

# WHAT'S ON

## East Herts District



## Autumn Programme

# September - December 2019

Covering Hertford, Bishops Stortford, Ware,  
Buntingford & surrounding villages

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.



Hertford, Bishops Stortford, Ware, Buntingford & surrounding villages



## How to book

To book please visit the Eventbrite account for your area: [easthertsfcfs.eventbrite.co.uk](http://easthertsfcfs.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/geGd51>

## 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 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 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>Midwife Clinic</b> Buttercups Family Centre 09.00 - 13.00 Weekly	● ● ●
<b>Stay &amp; Play</b> Hertford Selections Family Centre 09.15 - 10.45 Weekly	●
<b>Jump n Jiggle Rhyme Time</b> Ash Valley Family Centre 09.30 - 10.30 Weekly	●
<b>Baby Sing &amp; Play</b> Beane Valley Family Centre 10.00 - 11.00 Weekly	● ●
<b>Baby Sing &amp; Play</b> 2b The Square 10.00 - 11.00 Weekly - term time only	● ●
<b>Jump n Jiggle Rhyme Time</b> Buntingford Library 10.15 - 11.15 Weekly	●
<b>Rhyme Time</b> Hertford Selections Family Centre 13.15 - 14.15 Weekly - term time only	●
<b>Bookstart in the Library</b> Bishop's Stortford Library 13.30 - 14.30 1st Monday of the month	
<b>Stay &amp; Play</b> Jenyns First School 13.30 - 15.00 Weekly - term time only	●
<b>Baby &amp; Toddler Health Clinic</b> Thorley Community Centre 13.45 - 15.15 Weekly	● ● ●

## Tuesday

<b>Family Toolkit</b> Little Squirrels Family Centre 09.30 - 11.30 1st - 22nd Oct	●
<b>Childminder Group</b> Silver Birches Family Centre 09.30 - 11.00 Weekly - term time only	●
<b>Postnatal Pilates</b> Beane Valley Family Centre 10.00 - 10.45 10th Sept - 15th Oct & 5th Nov - 10th Dec	● ●
<b>Early Talk</b> Ash Valley 05/11 - 10/12 09.45 - 11.15 Buttercups 17/09 - 22/10 13.15 - 14.45	●
<b>Baby Massage</b> Little Squirrels Family Centre 10.00 - 11.30 5th Nov - 3rd Dec	● ● ●
<b>Introduction to Solid Foods</b> Little Squirrels Family Centre 10.00 - 11.30 10th Sept	● ●
<b>Intro to Solid Foods - follow on</b> Little Squirrels Family Centre 10.00 - 11.30 10th Dec	● ●
<b>Baby &amp; Toddler Health Clinic</b> Hertford County Hospital 10.00 - 11.45 Weekly	● ● ●
<b>Baby &amp; Toddler Health Clinic</b> Standon & Puckeridge Surgery 11.00 - 12.30 1st & 3rd Tuesday of the month	● ● ●
<b>Breastfeeding Group</b> Silver Birches Family Centre 12.00 - 14.00 Weekly	● ●
<b>Baby Massage</b> Hertford Selections 10/09 - 08/10 Beane Valley 05/11 - 10/12 (not 26/11) 13.30 - 15.00	● ● ●
<b>Baby Sing &amp; Play</b> Ash Valley Family Centre 13.30 - 14.30 Weekly	● ●
<b>Baby &amp; Toddler Health Clinic</b> Buntingford Medical Centre 13.30 - 14.45 Weekly	● ●
<b>Rhyme Time in the Villages</b> St Mary's Church, Westmill 13.30 - 14.30 1st Tuesday of the month	●
<b>Introduction to Solid Foods</b> Beane Valley Family Centre 13.30 - 15.00 15th Oct	● ●
<b>Intro to Solid Foods - follow on</b> Beane Valley Family Centre 13.30 - 15.00 17th Dec	● ●

