

WHAT'S ON

East Herts District



Spring Programme

January - April 2020

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

Visit our website:

www.hertsfamilycentres.org

0300 123 7572

Delivered by

YMCA

NHS
Hertfordshire Community
NHS Trust

On behalf of


Hertfordshire

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.

This term we will be inviting families to 'Explore and Discover' at your local Family Centre. We will be offering some fun & exciting sessions during the week beginning Mon 20th Jan.

More details will be on Facebook.

The Family Centre will also be offering courses on nutrition & healthy eating this term. Please speak to a member of staff for more information.

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

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.

You can view what's on in your area by visiting www.hertsfamilycentres.org

Keep up to date

For regular updates on the Family Centre service please see our **Facebook pages**.

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.

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**

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 6 weeks-crawling £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 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.

Monday

Stay & Play Hertford Selections Family Centre 09.15 - 10.45 Weekly (5-11s welcome in school holidays)	●
Jump n Jiggle Rhyme Time Ash Valley Family Centre 09.30 - 10.30 Weekly - term time only	●
Baby Sing & Play Beane Valley Family Centre 10.00 - 11.00 Weekly	● ●
Baby Sing & Play 2b The Square 10.00 - 11.00 Weekly	● ●
Jump n Jiggle Rhyme Time Buntingford Library 10.15 - 11.15 Weekly	●
Rhyme Time Hertford Selections Family Centre 11.15 - 14.15 Weekly - term time only	●
Bookstart in the Library Bishop's Stortford Library 13.30 - 14.30 1st Monday of the month	
Stay & Play Jenyns First School 13.30 - 15.00 Weekly - term time only	●
Baby & Toddler Health Clinic Thorley Community Centre 13.45 - 15.15 Weekly	● ● ●

MONDAY 6TH JANUARY
Please note, all centres will be closed all day due to staff training.

Tuesday

Childminder Group Silver Birches Family Centre 09.30 - 11.00 Weekly - term time only	●
Postnatal Pilates Beane Valley Family Centre 09.30 - 10.30 7th Jan - 11th Feb & 25th Feb - 31st Mar	● ●
Baby & Toddler Health Clinic Hertford County Hospital 10.00 - 11.45 Weekly	● ● ●
Baby Massage Little Squirrels Family Centre 10.00 - 11.30 14th Jan - 11th Feb & 3rd - 31st Mar	● ● ●
Introduction to Solid Foods Little Squirrels Family Centre 10.00 - 11.30 25th Feb	● ●
Baby & Toddler Health Clinic Standon & Puckeridge Surgery 11.00 - 12.30 1st & 3rd Tuesday of the month	● ● ●
Early Talk Hertford Selections Family Centre 13.15 - 14.45 7th Jan - 11th Feb Please call to register your interest	●
Early Talk Bramble Hill Family Centre 13.15 - 14.45 25th Feb - 31 Mar Please call to register your interest	●
Baby Sing & Play Ash Valley Family Centre 13.30 - 14.30 Weekly	● ●
Baby & Toddler Health Clinic Buntingford Medical Centre 13.30 - 14.45 Weekly	● ● ●
Rhyme Time in the Villages St Mary's Church 13.30 - 14.30 1st Tuesday of the month	●
Fun, Food & Fitness Seth Ward Community Centre 13.30 - 15.00 7th April	●
Baby Massage Hertford Selections Family Centre 13.30 - 15.00 25th Feb - 24th Mar	● ● ●

Wednesday

Stay & Play Hornmead First School 9.00 - 10.30 Weekly - term time only	●
Baby & Toddler Health Clinic The Charis Centre 9.30 - 11.00 Weekly	● ● ●
Midwife Antenatal Drop-in Hertford Selections Family Centre 9.30 - 11.00 Weekly	● ●
Stay & Play Beane Valley Family Centre 9.30 - 11.00 Weekly (5-11s welcome in school holidays)	●
Grow it, Cook it, Share it Buttercups Family Centre 09.30 - 11.00 8th Jan - 11th Mar (not 19th Feb)	●
Fun, Food & Fitness Buttercups Family Centre 10.00 - 11.30 8th April	●
Welcome to the World Silver Birches Family Centre 10.00 - 12.00 29th Jan - 1st Apr	● ●
Rhyme Time Ash Valley Family Centre 10.00 - 11.00 Weekly - term time only	●
Baby Sing & Play Bramble Hill Family Centre 10.00 - 11.00 Weekly	● ●
Introduction to Solids Foods Silver Birches Family Centre 10.00 - 11.30 15th Jan	● ●
Baby & Toddler Health Clinic Beane Valley Family Centre 13.30 - 15.00 Weekly	● ● ●
Breastfeeding Group Little Squirrels Family Centre 14.00 - 16.00 Weekly	● ●
Preparing for Baby Ash Valley Family Centre 16.00 - 18.00 2nd, 3rd & 4th Wed of the month	● ● ●

