

# WHAT'S ON

## Hertsmeire District



## Spring Programme

# January - April 2020

Covering Borehamwood, Bushey, Potters Bar, Radlett  
and Shenley

Visit our website:

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



Borehamwood, Bushey, Potters Bar, Radlett and Shenley



## How to book

To book please visit our Eventbrite account [hertsmerefcs.eventbrite.com](https://hertsmerefcs.eventbrite.com). Please note that if you are booking 'Preparing for Baby' please go to [www.eventbrite.co.uk/o/hct-20041788297](https://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: Hertsmere 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](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](#)

### 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](https://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

<b>2 Year Group Reviews (invite only)</b> The Reddings Family Centre 09:30 - 11:00 Weekly	● ●
<b>Library Self Service</b> Radlett Library 09:30 - 12:30 - Weekly (not 6th Jan, 17th Feb, 6th & 13th Apr)	
<b>Stay &amp; Play</b> PB1 Family Centre 09:30 - 11:00 - Weekly (not 6th Jan, 17th Feb, 6 Apr & 13th Apr)	●
<b>Family Fun</b> PB1 Family Centre 09:30 - 11:00 17th Feb, 6th Apr	●
<b>Fun with Stories</b> Bushey Library 10:00 - 11:00 - 13th & 27th Jan, 10th & 24th Feb, 9th & 23rd Mar	●
<b>Baby Massage</b> Furzeffield Family Centre 10:00 - 11:30 5 wk course: 13th Jan - 10th Feb	● ● ●
<b>Baby &amp; Toddler Health Clinic</b> The Reddings Family Centre 13:00 - 14:45 Weekly (not 13th Apr)	● ●
<b>Baby Massage</b> Bushey Mill Family Centre 13:00 - 14:30 5 wk course: 2nd Mar - 30th Mar	● ● ●
<b>Preparing for Baby</b> The BECC Family Centre 16:00 - 18:00 3 wk course: See link in description to book	● ● ●

## Tuesday

<b>Baby &amp; Toddler Health Clinic</b> The BECC Family Centre 09:30 - 12:00 Weekly	● ●
<b>Breastfeeding Group</b> The BECC Family Centre 09:30 - 11:30 Weekly	● ●
<b>2 Year Group Reviews (invite only)</b> Furzeffield Family Centre 09:30 - 11:00 Weekly	● ●
<b>Stay &amp; Play</b> Shenley Chapel 10:00 - 11:30 - Weekly (not 18th Feb, 7th & 14th Apr)	●
<b>Introduction to Solid Foods</b> The Reddings Family Centre 10:00 - 11:30 28th Jan, 31st Mar	● ●
<b>Family Fun</b> Shenley Chapel 10:00 - 11:30 18th Feb & 14th Apr	●
<b>Explore &amp; Discover your Family Centre</b> The BECC Family Centre 11:30 - 13:30 21st Jan - FREE	
<b>Easter Egg Hunt</b> Bushey Rose Garden 12:00 - 14:00 - 7th Apr (£1.50 for egg hunt per child and extra charges for activities)	●
<b>Baby &amp; Toddler Health Clinic</b> The BECC Family Centre 13:00 - 14:30 Weekly	● ●
<b>Preparing for Baby</b> The Reddings Family Centre 16:00 - 18:00 3 wk course: See link in description to book	● ● ●
<b>First Aid</b> Furzeffield Family Centre 19:00 - 21:00 4th Feb	● ●

## Wednesday

<b>2 Year Group Reviews (invite only)</b> The BECC Family Centre 09:30 - 11:00 Weekly	● ●
<b>Baby &amp; Toddler Health Clinic</b> Phillimore Community Centre 09:30 - 11:00 Weekly	● ●
<b>Messy Play</b> PB1 Family Centre 10:00 - 11:00 - Weekly (not 22nd Jan, 19th Feb, 8th & 15th Apr)	●
<b>Introduction to Solid Foods</b> Phillimore Community Centre 11:15 - 12:45 18th Mar	● ●
<b>Easter Egg Hunt</b> Meadow Park 12:00 - 14:00 - 8th Apr (£1.50 for egg hunt per child and extra charges for activities)	●
<b>Baby Massage</b> The BECC Family Centre 12:30 - 14:00 5 wk course: 26th Feb - 25th Mar	● ● ●
<b>Introduction to Solid Foods</b> PB1 Family Centre 12:30 - 14:00 26th Feb	● ●
<b>Additional Needs Group</b> The BECC Family Centre 13:00 - 14:30 Weekly (not 22nd Jan)	
<b>Baby Sing &amp; Play</b> St Michaels & All Angels 13:30 - 14:30 Weekly (not 22nd Jan & 8th Apr)	● ●
<b>Baby &amp; Toddler Health Clinic</b> PB1 Family Centre 14:00 - 15:30 Weekly	● ●

