<table>
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<th>Monday</th>
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<tbody>
<tr>
<td>2 Year Group Reviews (invite only) Oughton Family Centre Hub 9.30am – 10.30am</td>
<td>Baby &amp; Toddler Health Clinic Nevile Road Health Centre 9.30am – 11.30am</td>
<td>Breastfeeding Support Chestnut Tree Family Centre Hub 10.00am – 11.30am Facilitated by The Breastfeeding Network (BFN)</td>
<td>Stay &amp; Play (GCA Acorns) Garden City Academy 9.00am – 10.15am Funded by GCA – no booking required</td>
<td>Introduction to Solid Foods 4-6mths Oughton Family Centre Hub 10.00am – 11.30am 13th September</td>
<td>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</td>
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<td>Baby &amp; Toddler Health Clinic Trinity Church Hall 1st Monday of the month exc. bank holidays 7.30pm – 8.00pm</td>
<td>Grandparenthood &amp; Toddlers Group Norton Methodist Church 9.45am – 11.15am</td>
<td>Baby &amp; Toddler Health Clinic Bedford Road Health Centre 9.30am – 11.30am</td>
<td>Baby &amp; Toddler Health Clinic Hope Park Drive Health Centre 10.00am – 11.00am</td>
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<td>Baby Sing and Play Royston Family Centre 1.45pm – 2.45pm</td>
<td>Grandparent’s &amp; Toddlers Group Norton Methodist Church 9.45am – 11.15am</td>
<td>Booking required</td>
<td>Baby &amp; Toddler Health Clinic Oughton Family Centre Hub 9.30am – 11.15am</td>
<td>Baby Sing &amp; Play Oughton Family Centre Hub 10.00am – 11.00am</td>
<td>Antenatal Programme Preparing for Baby 3 week course Royston Health Centre Varied times Starting on the following dates: 5th October 9th December To book Tel. 0300 123 7572 option 2 option 1</td>
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<td>Breathing Support Oughton Family Centre 9.30am – 10.30am</td>
<td>Bookable crèche available in Park Drive Health Centre this session</td>
<td>Baby &amp; Toddler Health Clinic Oughton Family Centre Hub 9.30am – 11.15am</td>
<td>Baby &amp; Toddler Health Clinic Great Ashby Community Centre 1:00pm – 2:30pm 2nd &amp; 4th week of the month</td>
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<td>Early Talk Chestnut Tree Family Centre Hub 10th, 17th, 24th September 1st, 8th, 15th October 50.00am – 11.30am</td>
<td>Baby Sing &amp; Play Great Ashby Community Centre 1:15pm – 2:15pm</td>
<td>Baby &amp; Toddler Health Clinic Great Ashby Community Centre 1:00pm – 2:30pm</td>
<td>Baby Massage Royston Family Centre 10.00am – 12.00pm (Babies 4-6 months)</td>
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<td>Introduction to Solid Foods 4-6mths Oughton Family Centre Hub 1.30pm – 3.00pm 26th September 24th October 21st November 19th December</td>
<td>Baby Sing &amp; Play Park Drive Health Centre 1.30pm – 2.30pm</td>
<td>Introductions to Solid Foods 4-6mths Oughton Family Centre Hub 1.30pm – 2.30pm</td>
<td>Introduction to Solids Follow On 7-9 mths Oughton Family Centre Hub 1.30pm – 2.30pm 13th September 25th September 22nd November 19th December</td>
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<td>2 Year Group Reviews (invite only) Alternate weeks Royston Health Centre 9:30am – 10.30am</td>
<td>Families Feeling Safe Letchworth 9.45am – 11.30am 18th September – 27th November excluding half term</td>
<td>Baby Massage Oughton Family Centre Hub 1:30pm – 3:30pm 18th, 25th September 2nd, 9th, 16th October</td>
<td>Baby Massage Royston Family Centre Hub 10.00am – 12.00 noon 14th, 21st, 28th November 5th December</td>
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<td>Introductions to Solids Follow On 7-9 mths Royston Family Centre 1.30pm – 3.00pm 19th December</td>
<td>Baby Massage Royston Family Centre 10.00am – 12.00 noon 14th, 21st, 28th November 5th December</td>
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**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.

**Website**
www.hertsfamilycentres.org

**Contact**
Tel: 0300 123 7572
hitchin.fsesenquiries@barnardos.org.uk
lbr.fsesenquiries@barnardos.org.uk

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To book Tel. 0300 123 7572 option 2 option 1
Welcome to your Family Centre...

North Herts Hubs
Oughton Family Centre Hub and Chestnut Tree Family Centre Hub

Oughton Family Centre Hub, Mattock Road, Hitchin SG5 2NZ
Tel: 0300 123 7572
hitchin.fcsenquiries@barnardos.org.uk
lhr.fcsenquiries@barnardos.org.uk
North Herts Family Centres

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

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

Oughton Family Centre Hub
Mattock Road, Hitchin SG5 2NZ
Westmill Community Centre
John Barker Place, Hitchin SG5 2PG
Bedford Road Health Clinic
Bedford Road, Hitchin SG5 1HP

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

Gardn City Academy
Radburn Way, Letchworth Garden City SG6 2JZ
Mrs. Howard Community Hub
Norton Way South, Letchworth Garden City SG6 1NX
Norton Methodist Church
9 North Avenue, Letchworth Garden City SG6 1DH
Norton Common
1th and 9th Way, Letchworth Garden City SG6 4UN
Royston Health Centre
Royston SG8 7BS
Royston Family Centre
Burns Road, Royston SG8 5QU

Holly Blue Family Centre
St. Mary's Way, Baldock SG8 6HY
Park Drive Health Centre
Park Drive, Baldock SG7 5BN

Great Ashby Community Centre
Whitehorse Lane, Stevenage SG6 6NH
Strawberry Fields Family Centre
Whitehorse Lane, Stevenage SG6 6NH
Trinity Church Hall
Park Lane, Knebworth SG3 6FD

Delivered by
Believe in children Barnardo’s
Hertfordshire Community NHS Trust

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

For information about what’s happening in your local centre, please visit www.hertsfamilycentres.org

Parents, to ensure that all our children are protected and kept safe can we allow families to fit sessions and access available services from our many locations? This week we have run a number of activities including: Family Centres activities: Rhyme Time, 0-3 yrs £2 per family; Introduction to Solids Follow On; 2-8 mths £25; Antenatal Programme to support you through your pregnancy and into parenthood; 10 week series, £35; Baby & Toddler Health Clinic run by the Well Baby Clinic; run by the Well Baby Clinic; 0-5 yrs £3 per family; Westmill Family Centre Hub, Mattock Road, Hitchin SG5 2NZ; Westmill Community Centre, John Barker Place, Hitchin SG5 2PG; Bedford Road Health Clinic, Bedford Road, Hitchin SG5 1HP; Chestnut Tree Family Centre Hub, Radburn Way, Letchworth Garden City SG6 2JZ; St Mary’s Way, Baldock SG8 6HY; Park Drive, Baldock SG7 5BN; Great Ashby Community Centre, Whitehorse Lane, Stevenage SG6 6NH; Strawberry Fields Family Centre, Whitehorse Lane, Stevenage SG6 6NH; Trinity Church Hall, Park Lane, Knebworth SG3 6FD.

North Herts Family Centres

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