

Monday

2 year old Group Reviews (invite only)	● ●
Broadwater	
09.00 - 12.00	
Every other week	
Breastfeeding Drop in (under 10 days)	●
Bedwell	
09.00 - 12.00	
Weekly	
Active Rhyme Time	● ●
St Nicholas & Martins Wood	
09.15 - 10.00 & 10.30 - 11.15	
Weekly	
Citizen Advice Appointments	●
Bedwell	
09.30, 10.30, 11.30	
Weekly	
Baby Sing & Play	● ● ● ●
Shephall	
10.00 - 11.30	
Weekly	
You and Me Mum	● ● ● ●
St Nicholas & Martins Wood	
13.00 - 15.00	
13th Jan - 16th Mar	
Minor Illness	● ●
Broadwater	
13.00 - 14.00	
3rd Feb	
Baby & Toddler Health Clinic	● ● ● ● ● ●
Bedwell	
13.30 - 14.45	
Weekly	
Preparing for Baby Antenatal	● ● ● ● ● ●
Bridge Road	
14.00 - 16.00	
3 wk course starting: 6th Jan, 3rd Feb, 2nd Mar, 6th Apr	

Tuesday

Baby & Toddler Health Clinic	● ● ● ● ● ●
Shephall	
09.15 - 11.15	
Weekly	
Baby & Toddler Health Clinic	● ● ● ● ● ●
Bridge Road	
09.30 - 11.15	
Weekly	
Midwives	● ● ● ● ● ●
St Nicholas & Martins Wood	
09.30 - 12.00	
Weekly	
Perinatal	● ● ● ● ● ●
Broadwater	
09.30 - 13.00	
Weekly	
Breastfeeding Support Facilitated by the breastfeeding network (BFN)	● ● ● ● ● ●
Bridge Road	
09.30 - 11.00	
Weekly	
Introduction To Solid Foods	● ● ● ● ● ●
Bedwell	
09.30 - 10.30	
11th Feb	
Family Toolkit	● ● ● ● ● ●
St Nicholas & Martins Wood	
09.45 - 11.45	
7th Jan, 14th Jan, 21st Jan, 28th Jan	
Grow it, Cook it, Share it.	● ● ● ● ● ●
Broadwater	
13.00 - 14.30	
7th Jan - 10th Mar	
Baby Sing & Play	● ● ● ● ● ●
St Nicholas & Martins Wood	
13.30 - 15.00	
Weekly	
Stay & Play	● ● ● ● ● ●
Bedwell	
13.30 - 15.00	
Weekly	

Wednesday

2 year old Group Reviews (invite only)	● ● ● ● ● ●
Bedwell	
09.00 - 12.00	
Every other week	
Midwives	● ● ● ● ● ●
St Nicholas & Martins Wood	
09.30 - 12.00	
Weekly	
Rhyme Time - babies	● ● ● ● ● ●
Broadwater	
10.00 - 10.30	
Weekly	
Baby Sing & Play	● ● ● ● ● ●
Bridge Road	
10.00 - 11.30	
Weekly	
Baby Sing & Play	● ● ● ● ● ●
Broadwater	
10.30 - 12.00	
Weekly	
Rhyme Time - toddlers	● ● ● ● ● ●
Broadwater	
10.45 - 11.30	
Weekly	
Baby & Toddler Health Clinic	● ● ● ● ● ●
St Nicholas & Martins Wood	
11.30 - 13.30	
Weekly	
Angels Support Group - Creche	● ● ● ● ● ●
Bridge Road	
12.30 - 14.30	
Weekly	
Baby Sing & Play	● ● ● ● ● ●
Bedwell	
13.30 - 15.00	
Weekly	
Preparing for Baby Antenatal	● ● ● ● ● ●
St Nicholas & Martins Wood	
18.00 - 20.00	
3 wk course starting: 8th Jan, 29th Jan, 19th Feb, 11th Mar, 1st Apr	
Introduction To Solid Foods	● ● ● ● ● ●
St Nicholas & Martins Wood	
18.00 - 19.00	
15th Jan & 25th Mar	
First Aid	● ● ● ● ● ●
St Nicholas & Martins Wood	
18.00 - 20.00	
28th Feb	

Thursday

Midwives (appointment only)	● ● ● ● ● ●
Shephall	
09.00 - 12.00	
Weekly	
Stay & Play	● ● ● ● ● ●
Bridge Road	
09.30 - 11.00	
Weekly	
Baby Sing & Play	● ● ● ● ● ●
Chells	
09.30 - 11.00	
Weekly	
Baby & Toddler Health Clinic	● ● ● ● ● ●
Chells	
09.30 - 11.00	
Weekly	
Citizen Advice Appointments	● ● ● ● ● ●
Shephall	
09.30, 10.30, 11.30	
Weekly	
Early Talk	● ● ● ● ● ●
St Nicholas and Martins Wood	
10.00 - 11.30	
9th Jan - 13th Feb	
First aid	● ● ● ● ● ●
Shephall	
12.30 - 14.30	
13th Feb	
Infant Massage	● ● ● ● ● ●
Shephall	
13.00 - 14.30	
5 wk course: 9th Jan - 6th Feb	
Welcome to the World (invite only)	● ● ● ● ● ●
Bridge Road	
14.00 - 16.00	
Starting: 13th Feb	

Friday

2 year old Group Reviews (invite only)	● ● ● ● ● ●
Bridge Road	
09.00 - 13.00	
Weekly	
Perinatal (appointment only)	● ● ● ● ● ●
Shephall	
09.00 - 13.00	
Weekly	
Baby & Toddler Health Clinic	● ● ● ● ● ●
Broadwater	
09.15 - 11.00	
Weekly	
Breastfeeding Support Facilitated by the Breastfeeding network (BFN)	● ● ● ● ● ●
Broadwater	
09.30 - 11.00	
Weekly	
Infant Massage	● ● ● ● ● ●
St Nicholas and Martins Wood	
10.30 - 12.00	
5 wk course: 28th Feb - 27th Mar	

Saturday

Preparing for Baby Antenatal	● ● ● ● ● ●
St Nicholas & Martins Wood	
10.00 - 12.00	
3 wk course starting: 11th Jan, 1st Feb, 22nd Feb, 11th Mar, 4th Apr	
Baby Massage	● ● ● ● ● ●
St Nicholas & Martins Wood	
10.00 - 11.30	
4 wk course: 18th Jan - 15th Feb, 29th Feb - 28th Mar	
First Aid	● ● ● ● ● ●
St Nicholas & Martins Wood	
10.00 - 12.00	
11th Apr	

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 via Eventbrite
- Chargeable session
- Booking by Public Health Nursing

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. Please note that we can support families with issues around domestic violence. Please ask a member of staff for more information.

