

# WHAT'S ON

## Broxbourne District



## Autumn Programme

# September - December 2019

Covering Borough of Broxbourne

Visit our website:  
[www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)  
0300 123 7572

Delivered by



On behalf of



# Welcome to your Family Centre...

Hertfordshire's Family Centre Service brings together children's centres, health visiting & school nursing to provide a more joined up service for children, young people & their families from pregnancy to aged 19.

Please note that some sessions and courses do not always feature in this programme, therefore please visit our website and Facebook page to see everything we have to offer.

We are now offering a loyalty card at our drop in sessions for registered families. These can be picked up at centres or at sessions. If you attend 5 sessions then your 6th will be free. Also, if you attend our Preparing for Baby course, you will be given a voucher for 3 of our sessions.

Parents, to ensure that all our children are protected and kept safe can we remind you that mobile phones need to be switched off during our sessions.



## Borough of Broxbourne

### How to book

To book please visit the Eventbrite account for your area:  
[broxbournefcs.eventbrite.co.uk](http://broxbournefcs.eventbrite.co.uk)

Please note that if you are booking 'Preparing for Baby' please go to [www.eventbrite.co.uk/o/hct-20041788297](http://www.eventbrite.co.uk/o/hct-20041788297) and select a convenient time and date.

You can view what's on in your area by visiting  
[www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

### Keep up to date

For regular updates on the Family Centre service please see our **Facebook pages**.

You can also sign up to receive our NEW family newsletters here:  
<http://eepurl.com/geF8t9>

### Specialist Breastfeeding Support

For Specialist Breastfeeding Support please call 0300 123 7572.- Select your area, then choose option 1 to talk to a Health Visitor. [NHS](http://www.nhs.uk)

### Register with us

This programme of activities is subsidised with local authority funding for Hertfordshire families registered with the Family Centre Service. Please ensure that you are registered prior to attending an event. If you are not already registered, for ease we would recommend you do so before your first event with us, otherwise registration will be required on the day. Simply scan the QR code below and follow the instructions or visit our website: [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)



### What's On...

#### 2 Year Group Reviews Speak to a team member

Run by local Health Visitors and Family Centre Staff. Parents will receive a letter from the Public Health Nursing team inviting them to book an appointment for their child's development check. [NHS](http://www.nhs.uk)

#### Active Rhyme Time 1-3 yrs

You and your child will have fun jumping, marching and joining in with the actions to your favourite rhymes. Supporting both your child's physical and language development.

#### Baby and Toddler Health Clinic 0-5 yrs

The Baby and Toddler Health Clinic is run by local Health Visitors and Family Centre staff. It is a chance for you to weigh your baby and get support on your family's health including breastfeeding. [NHS](http://www.nhs.uk)

#### Baby Massage 2-8 mths £25

Learn to massage your baby. Find out how it helps with their sleeping, digestion and colic. Get to know other families and ask for help and advice. 5 week course.

#### Baby Sing & Play 0-12 mths £1.50 per family

A fun, interactive session for babies with singing, actions and tummy time. An opportunity to discover more about your baby's development and to make new friends in a relaxed and friendly environment.

#### Breastfeeding Group Mum & Baby

An opportunity to meet other mums and get comfortable with breastfeeding out and about. Support available from trained Family Centre staff.

#### Crèche 0-5 yrs £3 per child

A chargeable service, available for parents attending a course.

#### Early Talk 18mths - 2.5yrs Speak to a team member

A five week course to develop strategies and ideas to promote your child's communication and language. Run in partnership with the speech and language team. [NHS](http://www.nhs.uk)

#### Family Fun 0-11 years £3

Fun sessions during the school holidays where you can play with your children and meet other local families and Family Centre staff. These sessions are mainly aimed at under-fives, however there are some activities to engage your older children if they would like to attend.

#### Family Toolkit Adults - Speak to a team member

Do you have a child aged 2 to 5 years old? This is a great course to learn some new ideas about how to manage your child's behaviour and get the best out of family life.

#### First Aid Adults Only £25

A 2 hour introduction to First Aid. This session will focus on baby and child resuscitation, treating head injuries, choking and burns. Parents to be are welcome. Led by an experienced First Aid Trainer.

#### Introduction to Solid Foods 4-6 mths

NHS guidelines recommend introducing solid foods to your baby around 6 months. Join us when your baby is 4-6 months old so you can prepare early, know the signs your baby is ready for food and get information in line with NHS guidelines as you prepare for this exciting next stage.

#### Introduction to Solid Foods - follow on 7-9 mths

How are things going for you and your baby? Come and join us for a session that provides further information and practical advice on introducing solid foods to your baby. We will look at different tastes and textures your baby will enjoy at this stage, share recipe ideas and answer questions.