## Wednesday

<b>Midwife Clinic</b> Little Squirrels Family Centre 8.45 - 13.00 Weekly	● ● ● ●
<b>Stay &amp; Play</b> Hormead First School 9.00 - 10.30 Weekly - term time only	●
<b>Baby &amp; Toddler Health Clinic</b> The Charis Centre 9.30 - 11.00 Weekly	● ● ●
<b>Midwife Antenatal Drop-in</b> Hertford Selections Family Centre 9.30 - 11.00 Weekly	● ●
<b>Stay &amp; Play</b> Beane Valley Family Centre 9.30 - 11.00 Weekly	●
<b>Rhyme Time</b> Ash Valley Family Centre 10.00 - 11.00 Weekly - term time only	●
<b>Baby Sing &amp; Play</b> Bramble Hill Family Centre 10.00 - 11.00 Weekly (from 16th Oct)	● ●
<b>Baby Massage</b> Bramble Hill Family Centre 10.00 - 11.30 4th Sept - 2nd Oct	● ● ●
<b>Introduction to Solid Foods</b> Silver Birches Family Centre - 4th Sept Bramble Hill Family Centre - 9th Oct 10.00 - 11.30	● ●
<b>Intro to Solids Foods - follow on</b> Silver Birches Family Centre 10.00 - 11.30 9th Oct	● ●
<b>Midwife Postnatal Clinic</b> Hertford Selections Family Centre 11.30 - 14.00 Weekly	● ● ●
<b>Baby &amp; Toddler Clinic</b> Beane Valley Family Centre 13.30 - 15.00 Weekly	● ● ●
<b>Midwife Clinic</b> Bramble Hill Family Centre 14.00 - 16.00 Weekly	● ● ●
<b>Breastfeeding Group</b> Little Squirrels Family Centre 14.00 - 16.00 Weekly	● ●
<b>Preparing for Baby</b> Ash Valley Family Centre 18.30 - 20.30 2nd, 3rd, 4th Wed (Dec - 1st, 2nd, 3rd Wed)	● ● ●

## Thursday

<b>Childminder Group</b> Hertford Selections Family Centre 9.00 - 11.30 Weekly - term time only	●
<b>Rhyme Time</b> Beane Valley Family Centre 9.30 - 10.30 Weekly - term time only	●
<b>Family Law Advice Clinic</b> Bramble Hill Family Centre 9.30 - 12.00 4th Thursday of the month (19th Dec)	●
<b>Family Law Advice Clinic</b> Sawbridgeworth Library 9.30 - 12.00 2nd Thursday of the month	●
<b>Baby &amp; Toddler Health Clinic</b> Bowling Road Health Centre 10.00 - 12.00 Weekly	● ● ●
<b>Moo Music</b> Silver Birches Family Centre 10.00 - 10.40 12/09 - 24/10 11.00 - 11.40 07/11 - 19/12	● ●
<b>Breastfeeding Group</b> Sawbridgeworth Girl Guide Hut 11.00 - 12.00 Weekly	● ●
<b>Breastfeeding Group</b> Hertford Selections Family Centre 13.00 - 15.00 Weekly	● ●
<b>Baby &amp; Toddler Health Clinic</b> Ash Meadow Health Clinic 13.30 - 14.30 1st & 3rd Thursday of the month	● ● ●
<b>Preparing for Baby</b> Hertford Selections Family Centre 18.30 - 20.30 1st, 2nd & 3rd Thursday of the month	● ● ●

## Friday

<b>Baby &amp; Toddler Health Clinic</b> Sawbridgeworth Health Clinic 9.00 - 11.00 Weekly	● ● ●
<b>Stay &amp; Play</b> Silver Birches Family Centre 9.15 - 10.45 Weekly	●
<b>Rhyme Time</b> Seth Ward Community Centre 10.00 - 11.00 Weekly - term time only	●
<b>Stay &amp; Play</b> Little Squirrels Family Centre 10.00 - 11.30 Weekly	●
<b>Baby Sing &amp; Play</b> Hertford Selections Family Centre 10.00 - 11.00 Weekly	●
<b>Introduction to Solid Foods</b> Hertford Selections Family Centre 11.30 - 13.00 13th Sept & 8th Nov	● ●
<b>Intro to Solid Foods - follow on</b> Hertford Selections Family Centre 11.30 - 13.00 11th Oct & 13th Dec	● ●
<b>Baby &amp; Toddler Health Clinic</b> Bowling Road Health Centre 12.30 - 14.30 Weekly	● ● ●

