

WHAT'S ON

Broxbourne District



Spring Programme

January - April 2020

Covering Borough of Broxbourne

Visit our website:

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

This term we will be inviting families to 'Explore and Discover' at your local Family Centre. We will be offering some fun & exciting sessions during the week beginning Mon 20th Jan.

More details will be on Facebook.

The Family Centre will also be offering courses on nutrition & healthy eating this term. Please speak to a member of staff for more information.

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

Please note that if you are booking 'Preparing for Baby' please go to 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

Keep up to date

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

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.

What's On...

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**

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



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**

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**

Baby Massage 6 weeks-crawling £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**

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 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.

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 and select a convenient time and date. **NHS**

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

Introduction to Solid Foods High Trees Family Centre 09.30 - 11.00 13th January	● ●
Active Mini Movers High Trees Family Centre 09.30 - 10.30 Weekly - term time only from 13th Jan	● ●
Stay & Play The Ark Family Centre 09.30 - 11.00 Weekly - term time only from 13th Jan	●
Family Fun The Ark Family Centre 09.30 - 11.00 17th Feb & 6th Apr	●
Stay & Play - Under Ones Rosedale Community Church 13.00 - 14.30 Weekly from 13th Jan	● ●
First Aid Greenfield Family Centre 13.00 - 15.00 13th Jan	● ● ●
Baby Massage High Trees Family Centre 13.00 - 14.30 13th Jan - 10th Feb	● ● ●
Baby Massage Three Parks Family Centre 13.00 - 14.30 2nd - 30th Mar	● ● ●

MONDAY 6TH JANUARY
Please note, all centres will be closed all day due to staff training.

Tuesday

Baby & Toddler Health Clinic High Trees Family Centre 09.15 - 10.45 Weekly	● ● ●
Stay & Play - Under Ones Greenfield Family Centre 09.30 - 11.00 Weekly	● ●
Stay & Play Greenfield Family Centre 09.30 - 11.00 Weekly - term time only	●
Family Fun Greenfield Family Centre 09.30 - 11.00 18th Feb and 7th & 14th April	●
Active Rhyme Time The Ark Family Centre 10.00 - 10.45 Weekly - term time only	●
SEND Coffee Afternoon High Trees Family Centre 13.00 - 14.30 14th Jan, 18th Feb & 17th Mar	
Introduction to Solid Foods The Ark Family Centre 13.00 - 14.30 11th Feb	● ●
Early Talk Arlesdene Family Centre 13.00 - 14.30 14th Jan - 11th Feb Please call to register your interest	●
Welcome to the World Arlesdene Family Centre 13.30 - 15.30 3rd Mar - 28th Apr	● ● ●
Active Rhyme Time High Trees Family Centre 14.00 - 14.45 Weekly - term time only	●
Preparing for Baby Stanhope Clinic 19.00 - 21.00 7th Jan, 4th Feb, 3rd Mar & 7th Apr	● ● ●

Wednesday

Baby Sing & Play Arlesdene Family Centre 09.30 - 10.30 Weekly	● ●
Early Talk Three Parks Family Centre 09.30 - 11.00 26th Feb - 1st Apr Please call to register your interest	●
Fun Dance High Trees Family Centre - 22nd Jan The Ark Family Centre - 5th Feb 09.30 - 10.30	● ●
Baby & Toddler Health Clinic Hoddesdon Clinic 13.00 - 14.30 Weekly	● ● ●
Introduction to Solid Foods Greenfield Family Centre 13.00 - 14.30 4th Mar	● ●
Preparing for Baby Stanhope Clinic 16.00 - 18.00 15th Jan, 19th Feb, 18th Mar & 15th Apr	● ● ●
First Aid High Trees Family Centre 18.00 - 20.00 22nd Jan & 25th Mar	● ●

Thursday

Baby & Toddler Health Clinic Stockwell Lodge Medical Centre 09.30 - 11.00 Weekly	● ● ●
Breastfeeding Group The Ark Family Centre 13.00 - 14.30 Weekly	● ●
Stay & Play Arlesdene Family Centre 13.30 - 15.00 Weekly - term time only	●
Family Fun Arlesdene Family Centre 13.30 - 15.00 20th Feb, 9th Apr & 16th Apr	●
Preparing for Baby Hoddesdon Health Clinic 19.00 - 21.00 9th Jan, 13th Feb, 12th Mar & 9th Apr	● ● ●

Friday

Baby & Toddler Health Clinic Stanhope Clinic 09.30 - 11.00 Weekly	● ● ●
Stay & Play High Trees Family Centre 09.30 - 11.00 Weekly - term time only	●
Family Fun High Trees Family Centre 09.30 - 11.00 21st Feb & 17th Apr	●
Active Mini Movers Arlesdene Family Centre 09.30 - 10.30 Weekly - term time only	● ●
Introduction to Solid Foods Arlesdene Family Centre 13.00 - 14.30 10th April	● ●
Family Toolkit Greenfield Family Centre 1pm - 2pm 28th Feb (for those using crèche) 12.30 - 14.30 6th - 27th March	● ●
Active Rhyme Time Three Parks Family Centre 14.15 - 15.00 Weekly - term time only	●
Baby Sing & Play High Trees Family Centre 14.00 - 15.00 Weekly	● ●

Saturday

Rhyme Time Arlesdene Family Centre 09.30 - 10.15 (age 0-12 months) 11th Jan, 22nd Feb & 14th Mar	● ●
Rhyme Time Arlesdene Family Centre 10.30 - 11.15 (age 12 months +) 11th Jan, 22nd Feb & 14th Mar	●
Family Fun The Ark Family Centre 10.00 - 11.30 25th Jan	●
Family Fun Greenfield Family Centre 10.00 - 11.30 29th Feb	●
Family Fun Arlesdene Family Centre 10.00 - 11.30 28th Mar	●
Baby Massage Arlesdene Family Centre 10.00 - 11.30 18th Jan - 15th Feb	● ● ●

Key

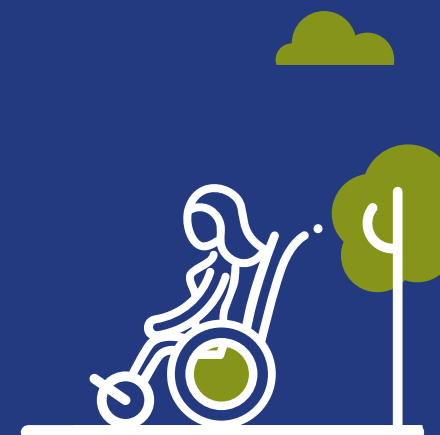
- NHS delivered
- Breastfeeding support available from Breastfeeding Champions
- Bookable crèche available in this session
- Pregnancy (antenatal) and the first year
- Booking required
- Chargeable session
- Booked by Public Health Nursing

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

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

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