WHAT’S ON
Watford & Three Rivers District

Autumn Programme
Sept - Dec 2019

Covering Oxhey, South Oxhey, Watford, Croxley Green, Rickmansworth, Chorleywood, Leavesden, Abbots Langley

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.

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.

What's On...

- **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.

- **First Aid**
  - £25 per family
  - A chargeable service, available for parents attending a course.

- **First Aid Trainer**
  - £25
  - A 9-week course to enable parents to learn the actions to perform in case of emergency, including choking, burns, cuts, bleeding, and fractures.

- **Introducing Solids**
  - £25 per family
  - Designed for parents wanting to introduce solid foods at 4-6 months.

- **Mums to be**
  - £3 per family
  - Parents can learn about the effects of guiding children so that they can learn to manage their feelings and control their behaviour.

- **Preparing for Baby**
  - £3 per family
  - A course designed for parents expecting a baby who are 22+ weeks into pregnancy.

- **Preparing for Baby Mum's to be**
  - £5.00 per family
  - A fun-filled session which brings together all of your children’s favourite activities.

- **Rhyme Time**
  - £1.50 per family
  - A fun-filled session which brings together all of your children’s favourite activities.

- **Stay & Play**
  - £3 per family
  - 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.

- **Breastfeeding Group**
  - £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.

- **Baby Massage**
  - £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.

- **Family Fun**
  - £3 per family
  - A fun-filled session which brings together all of your children’s favourite activities.

- **Baby and Toddler Health Clinic**
  - £3 per child
  - 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 information in line with NHS guidelines as you prepare for this exciting next stage.

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- **Breastfeeding Group**
  - £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**
  - £25
  - A fun 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**
  - £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.

To find out more about local sessions in your area, please visit our website: www.hertsfamilycentres.org.
### Watford & Three Rivers

#### 2nd Sept - 24th Dec 2019

**Monday**
- **Family Toolkit (ask staff)**
  - South Oxhey Family Centre
  - 09:30 - 11:30
  - 4 wk course: 23rd Sep - 16th Oct

- **Stay & Play**
  - William Penn Leisure Centre
  - 10:00 - 11:00
  - Weekly (not 2nd Sep & 23rd Dec)

- **Breastfeeding Support** available from Breastfeeding Champions
  - Bookable crèche available in this hub

**Tuesday**
- **Welcome to the World**
  - Westfield Family Centre
  - 09:30 - 11:30
  - 4 wk course: 2nd Oct - 3rd Dec

- **2 Year Group Reviews (invite only)**
  - Westfield Family Centre
  - 09:00 - 10:00
  - Weekly

- **Baby and Toddler Health Clinic**
  - Beechfield Family Centre
  - 09:30 - 11:00
  - Weekly

- **Introduction to Solids**
  - Westfield Family Centre
  - 09:30 - 11:30
  - 5 wk course: 6th Nov - 3rd Dec (not 20th Nov)

**Wednesday**
- **Baby and Toddler Health Clinic**
  - South Oxhey Family Centre
  - 09:30 - 11:00
  - Weekly

- **Preparing for Baby**
  - South Oxhey Family Centre
  - 09:00 - 11:00
  - Weekly

- **Introduction to Solids - follow on**
  - Westfield Family Centre
  - 10:00 - 11:30
  - 11th Sept

**Thursday**
- **2 Year Group Reviews (invite only)**
  - Beechfield Family Centre
  - 09:00 - 10:00
  - Weekly

- **Baby and Toddler Health Clinic**
  - South Oxhey Family Centre
  - 09:00 - 10:00
  - Weekly

- **Preparation for Baby**
  - South Oxhey Family Centre
  - 09:00 - 10:00
  - Weekly

- **Parent and Toddler Health Clinic**
  - Littlebury Family Centre
  - 10:00 - 11:30
  - Weekly

**Friday**
- **2 Year Group Reviews (invite only)**
  - Croxley Green Family Centre
  - 09:00 - 10:00
  - Weekly

- **Baby and Toddler Health Clinic**
  - South Oxhey Family Centre
  - 09:00 - 10:00
  - Weekly

- **Introduction to Solids - follow on**
  - South Oxhey Family Centre
  - 09:30 - 11:00
  - Weekly

- **Baby Massage**
  - South Oxhey Family Centre
  - 09:00 - 10:00
  - Weekly

**Saturday**
- **First Aid**
  - South Oxhey Family Centre
  - 10:00 - 12:00
  - 5th Oct

#### 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.
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

**Watford & Three Rivers Hubs**

Westfield Family Centre  
Croxley View, Watford  
WD18 6NS

South Oxhey Family Centre  
Northwick Road, South Oxhey  
Watford, WD19 6NL

- **Watford & Three Rivers Family Centre Service**
  - Westfield Family Centre  
    Croxley View, Watford  
    WD18 6NS
  - South Oxhey Family Centre  
    Northwick Road, South Oxhey  
    Watford, WD19 6NL

- **Watford**
  - Bedmond Village Hall  
    Abbots Langley, WD5 0QP
  - Beechfield Family Centre  
    Gammons Lane  
    Watford, WD24 5TY
  - Berrygrove Family Centre  
    Cow Lane  
    Watford, WD25 9PW
  - Chorleywood Community Library  
    Lower Road  
    Chorleywood, WD3 5LB
  - Croxley Green Family Centre  
    Dulwich Way, Croxley Green  
    Rickmansworth, WD3 3PX
  - Ebury Family Centre  
    off Raglen Gardens, Oxhey Hall, Watford, WD19 4LL
  - Leavesden Family Centre  
    High Road, Leavesden  
    Watford, WD25 7QZ
  - Littlebury Family Centre  
    Littlebury Hall  
    Mildred Avenue  
    Watford, WD18 7DY
  - Maple Cross JMI School  
    Denham Way, Maple Cross  
    Rickmansworth, WD3 9SS
  - Skidmore Way Health Clinic  
    Skidmore way  
    Rickmansworth, WD3 1SZ
  - South Oxhey Family Centre  
    Northwick Road  
    South Oxhey, WD19 6NL
  - Tanners Wood Hall  
    School Mead  
    Abbots Langley, WD5 0FE
  - Tesco Community Room  
    239-241 Lower High Street  
    Watford, WD17 2BD
  - William Penn Leisure Centre  
    Shepherds Lane, Mill End  
    WD3 8JN

**Hertfordshire**

**Family Centre Services**

ORDER ID: 27389