

# WHAT'S ON

## Watford & Three Rivers District



## Spring Programme

### January - April 2020

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

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.



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



## How to book

To book please visit our Eventbrite account [watfordandthreeriversfcs.eventbrite.com](http://watfordandthreeriversfcs.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: Watford and Three Rivers Family Centre Service

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>Family Toolkit (ask staff)</b> Otley Way Family Centre 09:30 - 11:30 4 wk course: 9th Mar - 30th Mar	● ●
<b>About Me (ask staff)</b> Westfield Family Centre 09:30 - 11:30 5 wk course: 27th Jan - 2nd Mar (not 17th Feb)	● ●
<b>Stay &amp; Play</b> William Penn Leisure Centre 10:00 - 11:30 Weekly (not 13th Apr)	●
<b>Stay &amp; Play</b> Beechfield Family Centre 10:00 - 11:30 Weekly (not 13th Apr)	●
<b>Early Talk (ask staff)</b> Croxley Green Family Centre 10:00 - 11:30 6 wk course: 24th Feb - 30th Mar	●
<b>2 Year Group Reviews (invite only)</b> Leavesden Family Centre 13:00 - 16:00 Weekly (not 13th Apr)	● ●
<b>First Aid</b> Westfield Family Centre 13:00 - 15:00 30th Mar	● ●
<b>Introduction to Solid Foods</b> Berrygrove Family Centre 13:00 - 14:30 17th Feb	● ●
<b>Baby Sing &amp; Play</b> Littlebury Family Centre 13:30 - 14:30 Weekly (not 13th Apr) (Pay & Display Parking)	● ●
<b>Baby &amp; Toddler Health Clinic</b> Croxley Green Family Centre 13:30 - 15:00 Weekly (not 13th Apr)	● ●
<b>First Aid</b> Croxley Green Family Centre 19:00 - 21:00 27th Jan	● ●

## Tuesday

<b>Welcome to the World (ask staff)</b> Westfield Family Centre 09:30 - 11:30 9 wk course: 4th Feb - 31st Mar	●
<b>2 Year Group Reviews (invite only)</b> Westfield Family Centre 09:30 - 13:00 Weekly	● ●
<b>Baby &amp; Toddler Health Clinic</b> Beechfield Family Centre 09:30 - 11:00 Weekly	● ●
<b>Baby &amp; Toddler Health Clinic</b> Skidmore Way Health Clinic 09:30 - 11:30 Weekly (limited Parking available)	● ●
<b>Baby &amp; Toddler Health Clinic</b> Tesco Community Room 10:00 - 11:30 Weekly	● ●
<b>Baby Sing &amp; Play</b> South Oxhey Family Centre 10:00 - 11:00 Weekly (not 21st Jan)	● ●
<b>Rhyme Time</b> Bedmond Village Hall 10:00 - 11:00 Weekly (not 21st Jan)	●
<b>Preparing For Baby</b> Westfield Family Centre 16:30 - 18:30 3 wk course: See link in description to book	● ● ●
<b>Preparing for Baby</b> South Oxhey Family Centre 16:30 - 18:30 3 wk course: See link in description to book	● ● ●

## Wednesday

<b>Parenting Puzzle (ask staff)</b> Westfield Family Centre 09:30 - 11:30 10 wk course: 22nd Jan - 1st Apr (not 19th Feb)	● ●
<b>2 Year Group Reviews (invite only)</b> Berrygrove Family Centre 09:30 - 13:00 Weekly	● ●
<b>2 Year Group Reviews (invite only)</b> South Oxhey Family Centre 09:00 - 13:00 Weekly	● ●
<b>Baby &amp; Toddler Health Clinic</b> Littlebury Family Centre 09:30 - 11:00 Weekly (Pay & Display Parking)	● ●
<b>Introduction to Solid Foods</b> Westfield Family Centre 10:00 - 11:30 8th Apr	● ●
<b>Baby Massage</b> Beechfield Family Centre 10:00 - 11:30 5 wk course: 15th Jan - 12th Feb	● ● ●
<b>Baby Massage</b> Croxley Green Family Centre 10:00 - 11:30 5 wk course: 26th Feb - 25th Mar	● ● ●
<b>Baby Sing &amp; Play</b> Chorleywood Community Library 10:00 - 11:00 Weekly	● ●
<b>Baby Sing &amp; Play</b> Leavesden Family Centre 10:00 - 11:00 Weekly	● ●
<b>Introduction to Solid Foods</b> Beechfield Family Centre 13:00 - 14:30 4th Mar	● ●
<b>Stay &amp; Play</b> Westfield Family Centre 13:00 - 14:30 Weekly	●
<b>Explore &amp; Discover your Family Centre</b> Westfield Family Centre 13:00 - 15:00 22nd Jan - FREE	
<b>Stay &amp; Play</b> Berrygrove Family Centre 13:30 - 15:00 Weekly	●
<b>Baby Sing &amp; Play</b> Croxley Green Family Centre 13:00 - 14:30 Weekly	● ●
<b>Preparing for Baby</b> South Oxhey Family Centre 17:00 - 19:00 3 wk course: See link in description to book	● ● ●

