

WHAT'S ON

St Albans District



Autumn Programme Sept - Dec 2019

Covering Harpenden, London Colney, Park Street, Redbourn,
St Albans & Wheathampsted

Visit our website:

www.hertsfamilycentres.org

0300 123 7572

Delivered by



On behalf of



Welcome to your Family Centre...

NEW Registration Competition
Have you registered with us? Register today and be entered into our monthly prize draw to win a £50 shopping voucher.

All you need to do is register (or re-register if you registered previously with the Children's Centre) your family details via our website www.hertsfamilycentres.org, or use the QR code below.

It's free to register with the Family Centre Service and registration is necessary to access our service. Also, look out on our Facebook page for local adult learning opportunities.

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.



Harpenden, London Colney, Park Street,
Redbourn, St Albans & Wheathampsted



How to book

To book please visit our Eventbrite account stalbanshertsfcs.eventbrite.com. 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.

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: **St Albans Family Centre Service**

You can also sign up to receive our NEW family newsletters here: <http://bit.do/StAlbansFCS>.

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](http://www.nhs.uk)

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](http://www.nhs.uk)

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](http://www.nhs.uk)

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](http://www.nhs.uk)

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.

Introduction to Solid Foods - follow on 7-9 mths

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.

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](http://www.nhs.uk)

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

Baby and Toddler Health Clinic St Luke's Church, Bricket Wood 09:30 - 10:30 Weekly NEW VENUE	● ●
Parenting Puzzle Redbourn & Villages Family Centre 09:45 - 11:45 (10 wk course) 30th Sep - 9th Dec (not 28th Oct)	● ●
Stay & Play Hilldyke Community Centre 10:00 - 11:30 Weekly	●
Introduction to Solids - Follow on London Colney Family Centre 10:00 - 11:30 14th Oct	● ●
Baby Sing & Play Sopwell Family Centre 11:00 - 12:00 Weekly	● ●
Baby and Toddler Health Clinic 17th Scout Hut, Oysterfields 13:00 - 14:00 Weekly	● ●
Baby Massage Southdown Family Centre 13:00 - 14:30 5 wk course: 16th Sep - 14th Oct	● ● ●
Introduction to Solid Foods Sopwell Family Centre 13:00 - 14:30 4th Nov	● ●
Introduction to Solids - Follow on Hilldyke Community Centre 13:00 - 14:30 16th Dec	● ●
Preparing for Baby Sopwell Family Centre 16:00 - 18:00 3 wk course: 9th Sep - 23rd Sep	● ● ●
Preparing for Baby Sopwell Family Centre 16:00 - 18:00 3 wk course: 30th Sep - 14th Oct	● ● ●
Preparing For Baby Sopwell Family Centre 16:00 - 18:00 3 wk course: 21st Oct - 4th Nov	● ● ●
Preparing For Baby Sopwell Family Centre 16:00 - 18:00 3 wk course: 11th Nov - 25th Nov	● ● ●
Preparing for Baby Sopwell Family Centre 16:00 - 18:00 3 wk course: 2nd Dec - 16th Dec	● ● ●
Pregnancy Club Marshalswick Family Centre 19:00 - 21:30 2nd Sep, 7th Oct, 4th Nov, 2nd Dec	● ● ●
Pregnancy Club Southdown Family centre 19:00 - 21:00 9th Sep, 14th Oct, 11th Nov, 9th Dec	● ● ●

Tuesday

Baby and Toddler Health Clinic Y2K Hall, Markyate 09:30 - 11:00 17th Sep, 15th Oct, 19th Nov, 17th Dec	● ●
Baby and Toddler Health Clinic Marshalswick Family Centre 09:30 - 11:30 Weekly	● ●
2 Year Group Reviews (invite only) Southdown Family Centre 09:30 - 13:00	● ●
Baby Sing & Play Batford Family Centre 10:00 - 11:00 Weekly	● ●
Early Talk Please ask staff for details 10:00 - 11:30 6 wk course: 17th Sep - 22nd Oct	●
Baby Massage London Colney Family Centre 10:30 - 12:00 5 wk course: 12th Nov - 10th Dec	● ● ●
2 Year Group Reviews (invite only) Marshalswick Family Centre 13:00 - 16:00 Weekly	● ●
Baby Sing & Play London Colney Family Centre 13:00 - 14:00 Weekly	● ●
Baby and Toddler Health Clinic Child Development Centre 13:30 - 15:30 Weekly	● ●
Breastfeeding Group London Colney Family Centre 14:00 - 15:00 Weekly	● ●
Baby Massage Sopwell Family Centre 14:00 - 15:30 5 wk course: 24th Sep - 22nd Oct	● ● ●

