



Hertfordshire
Family Centre
Service

WHAT'S ON

Welwyn/Hatfield District



Autumn Programme

September - December 2019

Covering Hatfield, Welwyn Garden City, Woolmer Green,
Essendon, Cuffley & surrounding villages

Visit our website:

www.hertsfamilycentres.org

0300 123 7572

Delivered by



On behalf of



Welcome to your Family Centre...

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

Please note that some sessions and courses do not always feature in this programme, therefore please visit our website and Facebook page to see everything we have to offer.

We are now offering a loyalty card at our drop in sessions for registered families. These can be picked up at centres or at sessions. If you attend 5 sessions then your 6th will be free. Also, if you attend our Preparing for Baby course, you will be given a voucher for 3 of our sessions.

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.



Hatfield, Welwyn Garden City, Woolmer Green, Essendon, Cuffley & surrounding villages



How to book

To book please visit the Eventbrite account for your area: welhatfcs.eventbrite.co.uk

Please note that if you are booking 'Preparing for Baby' please go to www.eventbrite.co.uk/o/hct-20041788297 and select a convenient time and date.

You can view what's on in your area by visiting www.hertsfamilycentres.org

Keep up to date

For regular updates on the Family Centre service please see our **Facebook pages**.

You can also sign up to receive our NEW family newsletters here: <http://eepurl.com/dG5PJn>

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](http://www.nhs.uk)

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



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](http://www.nhs.uk)

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](http://www.nhs.uk)

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 five 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](http://www.nhs.uk)

Family Fun 0-11 years £3

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.

Introduction to Solid Foods - follow on 7-9 mths

How are things going for you and your baby? Come and join us for a session that provides further information and practical advice on introducing solid foods to your baby. We will look at different tastes and textures your baby will enjoy at this stage, share recipe ideas and answer questions.

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 and select a convenient time and date. [NHS](http://www.nhs.uk)

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.

Monday

Midwife Clinic Applecroft Family Centre 09.30 - 11.00 Weekly	● ●
Stay & Play Breaks Manor 09.30 - 11.00 Weekly - term time only	●
Stay & Play Creswick Family Centre 09.30 - 11.00 Weekly - term time only	●
Baby Sing & Play Barleyfields Family Centre 10.00 - 11.00 Weekly - term time only	● ●
Breastfeeding Group Oak Tree Family Centre 13.00 - 14.00 Weekly	● ●
Baby Massage De Havilland Family Centre 13.30 - 15.00 9th Sept - 7th Oct & 4th Nov - 2nd Dec	● ● ●
Baby & Toddler Health Clinic Applecroft Family Centre 13.30 - 15.00 Weekly	● ● ●

Tuesday

Midwife Clinic De Havilland Family Centre 09.30 - 11.00 Weekly	● ●
Speech & Language Drop-in Creswick Family Centre 09.30 - 11.00 17th Sept, 15th Oct, 19th Nov & 17th Dec	●
Baby & Toddler Health Clinic Oak Tree Family Centre 09.30 - 11.00 Weekly	● ● ●
Stay & Play Barleyfields Family Centre 09.30 - 11.00 Weekly - term time only	●
Stay & Play - Under Ones Birchwood Family Centre 09.30 - 11.00 Weekly - term time only	● ●
Stay & Play - Under Ones Waterside Family Centre 10.00 - 11.30 Weekly - term time only	● ●
Stay & Play Welwyn Civic Centre 13.00 - 14.30 Weekly - term time only (finishes 10th Dec)	●
Baby & Toddler Health Clinic De Havilland Family Centre 13.30 - 15.00 Weekly	● ● ●
Baby Massage Barleyfields Family Centre 13.30 - 15.00 10th Sept - 8th Oct	● ● ●
Baby Massage Great Wood Family Centre 13.30 - 15.00 12th Nov - 10th Dec	● ●
Parenting Puzzle Creswick Family Centre 12.30 - 14.45 17th Sept - 26th Nov	●

Wednesday

Speech & Language Drop-in Applecroft Family Centre 09.30 - 11.30 23rd Oct	●
Stay & Play Great Wood Family Centre 09.30 - 11.00 Weekly - term time only	●
Stay & Play Waterside Family Centre 09.30 - 11.00 Weekly - term time only (not 6th Nov)	●
Preparing for Baby De Havilland Family Centre 10.00 - 12.30 1st Wed of each month	● ● ●
Stay & Play - Under Ones Creswick Family Centre 10.00 - 11.30 Weekly - term time only	●
Baby & Toddler Health Clinic Queensway Health Centre 12.00 - 15.00 Weekly	● ● ●
First Aid Applecroft Family Centre 18.00 - 20.00 11th Sept	● ●
First Aid De Havilland Family Centre 18.00 - 20.00 20th Nov	● ●