#### Parenting Puzzle Speak to a team member

For Parents/Carers with children aged 3 - 11 years. This course will enable you to understand how emotions can influence actions and offers practical ways of guiding children so that they learn to manage their feelings and control their behaviour.

#### Preparing for Baby Mums to be

Delivered by Midwives, Health Visitors and Family Support Staff. All you need to prepare you for labour and parenthood. Book onto this course by around week 25 of your pregnancy to complete by week 35. To book please go to [www.eventbrite.co.uk/o/hct-20041788297](http://www.eventbrite.co.uk/o/hct-20041788297) and select a convenient time and date. [NHS](http://www.nhs.uk)

#### Rhyme Time 0-5 yrs £1.50 per family

Come and join us for a fun session with rhymes and music. You and your child will be encouraged to join in with singing and movement and can explore instruments and sensory materials. You will have the chance to make friends with other parents and carers.

#### Stay & Play 0-5 yrs £3 per family

A fun-filled session which brings together all of your children's favourite activities. This session is for you and your children to play together. Please dress your children in old clothes.

#### Welcome to the World Adults - Speak to a team member

This is for parents expecting a baby who are 22+ weeks into pregnancy. What does it mean to become a parent? Prepare for a new life with a baby. Meet other parents-to-be. You can come on your own or bring a friend or partner if you prefer.

## Monday

<b>Stay &amp; Play</b> The Ark Family Centre 09.30 - 11.00 Weekly	●
<b>Baby Massage</b> Arlesdene Family Centre 09.30 - 11.00 23rd Sept - 21st Oct	● ● ● ●
<b>Baby Massage</b> High Trees Family Centre 09.30 - 11.00 11th Nov - 9th Dec	● ● ● ●
<b>Intro to Solid Foods - follow on</b> Greenfield Family Centre 09.30 - 11.00 11th Nov	● ● ● ●
<b>Early Talk</b> Greenfield Family Centre 13.00 - 14.30 9th Sept - 14th Oct	● ● ● ●
<b>Stay &amp; Play - Under Ones</b> Rosedale Community Church 13.00 - 14.30 Weekly	● ● ● ●
<b>Introduction to Solid Foods</b> High Trees Family Centre 13.30 - 15.00 4th November	● ● ● ●
<b>Introduction to Solid Foods</b> Three Parks Family Centre 13.30 - 15.00 9th December	● ● ● ●

## Tuesday

<b>Baby &amp; Toddler Health Clinic</b> High Trees Family Centre 09.15 - 10.45 Weekly	● ● ● ● ● ● ● ●
<b>Introduction to Solid Foods</b> Arlesdene Family Centre 09.30 - 11.00 15th Oct	● ● ● ● ● ● ● ●
<b>Stay &amp; Play - Under Ones</b> Greenfield Family Centre 09.30 - 11.00 Weekly	● ● ● ● ● ● ● ●
<b>Stay &amp; Play</b> Greenfield Family Centre 09.30 - 11.00 Weekly	● ● ● ● ● ● ● ●
<b>Introduction to Solid Foods</b> Greenfield Family Centre 13.00 - 14.30 17th September	● ● ● ● ● ● ● ●
<b>Baby Massage</b> Three Parks Family Centre 13.00 - 14.30 24th Sept - 22nd Oct	● ● ● ● ● ● ● ●
<b>Rhyme Time</b> Isabella House 13.30 - 14.15 Weekly	● ● ● ● ● ● ● ●
<b>First Aid</b> High Trees Family Centre 13.30 - 15.30 10th Sept	● ● ● ● ● ● ● ●
<b>My Baby's Brain</b> Greenfield Family Centre 13.30 - 15.00 24th Sept - 22nd Oct	● ● ● ● ● ● ● ●
<b>My Baby's Brain</b> High Trees Family Centre 13.30 - 15.00 12th Nov - 10th Dec	● ● ● ● ● ● ● ●

## Wednesday

<b>Rhyme Time - Under Ones</b> Arlesdene Family Centre 09.15 - 10.00 Weekly	● ● ● ● ● ● ● ●
<b>Breastfeeding Group</b> Stanhope Clinic 09.30 - 11.00 Weekly	● ● ● ● ● ● ● ●
<b>Active Mini Movers</b> High Trees Family Centre 09.30 - 10.30 Weekly (not 23rd Oct)	● ● ● ● ● ● ● ●
<b>Stay &amp; Play</b> Arlesdene Family Centre 10.30 - 12.00 Weekly	● ● ● ● ● ● ● ●
<b>Baby &amp; Toddler Health Clinic</b> Hoddesdon Clinic 13.00 - 14.30 Weekly	● ● ● ● ● ● ● ●