## Saturday

<b>Family Stay &amp; Play</b> Beane Valley Family Centre 10.00 - 11.30 1st Saturday of the month	●
<b>Family Stay &amp; Play</b> Selections Family Centre 10.00 - 11.30 Last Saturday of the month	●
<b>Baby Massage</b> Ash Valley Family Centre 10.00 - 11.30 7th Sept - 5th Oct	● ● ●
<b>Preparing for Baby</b> Little Squirrels Family Centre 09.00 - 16.00 1st Saturday of the month	● ● ●
<b>Preparing for Baby</b> Bramble Hill Family Centre 09.00 - 16.00 (21st Sept) Seth Ward Community Centre 09.00 - 11.00 (9th, 16th & 23rd Nov)	● ● ● ●

### 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.



# East Herts Hub



Beane Valley Family Centre  
Clappers Lane  
Watton at Stone  
SG14 3QA



☎ 0300 123 7572\*

✉ [Eastherts.FCSenquiries@honeymca.org](mailto:Eastherts.FCSenquiries@honeymca.org)

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

East Herts 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)

### Ash Meadow Health Centre

Much Hadham, SG10 6DE

### Ash Valley Family Centre

The Mobile, Larkspur Academy,  
Tower Road, Ware, SG12 7LP

### Beane Valley Family Centre

Clappers Lane  
Watton at Stone, SG14 3QA

### Birchanger Woods

Woodlands, Parsonage Lane,  
Bishop's Stortford, CM23 5BT

### Bishop's Stortford Library

The Causeway, Bishop's Stortford  
CM23 2EJ

### Bowling Road Health Centre

15 Bowling Road, Ware  
SG12 7ES

### Bramble Hill Family Centre

Mill Close, Buntingford  
SG9 9SZ

### Buntingford Medical Centre

White Hart Close, Buntingford,  
SG9 9DQ

### Buttercups Family Centre

Summernote Primary School  
Plaw Hatch Close, Bishop's  
Stortford, CM23 5BJ

### Hertford County Hospital

North Road, Hertford, SG14 1LP

### Hertford Selections Family Centre

The Sele School, Welwyn Road  
Hertford, SG14 2DG

### Hormead First School

Great Hormead, SG9 0NR

### Jenyns First & Nursery School

Uplands, Braughing, SG11 2QJ

### Little Squirrels Family Centre

Windhill, Bishop's Stortford  
CM23 2NL

### Sacred Heart of Jesus & Saint Joseph RC Church Hall

1 King Edward's Road, Ware, SG12  
7EJ

### Sawbridgeworth Girl Guide Hut

Bell Street, Sawbridgeworth,  
CM21 9AQ

### Sawbridgeworth Health Clinic

2B The Square  
Sawbridgeworth, CM21 9AE

### Seth Ward Community Centre

Luynes Rise, Buntingford  
SG9 9SG

### Silver Birches Family Centre

St Catherine's C of E Primary  
School, Park Road, Ware  
SG12 0AW

### Standon & Puckeridge Surgery

Station Road, Puckeridge  
SG11 1TF

### St Mary's The Virgin Church

Flint Cottages, Westmill, SG9 9LN

### The Charis Centre

Water Lane, Bishop's Stortford,  
CM23 2JZ

### Thorley Community Centre

Friedberg Avenue, Bishop's  
Stortford, CM23 4RF

### Wareside C of E Primary School

Reeves Green, Wareside  
SG12 7QR