



# What's on for Families Stevenage– Summer 2022 (till 22<sup>nd</sup> July)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Baby Group</b> St Nicholas & Martin's Wood FC Weekly 10.45am – 12.15pm Free drop in Not running 18 <sup>th</sup> & 25 <sup>th</sup> April, 2 <sup>nd</sup> May	<b>Active Rhyme Time</b> Bedwell FC Weekly 9.30am - 10.15am Free drop in Not running 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> April	<b>Self-Weigh Station</b> Broadwater FC Weekly 9am - 12.pm <a href="#">Booking via Eventbrite</a>	<b>Self-Weigh Station</b> Bedwell FC Weekly 9am - 12pm <a href="#">Booking via Eventbrite</a> Not running 2 <sup>nd</sup> June	<b>Self-Weigh Station</b> Shephall FC Weekly 9am - 12noon <a href="#">Booking via Eventbrite</a> Not running 3 <sup>rd</sup> June	
<b>SEND Drop-in</b> Bedwell FC 25 <sup>th</sup> April, 16 <sup>th</sup> May, 20 <sup>th</sup> June, 18 <sup>th</sup> July 10am – 11.30am <a href="#">Booking via Eventbrite</a>	<b>Baby Group</b> Bedwell FC Weekly 11am – 12.30pm Free drop in Not running 19 <sup>th</sup> April	<b>Active Rhyme Time</b> Broadwater FC Weekly 9.30am - 10.15am Free drop in Not running 6 <sup>th</sup> , 13 <sup>th</sup> April	<b>Physical Fun</b> St Nicholas & Martin's Wood FC Weekly 1.30pm - 2.30pm Free drop in Not running 7 <sup>th</sup> , 14 <sup>th</sup> April, 2 <sup>nd</sup> June	<b>Parent Café</b> The Oval Community Centre 8 <sup>th</sup> April, 13 <sup>th</sup> May, 10 <sup>th</sup> June, 8 <sup>th</sup> July 10.30am - 12pm Free drop in	
<b>Baby Group</b> Broadwater FC Weekly 1pm – 2.30pm Free drop in Not running 18 <sup>th</sup> April, 2 <sup>nd</sup> May		<b>Welly Walk</b> Fairlands Valley Park Weekly 10.30am - 11.30am <a href="#">Booking via Eventbrite</a> Not running 6 <sup>th</sup> , 13 <sup>th</sup> April			
<b>Breastfeeding &amp; Infant Feeding</b> Broadwater FC 10-11.30am 4 <sup>th</sup> & 11 <sup>th</sup> April (changing to Wed 27 <sup>th</sup> April) Free drop in		<b>Breastfeeding &amp; Infant Feeding</b> Broadwater FC 11am – 12pm Weekly (from 27 <sup>th</sup> April) Free drop in			
		<b>Easter Family Fun Picnic &amp; Games</b> Martins Wood Primary School, Wednesday 6 <sup>th</sup> April 1-2:30pm <a href="#">Booking via Eventbrite</a> 			
		<b>Easter Event- Outside Messy Play, Easter Egg Hunt</b> Broadwater FC Wednesday 13 <sup>th</sup> April 1-2:30pm <a href="#">Booking via Eventbrite</a> 			

# Courses & Workshops for Parents – Summer 2022 (till 22<sup>nd</sup> July)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Preparing for Baby</b> Norton Methodist Church 10th May 7pm - 9pm <a href="#">Booking via Eventbrite</a>	<b>Preparing for Baby</b> The Oval Community centre 11 <sup>th</sup> May 7pm - 9pm <a href="#">Booking via Eventbrite</a>	<b>Introduction to Solids Foods</b> Broadwater FC 12 <sup>th</sup> May 1-2pm <a href="#">Booking via Eventbrite</a>	<b>Introduction to Solids Foods</b> Bedwell FC 29 <sup>th</sup> April 1-2pm <a href="#">Booking via Eventbrite</a>	<b>Preparing for Baby</b> Norton Methodist Church 14th May 9.30am - 11.30am <a href="#">Booking via Eventbrite</a>
	<b>Preparing for Baby</b> Venue TBC 5 <sup>th</sup> July TBC <a href="#">Booking via Eventbrite</a>	<b>Preparing for Baby</b> Venue TBC 8 <sup>th</sup> June, 6 <sup>th</sup> July TBC <a href="#">Booking via Eventbrite</a>			<b>Preparing for Baby</b> Venue TBC 11 <sup>th</sup> June, 9 <sup>th</sup> July TBC <a href="#">Booking via Eventbrite</a>
	<b>Introduction to Solids Foods</b> St Nicholas & Martin's Wood FC 12 <sup>th</sup> April 1-2pm <a href="#">Booking via Eventbrite</a>	<b>Preparing for Baby Coffee Afternoon</b> Shephall FC 27 <sup>th</sup> April, 18 <sup>th</sup> May, 22 <sup>nd</sup> June, 20 <sup>th</sup> July 4-5pm <a href="#">Booking via Eventbrite</a>			<b>First Aid course</b> Bedwell FC 2 <sup>nd</sup> April 10-12pm <a href="#">Booking via Eventbrite</a>
	<b>Introduction to Solids Foods Q&amp;A Live on Facebook</b> 26 <sup>th</sup> April, 31 <sup>st</sup> May, 28 <sup>th</sup> June, 26 <sup>th</sup> July 1.30pm - 2.30pm No booking necessary	<b>Introduction to Solids Foods Virtual</b> 6 <sup>th</sup> April 10-11am <a href="#">Booking via Eventbrite</a>			
	<b>Recruitment and Advice</b> Shephall FC 12 <sup>th</sup> July 3pm-6pm Free drop in	<b>Introduction to Solids Foods, 6 months Plus Session</b> Shephall FC 25 <sup>th</sup> May 4-5pm <a href="#">Booking via Eventbrite</a>			
		<b>Introduction to Solids Foods</b> St Nicholas & Martin's Wood FC 8 <sup>th</sup> June 1-2pm <a href="#">Booking via Eventbrite</a>			

# Session Descriptions – Stevenage 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.

## Introduction to Solids Foods, 6 months Plus Session

Have you attended our Introduction to Solids course and would now like to attend a practical session?

Why not pop along to our Introduction to Solids, 6 Months Plus. Here you can feed your child with staff onsite to provide help and advise and network with other parents to share ideas

## 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/Afternoon

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**

www.hertsfamilycentres.org  
0300 123 7572

## Centre Address

Bedwell Family Centre, 2-3 Bedwell Park, Stevenage , SG1 1NB

Broadwater Family Centre, Longmeadow Primary School Site, Oaks Cross, Stevenage ,SG2 8LT

Martin's Wood Primary School, Mildmay Road, Stevenage, SG1 5RT

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

Shephall Family Centre, 5 The Hyde, Stevenage , SG2 9SD

St Nicholas & Marin's Wood Family Centre, The Oval Community Centre, Vardon Road, Stevenage, SG1 5RD

The Oval Community Centre, Vardon Road, Stevenage, SG1 5RD

## BOOKING VIA EVENTBRITE

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

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