Thursday

Rhyme Time Creswick Family Centre 09.45 - 10.30 Weekly - term time only	●
Introduction to Solid Foods Birchwood Family Centre 10.00 - 11.30 2nd Thursday of the month	● ●
Breastfeeding Group Applecroft Family Centre 10.00 - 11.00 Weekly	● ●
Baby Massage Oak Tree Family Centre 10.00 - 11.30 5th Sept - 3rd Oct & 7th Nov - 5th Dec	● ● ●
Midwife Drop-in Clinic Applecroft Family Centre 11.00 - 12.00 Weekly	● ●
Baby & Toddler Health Clinic Creswick Family Centre 12.00 - 13.30 Weekly	● ● ●
Intro to Solid Foods - follow on De Havilland Family Centre 12.30 - 14.00 26th Sept, 31st Oct & 28th Nov	● ●
Early Talk Birchwood Family Centre 13.00 - 14.30 7th Nov - 12th Dec	●
Introduction to Solid Foods Waterside Family Centre 13.00 - 14.30 1st Thursday of the month	● ●
Speech & Language Drop-in Queensway Clinic 13.30 - 15.30 12th Sept, 10th Oct, 14th Nov & 12th Dec	●
Preparing for Baby Creswick Family Centre 18.30 - 21.00 1st Thursday of the month	● ● ●

Friday

Stay & Play De Havilland Family Centre 09.30 - 11.00 Weekly - term time only	●
Childminder Group Creswick Family Centre 09.30 - 11.00 Weekly - term time only	●
Baby Sing & Play Oak Tree Family Centre 10.00 - 11.00 Weekly - term time only	● ●
Baby & Toddler Health Clinic Waterside Family Centre 10.30 - 12.00 Weekly	● ● ●
First Aid Oak Tree Family Centre 12.00 - 14.00 15th Nov	● ●
Breastfeeding Group Birchwood Family Centre 13.00 - 14.00 Weekly	● ●
Stay & Play Creswick Family Centre 13.15 - 14.45 Weekly - term time only	●
Baby Massage Applecroft Family Centre 13.30 - 15.00 13th Sept - 11th Oct & 8th Nov - 6th Dec	● ● ●

Saturday

Family Stay & Play De Havilland Family Centre 10.00 - 12.00 1st Saturday of the month	●
Fun 4 Families Christchurch 10.00 - 11.30 3rd Saturday of the month	●
Preparing for Baby Queensway 12.00 - 14.00 1st Saturday of the month	● ● ●

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.

Welwyn/Hatfield Hub



Creswick Family Centre
Sir John Newsom Way
Welwyn Garden City
AL7 4FL



☎ 0300 123 7572*

✉ WelHat.FCSenquiries@hertsmca.org

www.hertsfamilycentres.org

Welwyn Hatfield 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

De Havilland Family Centre

c/o De Havilland Primary
School
Travellers Lane
Hatfield
AL10 8TQ

Applecroft Family Centre

Applecroft School
Applecroft Road
Welwyn Garden City
AL8 6JZ

Waterside Family Centre

Rowans
Welwyn Garden City
AL7 1NZ

Great Wood Family Centre

School Lane
Essendon
AL9 6HD

Oak Tree Family Centre

Holwell Road
Welwyn Garden City
AL7 3RP

Creswick Family Centre

Sir John Newsom Way
Welwyn Garden City
AL7 4FL

Barleyfields Family Centre

Woolmer Green Village Hall
Woolmer Green
SG3 6FD

Queensway Health Centre

Queensway
Hatfield, AL10 0LF

Birchwood Family Centre

Birchway, Crawford Road
Hatfield, AL10 0PD

Christchurch Peartree

Tewin Road
Welwyn Garden City
AL7 1LG

The Runway Family Centre

Howe Dell School
The Runway, Hatfield
AL10 9AH

Breaks Manor Youth Centre

Link Drive
Hatfield, AL10 8TP

St Andrews Church of England

26 Plough Hill
Cuffley, EN6 4DR

Cuffley Free Church

King James Avenue
Cuffley
EN6 4LN

Howe Dell Community Hall

Howe Dell School
The Runway
Hatfield, AL10 9AH

Welwyn Civic Centre

Prospect Place
Welwyn, AL6 9ER