

WHAT'S ON

Dacorum District



Spring Programme January - April 2020

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

Visit our website:

www.hertsfamilycentres.org

0300 123 7572

Delivered by



On behalf of



Welcome to your Family Centre...

Join us this January for a special session to 'Explore & Discover' what your local Family Centre has on offer for you and your family.

We also have more Parenting Courses running thanks to a National Lottery Grant, plus mental health workshops at various locations delivered by Herts Mind.

Interested in Volunteering? Exciting opportunities are available for families in all areas. Volunteers can expect to gain skills and experience that may lead to further training and paid employment.

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](https://www.eventbrite.com/dacorumfcs). 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.

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

For support and guidance with feeding your baby please speak to a member of staff

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



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](#)

About Me Adults - Speak to a team member

A five week course designed to increase and build emotional resilience and well-being.

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.

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.

The Family Centre also offers other courses on nutrition and healthy eating. Please ask a member of staff for more information.

Monday

Baby Sing & Play Orchard Family Centre 10:00 - 11:00 Weekly (not 13th Apr)	● ●
Baby & Toddler Health Clinic St. Georges Church Hall 10:00 - 11:30 Weekly (not 13th Apr)	● ●
Breastfeeding Group St. Georges Church Hall 10:00 - 11:30 Weekly (not 13th Apr)	● ●
Baby Massage Little Hands & Little Feet Family Centre 10:00 - 11:30 5 wk course: 13th Jan - 10th Feb	● ● ●
Introduction to Solid Foods Windmill Family Centre 10:00 - 11:30 2nd Mar	● ●
2 Year Group Reviews (invite only) St. Georges Church Hall 12:30 - 16:00	● ●
2 Year Group Reviews (invite only) Orchard Family Centre 12:30 - 16:00	● ●
Stay & Play Bennetts End Community Centre 13:00 - 14:30 Weekly (not 17th Feb, 6th, 13th Apr)	●
Baby Massage Orchard Family Centre 13:00 - 14:30 5 week course: 24th Feb - 23rd Mar	● ● ●
Family Fun Bennetts End Community Centre 13:00 - 14:30 17th Feb	●
Introduction to Solid Foods Orchard Family Centre 13:00 - 14:30 6th Apr	● ●
Baby Sing & Play St. Barnabas Church 13:30 - 14:30 Weekly (not 13th Apr)	● ●
First Aid Little Hands & Little Feet Family Centre 19:00 - 21:00 10th Feb	● ●

Tuesday

Baby & Toddler Health Clinic Orchard Family Centre 09:00 - 11:00 Weekly	● ●
2 Year Group Reviews (invite only) Little Hands & Little Feet Family Centre 09:30 - 12:30 Weekly	● ●
Baby & Toddler Health Clinic Cedar Tree Family Centre 09:30 - 11:00 Weekly	● ●
Parenting Puzzle (ask staff) Hemel Hempstead Library 09:30 - 11:30 10 wk course: 21st Jan - 31st Mar (not 18th Feb)	● ●
Stay & Play Highfield Community Centre 09:45 - 11:15 Weekly (not 21st Jan, 18th Feb 7th, 14th Apr)	●
Stay & Play Chipperfield Village Hall 09:45 - 11:15 Weekly (not 18th Feb, 7th, 14th Apr)	●
Explore & Discover your Family Centre Highfield Community Centre 09:45 - 11:45 21st Jan FREE	●
Family Fun Highfield Community Centre 09:45 - 11:15 18th Feb, 14th Apr	●
Family Fun Chipperfield Village Hall 09:45 - 11:15 7th Apr	●
Stay & Play Little Hands & Little Feet Family Centre 13:15 - 14:45 Weekly (not 18th Feb, 7th, 14th Apr)	●
Family Fun Little Hands & Little Feet Family Centre 13:15 - 14:45 18th Feb, 14th Apr	●
Baby & Toddler Health Clinic Bovingdon Memorial Hall 14:00 - 15:30 Weekly	● ●
Preparing for Baby Little Hands & Little Feet Family Centre 18:00 - 20:00 3 wk course: See link in description to book	● ● ●

Wednesday

2 Year Group Reviews (invite only) Cedar Tree Family Centre 09:00 - 13:00 Weekly	● ●
Baby & Toddler Health Clinic Gossams End Clinic 09:30 - 12:00 Weekly	● ●
Early Talk (ask staff) Three Villages Family Centre 09:30 - 11:00 6 wk course: 24th Feb - 1st Apr	● ●
Baby Sing & Play St Mary & St Joseph Parish Centre 10:00 - 11:00 Weekly (not 22nd Jan)	● ●
Stay & Play Nash Mills Village Hall 10:00 - 11:30 Weekly (not 22nd Jan, 19th Feb, 8th, 15th Apr)	●
Baby & Toddler Health Clinic Our Lady Queen of All Creation RC Church 10:00 - 11:30 Weekly	● ●
Family Fun Nash Mills Village Hall 10:00 - 11:30 8th Apr	●
Common Childhood Illness Talk Windmill Family Centre 10:00 - 11:30 25th Mar	● ●
Baby Massage Cedar Tree Family Centre 14:00 - 15:30 5 wk course: 18th Mar - 15th Apr	● ● ●
Preparing for Baby Adeyfield Community Centre 16:00 - 18:00 3 wk course: See link in description to book	● ● ●

