

# WHAT'S ON

## St Albans District



## Spring Programme

# January - April 2020

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

Visit our website:

[www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

0300 123 7572

Delivered by



On behalf of



# Welcome to your Family Centre...

Join us this January for a special session to 'Explore & Discover' what your local Family Centre has on offer for you and your family.

We also have more parenting courses running thanks to a National Lottery Grant, plus mental health workshops at various locations delivered by Herts Mind.

Interested in Volunteering? Exciting opportunities are available for families in all areas. Volunteers can expect to gain skills and experience that may lead to further training and paid employment.

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 & Wheathampstead



## How to book

To book please visit our Eventbrite account [stalbanshertsfcfs.eventbrite.com](http://stalbanshertsfcfs.eventbrite.com). Please note that if you are booking 'Preparing for Baby' please go to [www.eventbrite.co.uk/o/hct-20041788297](http://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

For support and guidance with feeding your baby please speak to a member of staff.

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](#)

## 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](http://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](#)

### About Me Adults - Speak to a team member

A five week course designed to increase and build emotional resilience and well-being.

### 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](#)

### 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](#)

### 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.

### 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](http://www.eventbrite.co.uk/o/hct-20041788297) and select a convenient time and date. [NHS](#)

### 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.

The Family Centre also offers other courses on nutrition and healthy eating. Please ask a member of staff for more information.

## Monday

<b>Baby &amp; Toddler Health Clinic</b> St Luke's Church, Bricket Wood 09:30 - 10:30 Weekly	● ●
<b>Families Feeling Safe</b> Harpenden Quakers Hall, 09:45 - 11:45 (9 Wk course) 27th Jan - 30th Mar (Not 17th Feb)	● ●
<b>Baby Sing &amp; Play</b> Sopwell Family Centre 10:00 - 11:00 Weekly NEW TIME	● ●
<b>Stay &amp; Play</b> Hilldyke Community Centre 10:00 - 11:30 Weekly (Not 17th Feb, 6th, 13th Apr)	●
<b>Family Fun - Messy Play</b> Hilldyke Community Centre 10:00 - 11:30 17th Feb	●
<b>Family Fun - Nature Walk</b> Hilldyke Community Centre 10:00 - 11:30 6th April	●
<b>Baby &amp; Toddler Health Clinic</b> 17th Scout Hut, Oysterfields 13:00 - 14:00 Weekly	● ●
<b>2 Year Group Reviews (invite only)</b> London Colney Family Centre 13:30 - 16:00 Weekly	● ●
<b>Introduction to Solid Foods</b> Sopwell Family Centre 13:30 - 15:00 13th Jan	● ●
<b>Introduction to Solid Foods</b> Hilldyke Community Centre 13:30 - 15:00 2nd Mar	● ●
<b>Baby Massage</b> Southdown Family Centre 14:00 - 15:30 5 Wk course: 13th Jan - 10th Feb	● ● ●
<b>Baby Massage</b> Marshalswick Family Centre 14:00 - 15:30 5 Wk course: 2nd Mar - 30th Mar	● ● ●

## Tuesday

<b>Baby &amp; Toddler Health Clinic</b> Y2K Hall, Markyate 09:30 - 11:00 21st Jan, 18th Feb, 17th Mar	● ●
<b>Baby &amp; Toddler Health Clinic</b> Marshalswick Family Centre 09:30 - 11:30 Weekly	● ●
<b>2 Year Group Reviews (invite Only)</b> Southdown Family Centre 09:30 - 13:00	● ●
<b>Baby Sing &amp; Play</b> Batford Family Centre 10:00 - 11:00 Weekly (Not 21st Jan)	● ●
<b>Early Talk</b> London Colney Family Centre 25th Feb - 31st Mar 6 Wk Course: 10:00 - 11:30	●
<b>2 Year Group Reviews (invite only)</b> Marshalswick Family Centre 13:00 - 16:00 Weekly	● ●
<b>Baby Sing &amp; Play</b> London Colney Family Centre 13:00 - 14:00 Weekly (Not 21st Jan)	● ●
<b>Baby Massage</b> Sopwell Family Centre 13:00 - 14:30 (Not 17th Feb) 5 Wk course: 28th Jan - 3rd Mar	● ● ●
<b>Baby Massage</b> Batford Family Centre 13:00 - 14:30 5 Wk Course: 3rd Mar - 31st Mar	● ● ●
<b>2 Year Group Reviews (invite only)</b> Marshalswick Family Centre 13:00 - 15:00 Weekly	● ●
<b>Baby &amp; Toddler Health Clinic</b> Civic Centre, St Albans 13:30 - 15:30 Weekly NEW VENUE	● ●

## Wednesday

<b>Family Toolkit</b> Park Street Village Hall 09:45 - 11:45 4 Wk course: 4th Mar - 25th Mar	● ●
<b>Introduction to Solid Foods</b> London Colney Family Centre 10:00 - 11:30 29th Jan	● ●
<b>Introduction to Solid Foods</b> Redbourn & Villages Family Centre 10:00 - 11:30 25th Mar	● ●
<b>Baby Sing &amp; Play</b> Redbourn & Villages Family Centre 13:00 - 14:00 Weekly	● ●
<b>Baby &amp; Toddler Health Clinic</b> Sopwell Family Centre 13:30 - 15:30 Weekly	● ●
<b>Baby &amp; Toddler Health Clinic</b> Park Hall Community Hall 12:45 - 15:00 Weekly	● ●
<b>Breastfeeding Group</b> Sopwell Family Centre 13:30 - 15:30 Weekly	● ●
<b>Preparing for Baby</b> Sopwell Family Centre 16:30 - 18:30 3 Wk course: See link in description to book	● ● ●

