North Herts District

6th January - 3rd April 2020

0300 123 7572
lbr.FCSenquiries@barnardos.org.uk
hertsfamilycentres.org
barnardos-north-herts.eventbrite.co.uk

Monday

2 Year Group Reviews
Oughton Family Centre
09.30 - 12.30
Weekly

Specialist Breastfeeding Support
From the Breastfeeding network (BFN)
Icknield Family Centre
12.30 - 14.00
Weekly

Baby & Toddler Health Clinic
Oughton Family Centre
13.30 - 15.00
Weekly

Baby & Toddler Health Clinic
Trinity Church Hall
13.30 - 14.45
6th Jan, 3rd Feb, 2nd Mar, 6th Apr

Introduction To Solid Foods
Chestnut Tree Family Centre
13.30 - 15.00
20th Jan, 17th Feb, 16th Mar

Baby Sing and Play
Royston Family Centre
13.45 - 14.45
Weekly

Tuesday

Baby & Toddler Health Clinic
Nevells Road Health Centre
09.30 - 11.30
Weekly

2 Year Group Reviews (invite only)
Royston Family Centre
09.30 - 12.45
Every other week - starting 14th Jan

Midwife Clinic (appointment only)
Royston Family Centre
09.30 - 11.00
Weekly

Grandparent's & Toddlers Group
Norton Methodist Church
09.45 - 11.15
Weekly

Angels Support Group
Oughton Family Centre
10.00 - 12.00
Weekly

Early Talk
Chestnut Tree Family Centre
10.00 - 11.30
6 wk course: 25th Feb - 31st Mar

Baby Massage
Chestnut Tree Family Centre
10.30 - 12.00
5 wk course: 14th Jan- 11th Feb

Breastfeeding Support
Royston Family Centre
11.00 - 12.15
Weekly

Breastfeeding Support - (NCT)
Holly Blue Family Centre
12.30 - 14.00
Weekly

Introduction To Solid Foods
Royston Family Centre
13.30 - 15.00
14th Jan, 11th Feb, 10th Mar

Family Toolkit
Chestnut Tree Family Centre
18.00 - 20.00
5 wk course: 3rd Mar - 31st Mar

Preparing for Baby
Nevells Road Health Centre
18.30 - 20.30
4 wk course: 7th Jan - 28th Jan

Preparing for Baby -
Nevells Road Health Centre
18.30 - 20.30
4 wk course: 4th Feb - 25th Feb

Preparing for Baby -
Nevells Road Health Centre
18.30 - 20.30
4 wk course: 3rd Mar - 24th Mar

Preparing for Baby -
Nevells Road Health Centre
18.30 - 20.30
4 wk course: 7th Apr - 28th Apr

Wednesday

Midwife Clinic (appointment only)
Oughton Family Centre
09.30 - 12.00
Weekly

Baby & Toddler Health Clinic
Bedford Road Health Centre
09.30 - 11.30
Weekly

Baby & Toddler Health Clinic
Royston Health Centre
09.30 - 11.30
Weekly

Stay & Play
Oughton Family Centre
10.00 - 11.15
Weekly

Welcome to the World
Park Drive Health Centre
10.00 - 12.00
9 wk course: 22nd Jan - 1st Apr

Baby & Toddler Health Clinic
Great Ashby Community Centre
13.00 - 14.30
8th, 22nd Jan, 12th, 26th Feb, 11th, 25th Mar

Baby Sing & Play
Great Ashby Community Centre
13.15 - 14.15
Weekly

Baby Sing & Play
Park Drive Health Centre
13.30 - 14.30
Weekly

Introduction To Solid Foods
Oughton Family Centre
13.30 - 15.00
8th Jan, 5th Feb, 4th Mar

Thursday

Stay & Play (GCA Acorns)
Garden City Academy
09.00 - 10.15
Weekly, term time only

Baby & Toddler Health Clinic
Park Drive Health Centre
09.30 - 11.00
Weekly

Baby Sing & Play
Mrs. Howard Memorial Hall
10.00 - 11.30
Weekly

Baby Sing & Play
Oughton Family Centre
10.00 - 11.30
Weekly

Breastfeeding Group
Oughton Family Centre
10.30 - 12.00
Weekly

Parenting Puzzle with creche
Oughton Family Centre
12.45 - 14.45
12 wk course: 23rd Jan - 9th Apr

2 Year Group Reviews (invite only)
Chestnut Tree Family Centre Hub
13.00 - 16.00
Weekly

Friday

Early Talk
Oughton Family Centre
10.00 - 11.30
6 wk course: 10th Jan - 14th Feb

Baby Massage
Oughton Family Centre
10.00 - 12.00
5 wk course: 28th Feb - 27th Mar

Baby Massage
Royston Family Centre
10.00 - 12.00
5 wk course: 10th Jan - 7th Feb

Saturday

Preparing for Baby
Park Drive Health Centre
09.30 - 11.30
4th Jan, 11th Jan, 18th Jan

Preparing for Baby
Bedford Road Health Centre
09.30 - 11.30
11th Jan, 18th Jan, 25th Jan

Preparing for Baby
Royston Health Centre
09.30 - 11.30
25th Jan, 1st Feb, 8th Feb

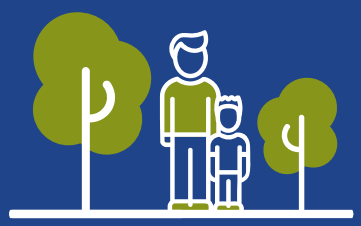
Preparing for Baby
Bedford Road Health Centre
09.30 - 11.30
15th Feb, 22nd Feb, 29th Feb

Preparing for Baby
Park Drive Health Centre
09.30 - 11.30
7th Mar, 14th Mar, 21st Mar

Preparing for Baby
Bedford Road Health Centre
09.30 - 11.30
14th Mar, 21st Mar, 28th Mar

Preparing for Baby
Royston Health Centre
09.30 - 11.30
28th Mar, 4th Apr, 11th Apr

Preparing for Baby
Bedford Road Health Centre
09.30 - 11.30
4th Apr, 11th Apr, 18th Apr



Information

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

Vitamins will be available from Baby & Toddler Health Clinics and at the HUB.

Key

- NHS delivered
- Breastfeeding support available from the Breastfeeding Champion/ Health Visitor at these clinics
- Bookable crèche available in this session
- Antenatal – pregnancy to baby's 1st birthday
- Booking required
- Chargeable session
- Booking by Public Health Nursing

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