Thursday

Early Talk (ask staff) Grovehill Community Centre 09:30 - 11:00 6 wk course: 9th Jan - 13th Feb	●
Families Feeling Safe (ask staff) Cedar Tree Family Centre 09:30 - 11:30 8 wk course: 30th Jan - 26th Mar (not 20th Feb)	● ●
Stay & Play Grovehill Community Centre 09:45 - 11:15 Weekly (not 20th Feb, 9th, 16th Apr)	●
Family Fun Grovehill Community Centre 09:45 - 11:15 9th Apr	●
Baby & Toddler Health Clinic Three Villages Family Centre 10:00 - 12:00 Weekly	● ●
Introduction to Solid Foods Little Hands & Little Feet Family Centre 10:00 - 11:30 9th Jan	● ●
Common Childhood Illness Talk Cedar Tree Family Centre 10:00 - 11:30 16th Jan	● ●
Introduction to Solid Foods Cedar Tree Family Centre 10:00 - 11:30 9th Apr	● ●
Stay & Play Gadebridge Community Centre 13:15 - 14:45 Weekly (not 20th Feb, 9th, 16th Apr)	●
Family Fun Gadebridge Community Centre 13:15 - 14:45 20th Feb, 16th Apr	●
Baby & Toddler Health Clinic Bennetts End Surgery 14:00 - 15:30 Weekly	● ●
Family Toolkit (ask staff) Little Hands & Little Feet Family Centre 19:00 - 21:00 4 wk course: 27th Feb - 19th Mar	●

Friday

2 Year Group Reviews (invite only) Adeyfield Community Centre 09:00 - 12:30 Weekly (not 10th Apr)	● ●
Active Rhyme Time Berkhamsted Library 09:45 - 10:15 and 10:45 - 11:15 Weekly (not 10th Apr)	●
Introduction to Solid Foods Windmill Family Centre 10:00 - 11:30 31st Jan	● ●
Welcome to the World (ask staff) Windmill Family Centre 10:00 - 12:00 8 wk course: 14th Feb - 3rd Apr	●
Introduction to Solid Foods Three Villages Family Centre 10:00 - 11:30 17th Apr	● ●
Baby & Toddler Health Clinic St Mary & St Joseph Parish Centre 13:30 - 15:00 Weekly (not 10th Apr)	● ●
Baby Sing & Play Kings Langley Library 14:30 - 15:30 Weekly (not 10th Apr)	●

Saturday

Preparing for Baby Broadfield School 09:30 - 11:30 3 wk course: See link in description to book	● ● ●
First Aid Three Villages Family Centre 10:00 - 12:00 25th Jan	● ●
First Aid Windmill Family Centre 10:00 - 12:00 14th Mar	● ●

Key

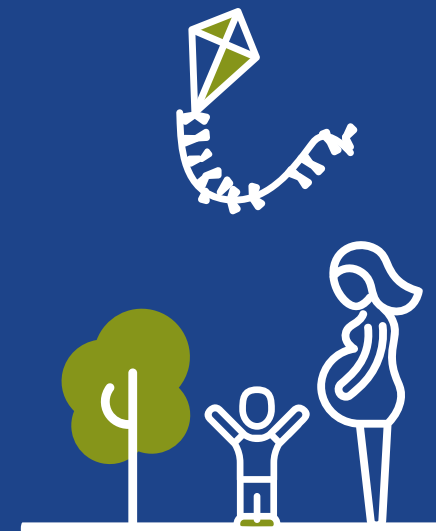
- NHS delivered
- Breastfeeding support available from Breastfeeding Champions
- Bookable crèche available in this session
- Pregnancy (antenatal) and the first year
- Booking required
- Chargeable session
- Booked by Public Health Nursing

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.

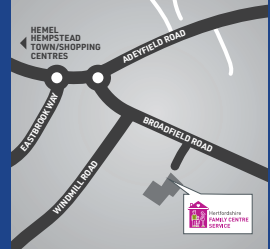
Please note that we can support families with issues around domestic violence. Please ask a member of staff for more information.



Dacorum Hub



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



☎ 0300 123 7572

✉ dacorum.fcsenquiries@inspireall.com

🌐 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

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

Broadfield School

Windmill Road
Hemel Hempstead, HP2 4BX

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

Library

The Forum,
Marlowes, Hemel

Hempstead

HP1DN

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

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

Our Lady Queen of all

Creation RC Church

The Presbytery, Rant
Meadow
Hemel Hempstead, HP3 8PG

St Barnabas Church

Queen Square,
Hemel Hempstead, HP1 1DN

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