



# WHAT'S ON

## Dacorum District



## Autumn Programme

### Sept - Dec 2019

Covering Berkhamsted, Chipperfield, Kings Langley  
Hemel Hempstead, Tring & surrounding areas

Visit our website:

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

0300 123 7572

Delivered by



On behalf of



# Welcome to your Family Centre...

**NEW Registration Competition**  
Have you registered with us? Register today and be entered into our monthly prize draw to win a £50 shopping voucher.

All you need to do is register (or re-register if you registered previously with the Children's Centre) your family details via our website [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org), or use the QR code below.

It's free to register with the Family Centre Service and registration is necessary to access our service. Also, look out on our Facebook page for local adult learning opportunities.

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.



Berkhamsted, Chipperfield, Kings Langley, Hemel Hempstead, Tring & surrounding areas



## How to book

To book please visit our Eventbrite account [dacorumfcs.eventbrite.com](http://dacorumfcs.eventbrite.com)  
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.

We also offer a loyalty card at our drop in sessions which is available at all centres. Attend 5 sessions and your 6th session is free.

## Keep up to date

For regular updates on the Family Centre service please see our Facebook page:  
**Dacorum Family Centre Service**

You can also sign up to receive our NEW family newsletters here:  
<http://bit.do/DacorumFCS>

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](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**

### 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 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 six 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**

### Families Feeling Safe Adults - Speak to a team member

A free 9 week course to enable parents and carers to recognise

and build on their own strengths in managing and understanding their children's behaviour, communicating with others, expressing feelings and making safe choices.

### Family Fun 0-8 years £3 per family

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**

### 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>Baby &amp; Toddler Health Clinic</b> St.George's Church Hall 10:00 - 11:30 Weekly	● ●
<b>Breastfeeding Group</b> St.George's Church Hall 10:00 - 11:30 Weekly	● ●
<b>Baby Sing &amp; Play</b> Orchard Family Centre 10:00 - 11:00 Weekly	● ●
<b>Introduction to Solid Foods</b> Little Hands & Little Feet Family Centre 10:00 - 11:30 11th Nov	● ●
<b>Little Learners (Invite Only)</b> Grovehill Community Centre 10:00 - 11:30 5 wk course: 23rd Sep - 21st Oct	●
<b>2 Year Group Reviews (Invite Only)</b> St.George's Church Hall 12:30 - 16:00	● ●
<b>2 Year Group Reviews (Invite Only)</b> Orchard Family Centre 12:30 - 16:00	● ●
<b>Stay &amp; Play</b> Bennetts End Community Centre 13:00 - 14:30 Weekly (not 28th Oct)	●
<b>Baby Sing &amp; Play</b> Adeyfield Community Centre 13:30 - 14:30 Weekly	● ●
<b>Introduction to Solids - follow on</b> Little Hands & Little Feet Family Centre 13:30 - 15:00 14th Oct	● ●
<b>Baby Massage</b> Little Hands & Little Feet Family Centre 13:30 - 15:00 5 wk course: 23rd Sep - 21st Oct	● ● ●