## Thursday

<b>Baby &amp; Toddler Health Clinic</b> Stockwell Lodge Medical Centre 09.30 - 11.00 Weekly	● ● ● ● ● ● ● ●
<b>Intro to Solid Foods - follow on</b> High Trees Family Centre 13.00 - 14.30 19th Sept	● ● ● ● ● ● ● ●
<b>Breastfeeding Group</b> The Ark Family Centre 13.00 - 14.30 Weekly	● ● ● ● ● ● ● ●
<b>Stay &amp; Play</b> High Trees Family Centre 13.30 - 15.00 Weekly	● ● ● ● ● ● ● ●
<b>First Aid</b> High Trees Family Centre 18.30 - 20.30 12th Sept	● ● ● ● ● ● ● ●
<b>First Aid</b> High Trees Family Centre 18.30 - 20.30 28th Nov	● ● ● ● ● ● ● ●

## Friday

<b>Parenting Puzzle</b> High Trees Family Centre 09.15 - 11.15 27th Sept - 6th Dec (not 1st Nov)	● ● ● ● ● ● ● ●
<b>Baby &amp; Toddler Health Clinic</b> Stanhope Clinic 09.30 - 11.00 Weekly	● ● ● ● ● ● ● ●
<b>Active Mini Movers</b> Arlesdene Family Centre 09.30 - 10.30 Weekly	● ● ● ● ● ● ● ●
<b>First Aid</b> Greenfield Family Centre 12.30 - 14.30 22nd Nov	● ● ● ● ● ● ● ●
<b>Intro to Solid Foods - follow on</b> Arlesdene Family Centre 13.00 - 14.30 13th Dec	● ● ● ● ● ● ● ●
<b>Intro to Solid Foods - follow on</b> Greenfield Family Centre 13.00 - 14.30 11th Oct	● ● ● ● ● ● ● ●
<b>Breastfeeding Group</b> High Trees Family Centre 13.30 - 15.00 Weekly	● ● ● ● ● ● ● ●

## Saturday

<b>Baby Massage</b> Arlesdene Family Centre 10.00 - 11.30 7th Sept - 5th Oct	● ● ● ● ● ● ● ●
<b>Family Fun</b> Arlesdene Family Centre 10.00 - 11.30 23rd Nov	● ● ● ● ● ● ● ●
<b>Family Fun</b> Greenfield Family Centre 10.00 - 11.30 26th Oct	● ● ● ● ● ● ● ●
<b>Family Fun</b> The Ark Family Centre 10.00 - 11.30 28th Sept	● ● ● ● ● ● ● ●

### Key

- NHS delivered
- Breastfeeding support available from Breastfeeding Champions
- Bookable crèche available in this session
- Pregnancy (antenatal) and the first year
- Booking required
- Chargeable session
- Booked by Public Health Nursing

### Information

Please arrive 15 minutes before Baby and Toddler Health Clinic ends to ensure that your baby will be weighed.

Vitamins will be available from Baby and Toddler Health Clinics and at the hub.

Please note that we can support families with issues around domestic violence. Please ask a member of staff for more information.



# Broxbourne Hub



High Trees Family Centre  
HRC, Broxbourne Campus  
Turnford, Broxbourne, EN10 6AE



☎ 0300 123 7572\*

✉ [Broxbourne.FCSenquiries@oneymca.org](mailto:Broxbourne.FCSenquiries@oneymca.org)

[www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

Broxbourne Family Centre Service



## Where to find Services

Listed below are the locations of your local services. For more choice and to access all services countywide please visit [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

### High Trees Family Centre

HRC  
Broxbourne Campus  
Turnford  
Broxbourne  
EN10 6AE

### Three Parks Family Centre

c/o Rye Park Nursery School  
Centre  
Walton Road  
Hoddesdon  
EN11 0LN

### Stockwell Lodge

Medical Centre  
Rosedale Way  
Cheshunt  
EN7 6HL

### The Ark Family Centre

c/o St Catherine's  
Hoddesdon VC CE Primary  
Haslewood Avenue  
Hoddesdon  
EN11 8HT

### Rosedale Community Church

Andrews Lane  
Cheshunt  
EN7 6LB

### Hoddesdon Clinic

High Street  
Hoddesdon  
EN11 8BQ

### Greenfield Family Centre

c/o Greenfield Nursery  
School  
Hurst Drive  
Waltham Cross  
EN8 8DH

### Isabella House

Longcroft Drive  
Waltham Cross  
EN8 7PA

### Stanhope Clinic

Waltham Cross Health  
Centre  
Stanhope Road  
Waltham Cross  
EN8 7DJ

### Arlesdene Family Centre

c/o Arlesdene Nursery  
School  
Cheshunt  
EN8 9DW