

To attend any session at the Family Centre you need to be registered with us.
 To register please go to our website: www.hertsfamilycentres.org

Monday

2 Year Group Reviews (invite only) Oughton Family Centre Hub 9:30am – 12:30pm	● ● ●
Breastfeeding Support Icknield Family Centre 12:30pm – 2:00pm Facilitated by The Breastfeeding Network (BFN)	●
Baby & Toddler Health Clinic Oughton Family Centre Hub 1:30pm – 3.00pm	● ● ●
Baby & Toddler Health Clinic Trinity Church Hall 1st Monday of the month exc. bank holidays 1.30pm – 2.45pm	● ● ●
Baby Sing and Play Royston Family Centre 1.45pm – 2.45pm	● ● ●

Tuesday

Baby & Toddler Health Clinic Nevells Road Health Centre 9:30am – 11:30am	● ● ●
Grandparent's & Toddlers Group Norton Methodist Church 9:45am – 11:15am	●
Angels Support Group Oughton Family Centre Hub 10:00am – 12:00 noon For parents/carers of children with Autistic Spectrum Disorder & ADHD	●
2 Year Group Reviews (invite only) Alternate weeks Royston Health Centre 9:30am – 12:45pm	● ● ●
Midwife Clinic (appointment only) Royston Family Centre 9:30am – 11:00am	● ● ●
Breastfeeding Support Royston Family Centre 11:00am – 12:15pm	●
Breastfeeding Support Holly Blue Family Centre 12:30pm – 2:00pm Facilitated by the National Childbirth Trust (NCT)	●
Early Talk Chestnut Tree Family Centre Hub 10th, 17th, 24th September 1st, 8th, 15th October 10.00am – 11.30am	●
Introduction to Solid Foods 4-6 mths Royston Family Centre 1.30pm – 3.00pm 10th September 1st October 5th November 3rd December	● ● ● ●
Introduction to Solids Follow On 7-9 mths Royston Family Centre 1.30pm – 3.00pm 10th December	● ● ●
Antenatal Programme Preparing for Baby 3 week course Nevells Road Health Centre 6.30pm – 8.30pm Starting on the following dates: Tuesday 3rd September Tuesday 8th October Tuesday 5th November Tuesday 3rd December To book Tel. 0300 123 7572 option 2 option 1	● ●

Wednesday

Breastfeeding Support Chestnut Tree Family Centre Hub 10:00am – 11:30am Facilitated by The Breastfeeding Network (BFN)	●
Stay & Play Oughton Family Centre Hub From 11th September 10:00am – 11:15am	● ●
Midwife Clinic (appointment only) Oughton Family Centre Hub 9:00am – 10:30am	● ●
Baby & Toddler Health Clinic Bedford Road Health Centre 9:30am – 11:30am	● ● ●
Baby & Toddler Health Clinic Royston Health Centre 9:30am – 11:15am	● ● ●
Baby & Toddler Health Clinic Great Ashby Community Centre 1:00pm – 2:30pm 2nd & 4th week of the month	● ● ●
Baby Sing & Play Great Ashby Community Centre 1:15pm – 2:15pm	● ● ●
Baby Sing & Play Park Drive Health Centre From 11th September 1.30pm – 2:30pm	● ● ●
Families Feeling Safe Letchworth 9.45am – 11.30am 18th September - 27th November excluding half term	●
Baby Massage Oughton Family Centre Hub 1.30pm – 3.30pm 18th, 25th September 2nd, 9th, 16th October	●

Thursday

Stay & Play (GCA Acorns) Garden City Academy 9:00am – 10:15am Funded by GCA – no booking required	●
Baby Sing & Play Mrs. Howard Memorial Hall 10:00am – 11:30am	● ● ●
Breastfeeding Group Oughton Family Centre Hub 10:30am – 12:00 noon	● ●
Baby Sing & Play Oughton Family Centre Hub 10.30am – 12:00 noon (Babies 0-6 months)	● ● ●
Baby & Toddler Health Clinic Park Drive Health Centre 9.30am – 11:00am	● ● ●
2 Year Group Reviews (invite only) Chestnut Tree Family Centre Hub 1:00pm – 4:00pm	● ● ●
Introduction to Solid Foods 4-6 mths Oughton Family Centre Hub 1:30pm – 3:00pm 26th September 24th October 21st November 19th December	● ● ● ●
Introduction to Solids Follow On 7-9 mths Oughton Family Centre Hub 1.30pm – 3.00pm 10th October 12th December	● ● ●
Family Toolkit Royston Family Centre 10.00am – 12.00 noon 14th, 21st, 28th November 5th December	●

Friday

Introduction to Solid Foods 4-6mths Chestnut Tree Family Centre Hub 10.00am – 11.30am 13th September 18th October 15th November 13th December	● ● ●
Introduction to Solids Follow On 7-9 mths Chestnut Tree Family Centre Hub 10.00am – 11.30am 8th November	● ● ●
Baby Massage Royston Family Centre 10.00am – 12.00pm 8th, 15th, 22nd, 29th November, 6th December	● ● ●
Early Talk Royston Family Centre 1.00pm – 2.30pm 8th, 15th, 22nd, 29th November 6th, 13th December	●