## Thursday

<b>2 Year Group Reviews (invite only)</b> Marshalswick Family Centre 09:00 - 11:30 Weekly	● ●
<b>Baby &amp; Toddler Health Clinic</b> Redbourn & Villages Family Centre 09:30 - 11:00 9th, 23rd Jan, 13th, 27th Feb, 12th, 26th Mar, 2nd, 16th Apr	● ●
<b>Baby &amp; Toddler Health Clinic</b> Hilldyke Community Centre 09:30 - 11:00 2nd, 16th Jan, 6th, 20th Feb, 5th, 19th Mar, 2nd, 16th Apr	● ●
<b>Stay &amp; Play</b> Christ Church, New Greens 10:00 - 11:30 Weekly (not 23rd Jan, 20th Feb, 9th, 16th Apr)	●
<b>Explore &amp; Discover your Family Centre</b> Christ Church, New Greens 10:00 - 12:00 23rd Jan, FREE	●
<b>Family Fun - Art &amp; Crafts</b> Christ Church, New Greens 12:45 - 15:30 20th Feb	●
<b>Family Fun - Easter Fun</b> Christ Church, New Greens 10:00 - 11:30 9th Apr	●
<b>Family Fun - Rhyme Time</b> Christ Church, New Greens 10:00 - 11:00 16th Apr	●
<b>2 Year Group Reviews (invite only)</b> Southdown Family Centre 12:30 - 16:30	● ●
<b>Baby &amp; Toddler Health Clinic</b> London Colney Family Centre 13:30 - 15:30 Weekly	● ●
<b>Introduction to Solid Foods</b> Batford Family Centre 13:30 - 15:00 13th Feb	● ●
<b>Family Toolkit</b> Sopwell Family Centre 18:00 - 20:00 4 Wk course: 12th Mar - 2nd Apr	●
<b>First Aid</b> Sopwell Family Centre 19:00 - 21:00 13th Feb	● ●
<b>First Aid</b> Marshalswick Family Centre 19:00 - 21:00 5th Mar	● ●

## Friday

<b>2 Year Group Reviews (invite only)</b> Sopwell Family Centre 09:00 - 13:00 Weekly	● ●
<b>Preparing for Baby</b> Civic Centre, St Albans 09:30 - 11:30 3 Wk course: See link in description to book	● ● ●
<b>Stay &amp; Play</b> London Colney Family Centre 10:00 - 11:30 Weekly (Not 21st Feb, 10th, 17th Apr)	●
<b>Family Fun</b> London Colney Family Centre 10:00 - 11:30 21st Feb	●
<b>Family Fun - Outdoor Fun</b> London Colney Family Centre 10:00 - 11:30 17th Apr	●
<b>Baby Sing &amp; Play</b> Marlborough Road Methodist Church 10:30 - 11:30 Weekly (Not 10th Apr)	● ●
<b>Breastfeeding Group</b> Southdown Family Centre 13:00 - 14:00 Weekly (Term Time only: Not 21st Feb, 10th, 17th Apr)	●
<b>Active Rhyme Time</b> London Colney Library 15:30 - 16:00 Weekly (Not 10th Apr)	●

## Saturday

<b>Baby &amp; Toddler Health Clinic</b> Sopwell Family Centre 10:00 - 11:45 Weekly NEW VENUE	● ●
<b>First Aid</b> Redbourn & Villages Family Centre 10:00 - 12:00 18th Jan	● ●
<b>Introduction to Solid Foods</b> Redbourn & Villages Family Centre 10:00 - 11:30 29th Feb	● ●
<b>First Aid</b> London Colney Family Centre 14:00 - 16:00 4th Apr	● ●

### 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](mailto:stalban.fcsenquiries@inspireall.com)

🌐 [hertsfamilycentres.org](http://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](http://www.hertsfamilycentres.org)

### 17th Scout Hut

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

### Batford Family Centre

Holcroft Road  
Harpenden, AL5 5BQ

### Christ Church

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

### Fleetville Family Centre

Woodstock Road South,  
St Albans, AL1 4QJ

### Harpenden Quakers Hall

12 Southdown Road  
Harpenden, AL5 1PD

### Hillydye Community Centre

17 Hillydye Road  
Wheathampstead, AL4 8TU

### Lamer Fields Family Centre

Nurseries Road,  
Wheathampstead, AL4 8TP

### London Colney Family Centre

Alexander Road , AL2 1JG  
(Satnav AL2 1JF)

### London Colney Library

Caledon Community Centre,  
Caledon Road, AL2 1PU

### Marlborough Road

**Methodist Church**  
69 Marlborough Road  
St Albans, AL1 3XG

### Marshalswick Family Centre

Sherwood Avenue  
Recreational Ground  
St Albans, AL4 9QL

### Park Hall Community Hall

Leyton Road  
Harpenden, AL5 2LX

### Park Street Family Centre

Mount Pleasant Lane, Bricket Wood, AL2 3XA

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Mount Pleasant Lane, Bricket Wood, AL2 3XA

### Park Street Village Hall

Park Street St Albans, AL2 2PX

### 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 Civic Centre

St Peter's Street St Albans  
AL1 3JE

### St Luke's Church

The Crescent, Bricket Wood  
AL2 3NF

### Y2K Hall

39 Cavendish Road  
Markyate, AL3 8PS