## Thursday

<b>2 Year Group Reviews (invite only)</b> Beechfield Family Centre 09:00 - 13:00 Weekly	● ●
<b>Baby &amp; Toddler Health Clinic</b> Berrygrove Family Centre 09:30 - 11:00 Weekly	● ●
<b>Early Talk (ask staff)</b> Leavesden Family Centre 10:00 - 11:30 6 wk course: 27th Feb - 2nd Apr	●
<b>Baby Massage</b> Leavesden Family Centre 10:00 - 11:30 5 wk course: 23rd Jan - 20th Feb	● ● ●
<b>Introduction to Solid Foods</b> Leavesden Family Centre 10:00 - 11:30 16th Jan	● ●
<b>Introduction to Solid Foods</b> South Oxhey Family Centre 10:00 - 11:30 27th Feb	● ●
<b>Introduction to Solid Foods</b> Croxley Green Family Centre 10:00 - 11:30 12th Mar	● ●
<b>Baby &amp; Toddler Health Clinic</b> Westfield Family Centre 13:00 - 14:30 Weekly	● ●
<b>Baby &amp; Toddler Health Clinic</b> South Oxhey Family Centre 13:00 - 15:00 Weekly	● ●
<b>Baby Sing &amp; Play</b> Tanners Wood Hall 13:30 - 14:30 Weekly	● ●
<b>Preparing for Baby</b> Westfield Family Centre 16:30 - 18:30 3 wk course: See link in description to book	● ● ●
<b>First Aid</b> Beechfield Family Centre 19:00 - 21:00 27th Feb	● ●

## Friday

<b>2 Year Group Reviews (invite only)</b> Croxley Green Family Centre 09:00 - 13:00 Weekly (not 10th Apr)	● ●
<b>Baby &amp; Toddler Health Clinic</b> Leavesden Family Centre 09:30 - 11:30 Weekly (not 10th Apr)	● ●
<b>Introduction to Solid Foods</b> Westfield Family Centre 10:00 - 11:30 24th Jan	● ●
<b>Introduction to Solid Foods</b> South Oxhey Family Centre 10:00 - 11:30 20th Mar	● ●
<b>Baby Massage</b> Westfield Family Centre 13:30 - 15:00 5 wk course: 24th Jan - 21st Feb	● ● ●
<b>Baby Sing &amp; Play</b> Ebury Family Centre 10:00 - 11:00 Weekly (not 10th Apr)	● ●
<b>Rhyme Time</b> South Oxhey Family Centre 13:30 - 14:30 Weekly (not 10th Apr)	●
<b>Active Rhyme Time</b> Chorleywood Community Library 14:15 - 14:45 Weekly (not 10th Apr)	

## Saturday

<b>Preparing for Baby</b> Westfield Family Centre 09:30 - 11:30, 12:30 - 14:30 3 wk course: See link in description to book	● ● ●
<b>First Aid</b> Berrygrove Family Centre 13:30 - 15:30 7th Mar	● ●

### Key

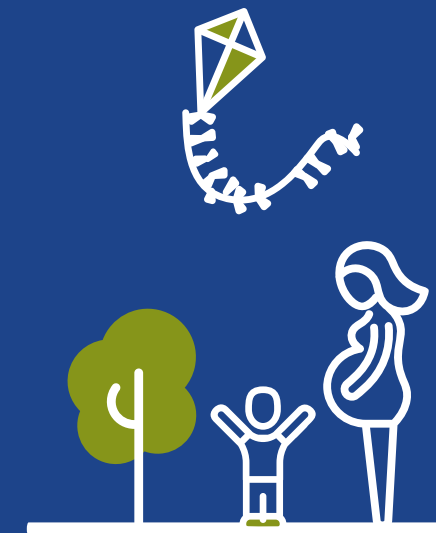
- NHS delivered
- Breastfeeding support available from Breastfeeding Champions
- Bookable crèche available in this session
- Pregnancy (antenatal) and the first year
- Booking required
- Chargeable session
- Booked by Public Health Nursing

### 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.



# Watford & Three Rivers Hubs



**Westfield Family Centre**  
Croxley View, Watford  
WD18 6NS

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

☎ 0300 123 7572

✉ [watford&threerivers.fcenquiries@inspireall.com](mailto:watford&threerivers.fcenquiries@inspireall.com)

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

Watford & Three Rivers  
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)

**Bedmond Village Hall**  
Abbots Langley, WD5 0QP

**Leavesden Family Centre**  
High Road, Leavesden  
Watford, WD25 7QZ

**Tanners Wood Hall**  
School Mead  
Abbots Langley, WD5 0FE

**Beechfield Family Centre**  
Gammons Lane  
Watford, WD24 5TY

**Littlebury Family Centre**  
Littlebury Hall  
Mildred Avenue  
Watford, WD18 7DY

**Tesco Community Room**  
239-241 Lower High Street  
Watford, WD17 2BD

**Berrygrove Family Centre**  
Cow Lane  
Watford, WD25 9PW

**Otley Way Family Centre**  
Otley Way, Watford,  
WD19 7TB

**Westfield Family Centre**  
Croxley View, Watford  
WD18 6NS

**Chorleywood  
Community Library**  
Lower Road  
Chorleywood, WD3 5LB

**Skidmore Way Health Clinic**  
Skidmore way  
Rickmansworth, WD3 1SZ

**William Penn Leisure Centre**  
Shepherds Lane, Mill End  
WD3 8JN

**Croxley Green Family Centre**  
Dulwich Way, Croxley Green  
Rickmansworth, WD3 3PX

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

**Ebury Family Centre**  
off Raglen Gardens,  
Oxhey Hall,  
Watford, WD19 4LL