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
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.

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

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. NHS

Baby and Toddler Health Clinic
0-3 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
0-6 mths
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
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.

Childcare
0-5 yrs
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

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.

First Aid
Adults - Speak to a team member

Family Fun
0-8 yrs
£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.

Friends Meeting
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.

Friendship
0-8 yrs
£3 per family
A six week course to encourage the social skills of those aged 0-8 yrs.

Groups
Mums to be
A chargeable service, available for parents-to-be.

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

How to book
To book please visit our Eventbrite account stalbanshertsfc.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.

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, knowing 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.

Introducing to Solid Foods
6-12 mths
Parenting Puzzle
Speak to a team member
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
6-9 mths
Parenting Puzzle
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

Introduction to Solid Foods
8-12 mths
Parenting Puzzle
Speak to a team member
An opportunity to meet other mums and get comfortable with breastfeeding out and about. Support available from trained Family Centre staff.

Mums to be
A chargeable service, available for parents attending a course.

Preparation for Baby
Mums to be
Delivered by Midwives, Health Visitors and Family Support Staff. All you need to prepare for your labour and parenthood. With this in mind we have created a programme of activities for you to weigh your baby and get support on your family’s health, discover more about your baby’s behaviour, communicating with others, expressing feelings and making safe choices.

Preparing for Baby
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, knowing the signs your baby is ready for food and get information in line with NHS guidelines as you prepare for this exciting next stage.

Preparing for Baby
6-9 mths
How are things going for you and your baby? 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
5-7 yrs
£1.50 per family
A fun, interactive session for 2-5 year olds. We will look at different tastes and textures your baby will enjoy at this stage, share recipe ideas and answer questions.

Stay & Play
7-9 yrs
£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.

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.

To find out more about local sessions in your area, please visit our website.

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

Welcome to your Family Centre...

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.

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.
**Monday**

- Baby and Toddler Health Clinic
  - Sopwell Family Centre: 10:00 - 11:00
  - Southdown Family Centre: 10:30 - 11:30

- Baby Sing & Play
  - Sopwell Family Centre: 10:00 - 11:00
  - Southdown Family Centre: 10:30 - 11:30

- Baby Massage
  - London Colney Family Centre: 10:30 - 12:00

- Baby and Toddler Health Clinic
  - Child Development Centre: 10:30 - 12:00

- **Preparation for Baby**
  - Sopwell Family Centre: 14:00 - 18:00

- **Preparation for Baby**
  - Sopwell Family Centre: 18:00 - 19:00

- Pregnancy Club
  - Marshalswick Family Centre: 17:00 - 21:00

- Pregnancy Club
  - Southdown Family Centre: 19:00 - 21:00

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**Tuesday**

- Baby and Toddler Health Clinic
  - Sopwell Family Centre: 10:00 - 11:00

- Baby Sing & Play
  - Sopwell Family Centre: 10:00 - 11:00

- Baby Massage
  - London Colney Family Centre: 10:30 - 12:00

- Baby and Toddler Health Clinic
  - Child Development Centre: 10:30 - 12:00

- **Preparation for Baby**
  - Sopwell Family Centre: 14:00 - 18:00

- **Preparation for Baby**
  - Sopwell Family Centre: 18:00 - 19:00

- Pregnancy Club
  - Marshalswick Family Centre: 17:00 - 21:00

- Pregnancy Club
  - Southdown Family Centre: 19:00 - 21:00

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**Wednesday**

- Baby and Toddler Health Clinic
  - Sopwell Family Centre: 10:00 - 11:00

- Family Toolkit
  - Southdown Family Centre: 09:00 - 11:30

- **Introduction to Solids**
  - Southdown Family Centre: 10:00 - 11:30

- **2 Year Group Reviews (invite only)**
  - Southdown Family Centre: 10:00 - 11:30

- **Baby and Toddler Health Clinic**
  - Park Hall Community Hall: 10:00 - 12:30

- Baby Sing & Play
  - Redbourn and Villages Family Centre: 10:00 - 11:30

- Baby Massage
  - London Colney Family Centre: 10:00 - 12:00

- Baby and Toddler Health Clinic
  - Child Development Centre: 10:30 - 12:00

- **Preparation for Baby**
  - Sopwell Family Centre: 14:00 - 18:00

- **Preparation for Baby**
  - Sopwell Family Centre: 18:00 - 19:00

- Pregnancy Club
  - Marshalswick Family Centre: 17:00 - 21:00

- Pregnancy Club
  - Southdown Family Centre: 19:00 - 21:00

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**Thursday**

- Baby and Toddler Health Clinic
  - Sopwell Family Centre: 10:00 - 11:00

- Family Toolkit
  - Southdown Family Centre: 09:00 - 11:30

- **Introduction to Solids**
  - Southdown Family Centre: 10:00 - 11:30

- **2 Year Group Reviews (invite only)**
  - Southdown Family Centre: 10:00 - 11:30

- **Baby and Toddler Health Clinic**
  - Park Hall Community Hall: 10:00 - 12:30

- Baby Sing & Play
  - Redbourn and Villages Family Centre: 10:00 - 11:30

- Baby Massage
  - London Colney Family Centre: 10:00 - 12:00

- Baby and Toddler Health Clinic
  - Child Development Centre: 10:30 - 12:00

- **Preparation for Baby**
  - Sopwell Family Centre: 14:00 - 18:00

- **Preparation for Baby**
  - Sopwell Family Centre: 18:00 - 19:00

- Pregnancy Club
  - Marshalswick Family Centre: 17:00 - 21:00

- Pregnancy Club
  - Southdown Family Centre: 19:00 - 21:00

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**Friday**

- Baby and Toddler Health Clinic
  - Sopwell Family Centre: 10:00 - 11:00

- **Breastfeeding Group**
  - Southdown Family Centre: 10:00 - 11:00

- **Introduction to Solids**
  - Southdown Family Centre: 10:00 - 11:00

- **2 Year Group Reviews (invite only)**
  - Southdown Family Centre: 10:00 - 11:00

- Baby Sing & Play
  - Redbourn and Villages Family Centre: 10:00 - 11:30

- Baby Massage
  - London Colney Family Centre: 10:00 - 12:00

- Baby and Toddler Health Clinic
  - Child Development Centre: 10:30 - 12:00

- **Preparation for Baby**
  - Sopwell Family Centre: 14:00 - 18:00

- **Preparation for Baby**
  - Sopwell Family Centre: 18:00 - 19:00

- Pregnancy Club
  - Marshalswick Family Centre: 17:00 - 21:00

- Pregnancy Club
  - Southdown Family Centre: 19:00 - 21:00
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

Hertfordshire Family Centre Services

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

Hilldyke Community Centre
17 Hilldyke 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