## Tuesday

<b>Baby &amp; Toddler Health Clinic</b> Orchard Family Centre 09:00 - 11:00 Weekly	● ●
<b>2 Year Group Reviews (Invite Only)</b> Little Hands & Little Feet Family Centre 09:00 - 12:30	● ●
<b>Baby &amp; Toddler Health Clinic</b> Cedar Tree Family Centre 09:30 - 11:00 Weekly	● ●
<b>Stay &amp; Play</b> Highfield Community Centre 09:30 - 11:00 Weekly (not 10th Sep)	●
<b>Stay &amp; Play</b> Chipperfield Village Hall 09:30 - 11:00 Weekly (not 10th Sep & 29th Oct)	●
<b>Family Fun</b> Highfield Community Centre 09:30 - 11:00 29th Oct	●
<b>Families Feeling Safe (ask staff)</b> The Heights Community Centre 09:30 - 11:30 8 wk course: 24th Sep - 19th Nov	● ●
<b>Common Childhood Illness Talk</b> Galley Hill Family Centre 10:00 - 11:30 24th Sep	● ●
<b>Introduction to Solids - follow on</b> Cedar Tree Family Centre 13:30 - 15:00 24th Sep	● ●
<b>Introduction to Solid Foods</b> Cedar Tree Family Centre 13:30 - 15:00 26th Nov	● ●
<b>Baby Sing &amp; Play</b> Little Hands & Little Feet Family Centre 13:30 - 14:30 Weekly (not 10th Sep)	●
<b>Baby Massage</b> Windmill Family Centre 14:00 - 15:30 5 wk course: 5th Nov - 3rd Dec	● ● ●
<b>Rhyme Time</b> Bovingdon Memorial Hall 14:00 - 15:00 2nd & 4th Tuesday of the month	●
<b>Baby &amp; Toddler Health Clinic</b> Bovingdon Memorial Hall 14:00 - 15:30 2nd & 4th Tuesday of the month	● ●
<b>Preparing for Baby</b> Little Hands & Little Feet Family Centre 16:00 - 18:00 3wk course: See link in description to book	● ● ●
<b>Pregnancy Club</b> Windmill Family Centre 19:00 - 21:00 4th Sep, 2nd Oct, 6th Nov, 4th Dec	● ● ●
<b>First Aid</b> Windmill Family Centre 19:00 - 21:00 20th Nov	● ●

## Wednesday

<b>2 Year Group Reviews (Invite Only)</b> Cedar Tree Family Centre 09:00 - 13:00	● ●
<b>Baby &amp; Toddler Health Clinic</b> Gossams End Clinic 09:30 - 12:00 Weekly	● ●
<b>Breastfeeding Group</b> Orchard Family Centre 09:30 - 12:30 Weekly	● ●
<b>Baby Sing &amp; Play</b> St Mary & St Joseph Parish Centre 10:00 - 11:00 Weekly (not 30th Oct)	● ●
<b>Stay &amp; Play</b> Nash Mills Village Hall 10:00 - 11:30 Weekly	●
<b>Baby &amp; Toddler Health Clinic</b> Our Lady Queen Of All Creation RC Church 10:00 - 11:30 Weekly	● ●
<b>Early Talk (ask staff)</b> Three Villages Family Centre 10:00 - 11:30 6 wk course: 18th Sep - 23rd Oct	● ●
<b>Early Talk (ask staff)</b> Grovehill Community Centre 10:00 - 11:30 6 wk course: 6th Nov - 11th Dec	● ●
<b>Family Fun</b> Nash Mills Village Hall 10:00 - 11:30 30th Oct	●
<b>Introduction to Solid Foods</b> St Mary & St Joseph Parish Centre 10:00 - 11:30 30th Oct	● ●
<b>Preparing For Baby</b> Adeyfield Community Centre 16:00 - 18:00 3wk course: See link in description to book	● ● ●
<b>Pregnancy Club</b> Windmill Family Centre 19:00 - 21:00 4th Sep, 2nd Oct, 6th Nov, 4th Dec	● ● ●
<b>First Aid</b> Windmill Family Centre 19:00 - 21:00 20th Nov	● ●

## Thursday

<b>Parenting Puzzle (ask staff)</b> Cedar Tree Family Centre 09:30 - 11:30 Course: 26th Sep - 5th Dec (not 31st Oct)	● ●
<b>Introduction To Solid Foods</b> Cedar Tree Family Centre 09:45 - 11:15 12th Sep	● ●
<b>Family Fun</b> Grovehill Community Centre 09:45 - 11:15 31st Oct	●
<b>Stay &amp; Play</b> Grovehill Community Centre 09:45 - 11:15 Weekly	●
<b>Baby &amp; Toddler Health Clinic</b> Three Villages Family Centre 10:00 - 11:30 Weekly	● ●
<b>Introduction to Solids - follow on</b> Orchard Family Centre 10:00 - 11:30 12th Dec	● ●
<b>Stay &amp; Play</b> Gadebridge Community Centre 13:15 - 14:45 Weekly (not the 31st Oct)	●
<b>Introduction to Solid Foods</b> Orchard Family Centre 13:30 - 15:00 10th Oct	● ●
<b>Baby &amp; Toddler Health Clinic</b> Bennetts End Surgery 14:00 - 15:30 Weekly	● ●
<b>Welcome to the World (ask staff)</b> Windmill Family Centre 19:00 - 21:00 8 wk course: 10th Oct - 28th Nov	●

