths and support networks; develop problem solving skills to help them feel safe; express feelings in a responsible way and improve emotional wellbeing . *Speak to the team.*

Family Toolkit

For families with children aged 2 to 5 years old. A great course to learn some new ideas about how to manage children's behaviour and get the best out of family life. *Speak to the team.*

First Aid - £25

This 2 hour face to face session will provide parents-to-be, parents and carers with important First Aid information and advice on such topics as baby/child resuscitation, treating head injuries, choking and burns. *Book via Eventbrite.*

Introduction to Solid Foods

NHS guidelines recommend introducing solid foods to your baby around 6 months. Join us when your baby is 4-6 months so you can know the signs that show your baby is ready for food and get information in line with NHS guidelines.

Parent Café

Meet other families. Find out what is on offer in the Family Centres and locally for you and your family. No Booking required.

Parenting Puzzle

For parents/carers of children aged 3 to 8 years to understand how emotions can influence actions and offer practical ways of guiding children so they learn to manage their feelings and control their behaviour. *Speak to the team.*

Preparing for Baby

Delivered by Midwives, Health Visitors and Family Support Staff. All you need to prepare you for labour and parenthood. This course is for women who are between 25 – 34 weeks pregnant. *Book via Eventbrite.*

Preparing for Baby Coffee Morning

An opportunity for you to meet other families going through this new and exciting experience. This will help you to start to build your social network and give you the chance to speak to a friendly member of the Family Support team. Join us with a partner or a friend. *Book via Eventbrite.*

Physical Fun

A fun, active session where you can meet other local families and enjoy lots of fun games & play opportunities to support your child with their physical development.

**** The activities and content of the sessions are planned for children aged 18 months+ ****

Recruitment and Advice

Are you looking for work? Would you like to work with us to supporting children and families! Are you thinking about Volunteering? Drop-in to one of our recruitment advice session to find out

Self Weigh

An opportunity to check your baby's weight as well as talk to staff from the Family Support Service on a variety of health promotions and parenting support topics. *Book via Eventbrite.*

Special Educational Needs & Disabilities Drop In

These sessions provide an opportunity to discuss any concerns or issues you may have, an opportunity to meet families within your local area and provide a friendly ear. We will share information on support groups and courses and keep you up to date with key information.

Welly Walk

Join us on a fun welly walk, through the park and the woods. Develop your child's knowledge of the outside world and enjoy outdoor activities with friends.

Please wear appropriate clothing for the weather to keep warm and dry.

IMPORTANT INFORMATION –

We have a maximum number of spaces in the sessions that are on a first come first served basis. Please arrive promptly to minimise disappointment. The number of spaces available are based on the size of the venue, health and safety guidance and Covid risk assessments for the buildings. Parents and carers are responsible for supervising their children throughout the sessions.

To keep us all safe, please do not attend centres or sessions if you are feeling unwell. We will continue to maintain high standards of cleaning and ensure good ventilation within our centres. Hand sanitiser will also be available. Please continue to be respectful of people's personal space. Staff and families may wish to use a face mask within the centre.

For NHS appointments please be aware a mask must be worn

LOCATION ADDRESS

Chestnut Tree Family Centre, Garden City Academy Site, Radburn Way, Letchworth Garden City, SG6 2JZ

Coombes Hall Coombes Community Centre, Burns Road, Royston, SG8 5PT

Icknield Family Centre, Archers Way, Letchworth Garden City, SG6 4UN

Letchworth Garden City Church, Letchworth Garden City, SG6

Norton Methodist Church, 9 North Avenue, Letchworth Garden City, SG6 1DH

Oughton Family Centre, Oughton Primary & Nursery School Site, Mattocke Road, Hitchin, SG5 2NZ

Royston Family Centre, Burns Road Royston, SG8 5EQ

Walsworth Road Baptist Church Hall, Walsworth Road, Hitchin, SG4 9SP

Weston Way Nursery School, Weston Way, Baldock, SG7 6HD

BOOKING VIA EVENTBRITE

For all Session expect Preparing for Baby - <https://barnardos-north-herts.eventbrite.co.uk>

Preparing for baby link - <https://www.eventbrite.co.uk/o/preparing-for-baby-20041788297>