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
0300 123 7572
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.

First Aid

- 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.

Register with us

This programme of activities is subsidised with local authority funding for Hertfordshire families registered with the Family Centre Service. Please ensure 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 GroupReviews  
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

- 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 tummly 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.

Craèche

0-5 yrs  
£3 per child

- A chargeable service, available for parents attending a course.

Early Talk

18 mths - 2.5 yrs  
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.

Preparation 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 end of week 25 of your pregnancy to complete by week 35.

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.
<table>
<thead>
<tr>
<th>Day</th>
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| Monday   | **Midwife Clinic**
|          | Buttercups Family Centre 09:00 - 11:00 Weekly                        |
|          | **Stay & Play**
|          | Hartford Selections Family Centre 09:15 - 10:45 Weekly               |
|          | **Jump n Jiggle Rhyme Time**
|          | Ash Valley Family Centre 09:30 - 10:30 Weekly                       |
|          | **Baby Sing & Play**
|          | Beane Valley Family Centre 10:00 - 11:00 Weekly                      |
|          | **Baby Sing & Play**
|          | 2s The Square 10:00 - 11:00 Weekly - term time only                  |
|          | **Rhyme Time**
|          | Buntingford Library 10:15 - 11:15 Weekly                            |
|          | **Family Time**
|          | Little Sprinkles Family Centre 10:30 - 11:30 Weekly                  |
|          | **Stay & Play**
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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

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
Summercroft 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
Lynes 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