Thursday

Rhyme Time Beane Valley Family Centre 9.30 - 10.30 Weekly - term time only	●
Family Toolkit Hertford Selections Family Centre 9.30 - 11.30 5th - 26th Mar	●
Baby & Toddler Health Clinic Bowling Road Health Centre 10.00 - 12.00 Weekly	● ● ●
Moo Music Silver Birches Family Centre 10.30 - 11.10 9th Jan - 13th Feb & 27th Feb - 2nd Apr	● ●
Breastfeeding Group Hertford Selections Family Centre 13.00 - 15.00 Weekly	● ●
Baby & Toddler Health Clinic Ash Meadow Health Clinic 13.30 - 14.30 1st & 3rd Thursday of the month	● ● ●
Stay & Play Buntingford Scout Hut 13.30 - 15.00 Weekly - term time only	●
Preparing for Baby Hertford Selections Family Centre 18.30 - 20.30 1st, 2nd & 3rd Thursday of the month	● ● ●

Friday

Baby & Toddler Health Clinic 2b The Square 9.00 - 11.00 Weekly	● ● ●
Stay & Play Silver Birches Family Centre 9.30 - 11.30 Weekly - term time only	●
Rhyme Time Seth Ward Community Centre 10.00 - 11.00 Weekly - term time only	●
Stay & Play Little Squirrels Family Centre 10.00 - 11.30 Weekly	●
Baby Sing & Play Hertford Selections Family Centre 10.00 - 11.00 Weekly	● ●
Baby & Toddler Health Clinic Bowling Road Health Centre 12.30 - 14.30 Weekly	● ● ●
Introduction to Solid Foods Hertford Selections Family Centre 13.30 - 15.00 13th Mar	● ●

Saturday

Preparing for Baby Little Squirrels Family Centre 09.00-16.00 1st Sat of the month until Mar 09.00-11.00 1st, 2nd & 3rd Sat from Mar	● ● ●
Preparing for Baby Seth Ward Community Centre 09.00 - 11.00 2nd, 3rd & 4th in Jan, 1st, 2nd & 3rd in Mar	● ● ●
Family Stay & Play Beane Valley Family Centre 10.00 - 11.30 1st Saturday of the month	●
Family Stay & Play Selections Family Centre 10.00 - 11.30 Last Saturday of the month	●
Baby Massage Buttercups Family Centre 10.00 - 11.30 18th Jan - 15th Feb	● ● ●

Key

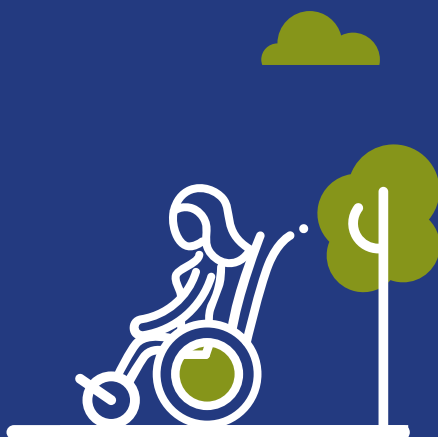
- NHS delivered
- Breastfeeding support available from Breastfeeding Champions
- Bookable crèche available in this session
- Pregnancy (antenatal) and the first year
- Booking required
- Chargeable session
- Booked by Public Health Nursing

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.FCenquiries@oneymca.org

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

Ash Meadow Health Centre
Much Hadham, SG10 6DE

Ash Valley Family Centre
The Mobile, Tower Primary
School, Tower Road,
Ware, SG12 7LP

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

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 Library
77 High Street
Buntingford, SG9 9AE

Buntingford Medical Centre
White Hart Close
Buntingford, SG9 9DQ

Buntingford Scout Hut
Bowling Green Lane
Buntingford, SG9 9AW

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 Primary School
Great Hormead, SG9 0NR

Jenyns First & Nursery School
Uplands, Braughing, SG11 2QJ

Little Squirrels Family Centre
Windhill Primary School
Windhill, Bishop's Stortford
CM23 2NL

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