## Friday

<b>2 Year Group Reviews (Invite Only)</b> Adeyfield Community Centre 09:00 - 12:30	● ●
<b>Baby Massage</b> Three Villages Family Centre 10:00 - 11:30 5 wk course: 6th Sep - 4th Oct	● ● ●
<b>Introduction to Solid Foods</b> Little Hands & Little Feet Family Centre 10:00 - 11:30 20th Sep	● ●
<b>Introduction to Solid Foods</b> Windmill Family Centre 10:00 - 11:30 4th Oct	● ●
<b>Little Learners (Invite Only)</b> Three Villages Family Centre 10:00 - 11:30 5 wk course: 8th Nov - 6th Dec	●
<b>Common Childhood Illness Talk</b> Windmill Family Centre 10:00 - 11:30 22nd Nov	● ●
<b>Introduction to Solids - follow on</b> Windmill Family Centre 10:00 - 11:30 29th Nov	● ●
<b>Active Rhyme Time</b> Berkhamsted Library 10:15 - 10:45 Weekly	●
<b>Baby &amp; Toddler Health Clinic</b> St Mary & St Joseph Parish Centre 13:30 - 15:00 Weekly	● ●
<b>Introduction to Solid Foods</b> Windmill Family Centre 13:30 - 15:00 6th Dec	● ●
<b>Baby Sing &amp; Play</b> Kings Langley Library 14:30 - 15:30 Weekly	● ●

## Saturday

<b>First Aid</b> Little Hands & Little Feet Family Centre 14:00 - 16:00 12th Oct	● ●
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### 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.



# Dacorum Hub



Windmill Family Centre  
Broadfield Primary School  
Broadfield Road  
Hemel Hempstead  
HP2 4DW

☎ 0300 123 7572

✉ [dacorum.fcsenquiries@inspireall.com](mailto:dacorum.fcsenquiries@inspireall.com)

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



Dacorum 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)

### Adeyfield Community Centre

The Queens Square,  
Adeyfield HP3 4EW

### Bennetts End

### Community Centre

Gatecroft, Hemel Hempstead  
HP3 9LZ

### Bennetts End Surgery

Gatecroft  
Hemel Hempstead, HP3 9LY

### Berkhamsted Library

185 High Street  
Berkhamsted, HP4 3HB

### Bovingdon Memorial Hall

72 High Street  
Bovingdon, HP3 0HJ

### Bovingdon Library

High Street  
Bovingdon, HP3 0HJ

### Cedar Tree Family Centre

The Community Centre  
Datchet Close  
Woodhall Farm, HP2 7JX

### Chipperfield Village Hall

The Common  
Chipperfield, WD4 9BS

### Gadebridge

Rossgate, Gadebridge  
HP1 3LG

Gossoms End Surgery  
Victory Road  
Berkhamsted, HP4 1DL

### Grove Hill

Community Centre  
1 Henry Wells Square,  
Aycliffe Drive, Grove Hill  
Hemel Hempstead, HP2 6BJ

### Hemel Hempstead

Methodist Church  
270 Northridge Way,  
HP1 2AU

### Highfield Community Centre

Fletcher Way, Bellgate  
Hemel Hempstead, HP2 5SB

### Kings Langley Library

The Nap  
Kings Langley, WD4 8ET

### Little Hands & Little Feet

Family Centre  
Douglas Gardens  
Berkhamsted, HP4 3PE

### Nash Mills Village Hall

Lower Road, Nash Mills  
Hemel Hempstead, HP3 8RT

### Orchard Family Centre

c/o Dundale Primary School  
Silk Mill Way, Tring,  
HP23 5DJ

### St Georges Church Hall

(on the corner of School row)  
106a Long Chaulden,  
HP1 2HX

### St Mary & St Joseph

Parish Centre  
186 St John's Road  
Boxmoor, HP1 1NR

### Three Villages Family Centre

Coniston Road, Kings  
Langley WD4 8DF

### Windmill Family Centre

c/o Broadfield Primary  
School, Broadfield Road  
Adeyfield, HP2 4DW