Saturday

Antenatal Programme Preparing for Baby 3 week course Bedford Road Health Centre Varied times Starting on the following dates: 14th September 12th October 16th November 14th December To book Tel. 0300 123 7572 option 2 option 1	● ●
Antenatal Programme Preparing for Baby 3 week course Royston Health Centre Varied times Starting on the following dates: 5th October 7th December To book Tel. 0300 123 7572 option 2 option 1	● ●

Key

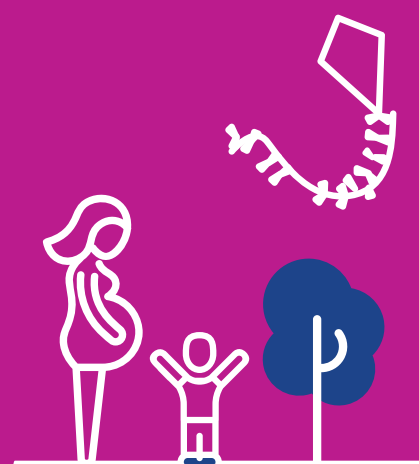
- NHS delivered
- Breastfeeding support available from Breastfeeding Champions/ Health Professionals at these clinics
- Bookable crèche available in this session
- Pregnancy (antenatal) and the first year
- Booking required
- Chargeable session
- Booked by Public Health Nursing

Information

Please arrive 15 minutes before Baby & Toddler Health Clinic ends to ensure that your baby will be weighed.

Vitamins will be available from Well Baby Clinics and at the HUB.

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



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**

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. This course is aimed at parents/carers of babies aged between 7-9 months.

Do you have a child aged 2 to 5 years old? This is a great course to learn some new ideas on how to manage your child's behaviour and get the best out of family life.

Family Toddler (4 week course) Adults £25

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Antenatal Programme Preparing for Baby
This is a 3 week antenatal programme to support you through your pregnancy and prepare you for life with a newborn.
Classes run by midwives, family centre staff and health visitors. It's your chance to ask any questions you have for the professionals you'll meet during pregnancy.
You'll learn about:
• your baby's brain development in the womb
• bonding and attachment
• looking after yourself and keeping stress-free
• baby's healthy development
• diet and nutrition

Antenatal Programme Preparing for Baby
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.

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Family Massage £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.

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Family Sing & Play £3 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.

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Antenatal First Aid £20
Mums to be/Partners
The 2.5 hour Antenatal First Aid course is an introduction to First Aid for babies and children. It is led by an experienced trainer and covers CPR, choking, Meningitis and other aspects.

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Family Feeling Safe Programme Adults
A course for parents and carers of children aged 0-19 years. A programme to develop emotional wellbeing and communication with ideas and strategies to build on your family's strengths and skills in managing and understanding behaviour. Helping children to express feelings in a responsible way, staying in control and making safe choices.

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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 the child's development check.

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Early Talk 18mths - 2.5yrs
Come along with your child to 5 weekly sessions to learn strategies and ideas around speech and language while you play together.

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Stay & Play £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. Includes free nutritious snacks for children. Please dress your children in old clothes.

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What's On...

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Herfordshire's Family Centre Service brings children's centres, health visiting and school nursing together to provide a more joined up service for children, young people and their families from pregnancy through to when a child reaches 19.

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to help them be healthy, grow and develop. Families will be able to access available services from any Hertfordshire Family Centre, allowing families to fit sessions and services around busy family lives.

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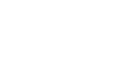
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Oughton Family Centre Hub,
Mattock Road,
Hitchin SG5 2NZ

Chestnut Tree Family Centre Hub,
Radburn Way,
Letchworth SG6 2JZ

Garden City Academy
Radburn Way, Letchworth
Garden City, SG6 2JZ

Holly Blue Family Centre
St. Mary's Way, Baldock
SG7 6HY

Westmill Community Centre
John Barker Place,
Hitchin SG5 2PG

Park Drive Health Centre
Park Drive, Baldock
SG7 6EN

Bedford Road Health Clinic
Bedford Road,
Hitchin SG5 1HF

Great Ashby Community Centre
Whitehorse Lane,
Stevenage SG1 6NH

Chestnut Tree Family Centre Hub
Radburn Way Letchworth
Garden City, SG6 2JZ

Strawberry Fields Family Centre
Whitehorse Lane
Stevenage SG1 6NH

Icknield Family Centre
Archers Way, Letchworth
Garden City, SG6 4UN

Trinity Church Hall
Park Lane, Knebworth
SG3 6PD

Nevelis Road Health Clinic
Nevelis Road, Letchworth
Garden City, SG6 4TS

Royston Family Centre
Burns Road, Royston
SG8 5EQ

Bedford Road Health Clinic
Bedford Road,
Hitchin SG5 1HF

Community Centre
Whitehorse Lane,
Stevenage SG1 6NH

Community Centre
Whitehorse Lane,
Stevenage SG1 6NH

Community Centre
Whitehorse Lane,
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WHAT'S ON
North Herts District

Autumn Programme
September – December 2019
Covering Hitchin, Letchworth, Baldock,
Royston and Surrounding Villages
Visit our new website:
www.hertsfamilycentres.org
0300 123 7572



On behalf of

Delivered by

Believe in children
Barnardos

NHS
Hertfordshire Community NHS Trust

Hertfordshire