Wednesday

Family Toolkit Fleetville Family Centre 09:45 - 11:45 4 wk course: 2nd Oct - 23rd Oct	● ●
Introduction to Solid Foods Southdown Family Centre 10:00 - 11:30 2nd Oct	● ●
Baby and Toddler Health Clinic Park Hall Community Hall 12:45 - 15:15 Weekly	● ●
Baby Sing & Play Redbourn and Villages Family Centre 13:00 - 14:00 Weekly (Not 11th Sept)	● ●
Baby and Toddler Health Clinic Sopwell Family Centre 13:30 - 15:30 Weekly	● ●
Breastfeeding Group Sopwell Family Centre 13:30 - 15:30 Weekly (Not 11th Sept)	● ●
Little Learners Please ask staff for details 13:30 - 14:30 4 Wk course: 2nd - 23rd Oct	●
Preparing for Baby London Colney Family Centre 16:00 - 18:00 3 wk course: 4th Sep - 18th Sep	● ● ●
Preparing for Baby London Colney Family Centre 16:00 - 18:00 3 wk course: 25th Sep - 9th Oct	● ● ●
Preparing for Baby London Colney Family Centre 16:00 - 18:00 3 wk course: 16th Oct - 30th Oct	● ● ●
Preparing for Baby London Colney Family Centre 16:00 - 18:00 3 wk course: 6th Nov - 20th Nov	● ● ●
Preparing for Baby London Colney Family Centre 16:00 - 18:00 3 wk course: 27th Nov - 11th Dec	● ● ●
First Aid Southdown Family Centre 19:00 - 21:00 23rd Oct	● ●

Thursday

2 Year Group Reviews (invite only) Marshalswick Family Centre 09:00 - 11:30 Weekly	● ●
Baby and Toddler Health Clinic Hilldyke Community Centre 09:30 - 11:00 5th, 19th Sep, 3rd, 17th Oct, 7th 21st Nov, 5th, 19th Dec	● ●
Baby and Toddler Health Clinic Redbourn & Villages Family Centre 09:30 - 11:00 12th, 26th Sep, 10th, 24th Oct, 14th, 28th Nov, 12th Dec (not 26th Dec)	● ●
Stay & Play Christ Church, New Greens 10:00 - 11:30 Weekly	●
2 Year Group Reviews (invite only) Southdown Family Centre 13:00 - 16:30	● ●
Introduction to Solid Foods Redbourn & Villages Family Centre 13:00 - 14:30 12th Dec	● ●
Baby and Toddler Health Clinic London Colney Family 13:30 - 15:30 Weekly	● ●
Baby Massage Marshalswick Family Centre 13:30 - 15:00 5 wk course: 7th Nov - 5th Dec	● ● ●

Friday

2 Year Group Reviews (invite only) Sopwell Family Centre 09:00 - 13:00	● ●
Breastfeeding Group Southdown Family Centre 10:00 - 11:00 Weekly	● ●
Stay & Play London Colney Family Centre 10:00 - 11:30 Weekly	●
Baby Sing & Play Marlborough Road Methodist Church 10:30 - 11:30 Weekly	● ●
Active Rhyme Time London Colney Library 15:30 - 16:00 Weekly	

Saturday

Baby and Toddler Health Clinic St Albans City Hospital 10:00 - 11:45 Weekly	● ●
Introduction to Solid Foods Sopwell Family Centre 10:00 - 11:30 5th Oct	● ●
First Aid Marshalswick Family Centre 10:00 - 12:00 12th Oct	● ●
First Aid London Colney Family Centre 14:00 - 16:00 16th Nov	● ●



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.

St Albans Hub



Sopwell Hub
Mandeville Drive
St Albans
AL1 2LE (SatNav AL1 2LB)



☎ 0300 123 7572

✉ stalban.fcsenquiries@inspireall.com

🌐 hertsfamilycentres.org

St Albans 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

17th Scout Hut

Oysterfields, Off Verulam Road, St Albans, AL3 5JG

Child Development Centre

Church Crescent
St Albans, AL3 5LB

Christ Church

3 High Oaks, New Greens
St Albans, AL3 6DJ

Fleetville Family Centre

Woodstock Road South,
St Albans, AL1 4QJ

Batford Family Centre

Holcroft Road
Harpenden, AL5 5BQ

Hillydye Community Centre

17 Hillydye Road
Wheathampstead, AL4 8TU

Lamer Fields Family Centre

Nurseries Road,
Wheathampstead, AL4 8TP

London Colney Family

Centre Alexander Road
London Colney, AL2 1JG
(Satnav AL2 1JF)

London Colney Library

Caledon Community Centre,
Caledon Road
London Colney, AL2 1PU

Marlborough Road Methodist Church

69 Marlborough Road
St Albans, AL1 3XG

Park Street Family Centre

Mount Pleasant Lane,
Bricket Wood, AL2 3XA

Marshalswick Family Centre

Sherwood Avenue
Recreational Ground
St Albans, AL4 9QL

Park Hall Community Hall

Leyton Road
Harpenden, AL5 2LX

Redbourn and Villages

Family Centre Long Cutt
Redbourn, AL3 7EX

Sopwell Family Centre

Mandeville Drive, St Albans
AL1 2LE (Satnav AL1 2LB)

Southdown Family Centre

Dark Lane, Harpenden
AL5 1QA

St Albans City Hospital

Waverley Road, St Albans
AL3 5PN

St Luke's Church

The Crescent, Bricket Wood
St Albans, AL2 3NF

Y2K Hall

39 Cavendish Road
Markyate, AL3 8PS