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

0300 123 7572
What’s On...

**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 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.

**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

**What’s On...**

- **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 guidelines](https://www.nhs.uk/)
  - **Baby Massage 0-8 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 nursery rhymes.
  - **Active Rhyme Time 1-3 yrs**
    - You and your child will have fun jumping, marching and joining in with the actions to your favourite nursery rhymes. Supporting both your child’s physical and language development.
  - **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.
  - **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.
  - **Family Toolkit Adults – Speak to a team member**
    - A course to provide further information and practical advice on introducing solid foods to your baby. £25.
  - **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 with your children and meet other local families and Family Centre staff.
  - **Family Toolkit Adults – Speak to a team member**
    - A course to provide further information and practical advice on introducing solid foods to your baby. £25.
  - **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. £25.
  - **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.**
    - **£25**
    - 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. £25.
  - **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 0-5 yrs £25**
    - A free 9 week course to help 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.

**How to book**

To book please visit our Eventbrite account dacorumfcs.eventbrite.com

Please note that if you are booking ‘Preparing for Baby’ please go to www.eventbrite.co.uk/ enter 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

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**To find out more about local sessions in your area, please visit our website:**

Hertfordshire Family Centre Services

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**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.
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

Hertfordshire Family Centre Services

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

0300 123 7572
dacorum.fcsenquiries@inspireall.com
hertsfamilycentres.org

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

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, HP3 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 Community Centre
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

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