

## Monday

<b>2 Year Group Reviews</b> (invite only) Broadwater Every other week 9am – 12pm	● ●
<b>Midwives</b> Bedwell 9am – 12pm Under 10 days Breastfeeding Drop in	●
<b>Baby Sing &amp; Play</b> Shephall 10am – 11.30am Non-mobile babies	● ● ●
<b>Minor Illness</b> Bedwell Dec 2nd 10am – 11am	● ●
<b>Active Rhyme Time</b> St Nicholas & Martin's Wood 10.30am – 11.15am	● ●
<b>Families Feeling Safe</b> Shephall 12.30 – 2.30pm 7th Oct – 16th Dec	● ●
<b>Baby &amp; Toddler Health Clinic</b> Bedwell 1.30pm – 2.45pm	● ● ●
<b>Antenatal Programme</b> Bridge Road 2pm – 4pm 3 week courses starting on: July 29th, Aug 19th, Sep 9th, Oct 21st, Nov 11th, Dec 2nd. Booked by Pubic health Nursing code	● ● ● ●

## Tuesday

<b>Baby &amp; Toddler Health Clinic</b> Shephall 9.15am-11.15am	● ● ●
<b>Baby &amp; Toddler Health Clinic</b> Bridge Road 9.30am – 11.15am	● ● ●
<b>Parenting Puzzle</b> Broadwater 9.30am – 11.30am Sep 10th – Nov 19th	● ●
<b>Midwives</b> Broadwater 9.30am – 12.00pm Appointment only	● ●
<b>Perinatal</b> Broadwater 9.30am – 1.00pm	● ●
<b>Breastfeeding Support</b> Facilitated by The Breastfeeding Network (BFN) Bridge Road 10am – 11am	● ●
<b>Baby Massage</b> Bridge Road Sep 10th x 5 1pm – 2.30pm	● ●
<b>Baby Sing &amp; Play</b> St Nicholas & Martin's Wood 1.30pm – 3pm Non-mobile Babies	● ● ●
<b>Stay &amp; Play</b> Bedwell 1.30pm – 3pm Mobile babies & toddlers	● ●

## Wednesday

<b>2 Year Group Reviews</b> (invite only) Bedwell Every other week 9am – 12pm	● ●
<b>Midwives</b> St Nicholas & Martin's Wood 9am – 12pm Appointment only	● ●
<b>Early Talk</b> Bridge Road Aug 28th x 6 9.30am – 10.30am 11am – 12pm	●
<b>Angels Support Group + Crèche</b> Bridge Road 12.30pm – 2.30pm For parent/carers with Autistic Spectrum Disorder & ADHD	●
<b>Rhyme Time</b> Broadwater Term Time Only Babies 10am – 10.30pm Toddlers 10.45am – 11.30am	● ●
<b>Baby Sing &amp; Play</b> Broadwater 10.30am – 12 noon Non-mobile babies	● ● ●
<b>Baby &amp; Toddler Health Clinic</b> St Nicholas & Martin's Wood 11.30am – 1.30pm	● ● ●
<b>Breastfeeding group Drop in</b> Broadwater 12pm – 1pm	● ●
<b>Baby Sing &amp; Play</b> Bedwell 1.30pm – 3pm Non-mobile babies	● ● ●
<b>Antenatal Programme</b> St Nicholas & Martin's Wood 6pm – 8pm 3 week course starting on: 11th Sep, 2nd Oct, 13th Nov, 4th Dec	● ● ● ●
<b>First Aid:</b> St Nicholas & Martin's Wood 6pm – 8pm 4th Sep, 25th Sep, 16th Oct, 27th No, 18th Dec	● ●
<b>Intro solids</b> St Nicholas & Martin's Wood 6pm – 8pm Aug 28th Under 6M Sep 18th 6M – 9M Oct 9th Lets Get Cooking * Nov 20th Under 6M Dec 11th 6M – 9M	● ●

## Thursday

<b>Midwives</b> Shephall 9am – 12pm Appointment only	● ●
<b>Stay &amp; Play</b> Bridge Road Term time only 9.30am – 11am Mobile babies & toddlers	● ●
<b>Baby Sing &amp; Play</b> Chells 9.30am – 11am Non-mobile babies	● ● ●
<b>Baby &amp; Toddler Health Clinic</b> Chells 9.30am – 11am	● ● ●
<b>Minor Illness</b> Broadwater Sep 19th 1pm – 2pm	● ●
<b>Baby Massage</b> Shephall 1pm – 2.30pm Oct 3rd x 5	● ●