## Thursday

<b>Baby &amp; Toddler Health Clinic</b> Furzeffield Family Centre 09:15 - 11:15 Weekly	● ●
<b>2 Year Group Reviews (invite only)</b> Bushey Mill Family Centre 10:00 - 11:30 Weekly (term time only)	● ●
<b>Baby Sing &amp; Play</b> The Reddings Family Centre 10:00 - 11:00 Weekly	● ●
<b>Introduction to Solid Foods</b> The BECC Family Centre 10:00 - 11:30 16th Jan, 2nd Apr	● ●
<b>Easter Egg Hunt</b> Oakmere Park 12:00 - 14:00 - 9th Apr (£1.50 for egg hunt per child and extra charges for activities)	●
<b>Parenting Puzzle</b> The BECC Family Centre 12:45 - 14:45 23rd Jan - 2nd Apr (not 20th Feb)	● ●
<b>Stay &amp; Play</b> Aberford Park Community Centre 13:00 - 14:30 - Weekly (not 20th Feb, 9th & 16 Apr)	●
<b>Family Fun</b> Aberford Park Community Centre 13:00 - 14:30 20th Feb & 16th Apr	●
<b>Welcome to the World</b> The BECC Family Centre 18:00 - 20:00 30th Jan - 26th Mar	● ●
<b>First Aid</b> The BECC 19:00 - 21:00 2nd Apr	● ●

## Friday

<b>2 Year Group Reviews (invite only)</b> The BECC Family Centre 09:30 - 12:30 Weekly	● ●
<b>Family Toolkit</b> Bushey Mill Family Centre 09:45 - 11:45 24th Jan - 14th Feb	● ●
<b>Family Toolkit</b> PB1 Family Centre 09:45 - 11:45 6th Mar - 27th Mar	● ●
<b>Stay &amp; Play</b> St Peters Parish Hall 10:00 - 11:30 - Weekly (not 21st Feb, 10th & 17th Apr)	●
<b>Family Fun</b> St Peters Parish Hall 10:00 - 11:30 21st Feb & 17th Apr	●
<b>Baby Sing &amp; Play</b> Furzeffield Family Centre 11:00 - 12:00 Weekly	● ●

## Saturday

<b>Herts Prems Stay &amp; Play</b> The Reddings Family Centre 10:00 - 11:00 18th Jan, 15th Feb, 21st Mar & 18th Apr	
<b>Stay &amp; Play</b> The BECC Family Centre 10:00 - 11:30 25th Jan, 29th Feb & 28th Mar	●
<b>First Aid</b> The Reddings Family Centre 10:00 - 12:00 7th Mar	● ●

### Key

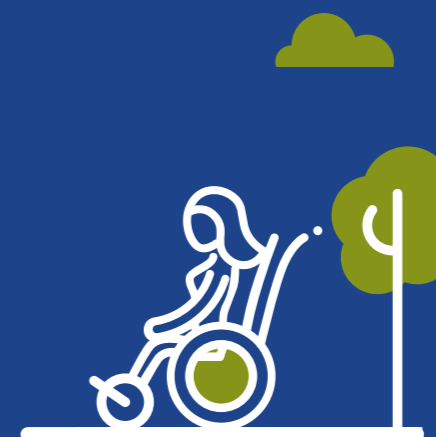
- NHS delivered
- Breastfeeding support available from Breastfeeding Champions
- Bookable crèche available in this session
- Pregnancy (antenatal) and the first year
- Booking required
- Chargeable session
- Booked by Public Health Nursing

### 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.



# Hertsmere Hub



**The BECC Family Centre**  
**Shakespeare Drive**  
**Off Furzehill Road**  
**Borehamwood**  
**WD6 2FD**



☎ 0300 123 7572

✉ [hertsmere.fcsenquiries@inspireall.com](mailto:hertsmere.fcsenquiries@inspireall.com)

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

Hertsmere 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)

### **Aberford Park**

#### **Community Centre**

Aberford Road, Off Brook  
Road Borehamwood,  
WD6 1EH

### **Bushey Library**

Sparrows Herne,  
Bushey, WD23 1FA

### **Bushey Mill Family Centre**

Bushey Mill Lane,  
Bushey, WD23 2AW

### **Bushey Rose Garden**

High Street, Bushey  
WD23 1TT

### **Furzehill Family Centre**

Furzehill Leisure Centre  
Mutton Lane  
Potters Bar, EN6 3BW

### **Meadow Park**

Borehamwood, WD6 1TL

### **Oakmere Park**

Potters Bar, EN6 5PJ

### **Phillimore Community Centre**

Phillimore Place  
Radlett, WD7 8NN

### **PB1 Family Centre**

Chace Avenue  
Potters Bar, EN6 5NP

### **Radlett Library**

1 Aldenham Avenue  
Radlett, WD7 8HL

### **Shenley Chapel**

Off Porters Park Drive  
Shenley, WD7 9DS

### **St Peter's Parish Hall**

19 High Road,  
Bushey, WD23 1FG

### **St Michaels & All Angels**

142 Brook Rd  
Borehamwood, WD6 5EQ

### **The BECC Family Centre**

Shakespeare Drive  
Off Furzehill Road  
Borehamwood, WD6 2FD

### **The Reddings Family Centre**

Harcourt Road  
Bushey, WD23 3PE