## Friday

<b>2 Year Group Reviews</b> (invite only) Bridge Road 9am – 1pm	● ● ●
<b>Perinatal</b> Shephall 9am – 1pm Appointment only	●
<b>Baby &amp; Toddler Health Clinic</b> Broadwater 9.15am – 11am	● ● ●
<b>Breastfeeding Support</b> Facilitated by The Breastfeeding Network (BFN) Broadwater 9.30am – 11am	● ●
<b>Baby Sing &amp; Play</b> Bridge Road 9.45am – 11.15am Non-mobile babies	● ● ●

## Saturday

<b>Baby Massage</b> St Nicholas & Martin's Wood 10am – 11.30am Starting on: Aug 24th – Oct 12th	● ● ●
<b>Antenatal Programme</b> St Nicholas & Martin's Wood 10am – 12pm 3 week course starting on: Sept 7th – Sept 28th – Oct 19th – Nov 9th	● ● ●

### 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 Well Baby 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.





# WHAT'S ON

## Stevenage and North Herts Family Centres



Autumn Programme  
 September – December 2019

Stevenage

Visit our new website:

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

0300 123 7572

## Welcome to your Family Centre...

Hertfordshire's Family Centre Service brings children's centres, health visiting and school nursing together to provide a more joined up service for children, young people and their families from pregnancy through to when a child reaches 19.

There will be a range of different support groups, activities and services on offer for children and their families

to help them be healthy, grow and develop. Families will be able to access available services from any Hertfordshire Family Centre, allowing families to fit sessions and services around busy family lives.

Parents, to ensure that all children are protected and kept safe. Can we remind you that mobile phones need to be switched off during our sessions.



### 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**  
 1-5 yrs £1.50

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.

**Antenatal Breastfeeding Mums to be/Partners**

Come to this session to find out more about breastfeeding. The basics, the benefits, mythbusting and expressing, as we help you to prepare for life as a breastfeeding family.

**Antenatal First Aid Mums to be/Partners**  
 £20

The 2.5 hour Antenatal First Aid course is an introduction to First Aid for babies and children. It is led by an experienced trainer and covers CPR, choking, Meningitis and other aspects.

**Antenatal My Baby's Brain Mums to be/Partners**

Come to this session to find out how you can support your baby's brain development, both inside the womb and once baby is born. This session covers the benefits of responding to and talking with your baby, and playing and cuddling together.

**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 £3 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 Mums and Baby**

Join our friendly and relaxed drop-in sessions where you will meet other mums. You will receive support from our trained Breastfeeding Champions.

## Stevenage

### How to book

Did you know that we are now using **Eventbrite** to take all bookings for our sessions and courses?

You can view what's on in your area by visiting our new website [www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

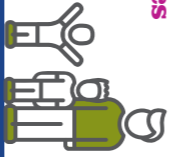
Not only can you book online, you can also pay online through Eventbrite's secure online system.



Keep up to date

Please visit our Facebook pages

**Stevenagefcs**



## Stevenage and North Herts Family Centres

Broadwater Family Centre Hub,  
 Longmeadow Primary School,  
 Oaks Cross, Stevenage Herts  
 SG2 8LT  
 Tel: 0300 123 7572  
 Stevenage.fcsenquiries@barnardos.org.uk  
 Stevenagefcs



### 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)

#### Broadwater Family Centre Hub

Herts SG2 8LT

Stevenage,

Oaks Cross,

Longmeadow Primary School,

**Chells & Manor Family Centre**

Herts SG2 0HT

Stevenage,

Mobbsbury Way,

Timebridge Community Centre,

Stevenage,

Herts SG1 1NB

Unit 2-3 Bedwell Park,

**Bedwell Family Centre**

Stevenage,

Herts SG2 9SD

5 The Hyde,

**Shephall Family Centre**

Herts SG1 2NU

Bridge Road West, Stevenage,

Woolwick Primary School,

**Bridge Road Family Centre**

Stevenage,

Herts SG1 5RD

The Oval Community Centre,

**St Nicholas & Martinswood Family Centre**

**Well-Baby Clinic**  
 0-5 yrs

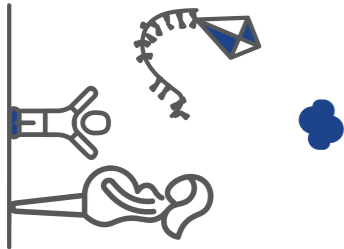
The Well-Baby Clinic is run by local Health Visitors and Family Centre staff. It is a chance for you to weigh your baby and get support on your family's health including breastfeeding. **NHS**

**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.



### New this term...

**Family and Employment Law Clinics**

Family Law –  
 1st Wednesday of each month 10 am -12 pm.

Broadwater Family Centre  
 SG2 8LT

To make an appointment call 0300 123 7572

Employment Law –  
 Telephone appointments available.

**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**