

WHAT'S ON

Welwyn/Hatfield District



Spring Programme

January - April 2020

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

Visit our website:

www.hertsfamilycentres.org

0300 123 7572

Delivered by

YMCA

NHS
Hertfordshire Community
NHS Trust

On behalf of


Hertfordshire

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.

This term we will be inviting families to 'Explore and Discover' at your local Family Centre. We will be offering some fun & exciting sessions during the week beginning Mon 20th Jan.

More details will be on Facebook.

The Family Centre will also be offering courses on nutrition & healthy eating this term. Please speak to a member of staff for more information.

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**

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.

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



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 1-3 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 6 weeks-crawling £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](#)

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 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 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.

Monday

Stay & Play Creswick Family Centre 09.30 - 11.00 Weekly	●
Stay & Play Breaks Manor 09.30 - 11.00 Weekly - term time only	●
Midwife Clinic Applecroft Family Centre 09.30 - 11.00 Weekly	● ●
Baby Sing & Play Barleyfields Family Centre 10.00 - 11.00 Weekly	● ●
Rhyme Time Woodhall Library 10.30 - 11.00 Weekly	●
Breastfeeding Group Oak Tree Family Centre 13.00 - 14.00 Weekly	● ●
Baby Massage Birchwood Family Centre 13.30 - 15.00 2nd Mar - 30th Mar	● ● ●
Baby Massage De Havilland Family Centre 13.30 - 15.00 13th Jan - 10th Feb	● ● ●
Baby & Toddler Health Clinic Applecroft Family Centre 13.30 - 15.00 Weekly	● ● ●

MONDAY 6TH JANUARY
 Please note, all centres will be closed all day due to staff training.

Tuesday

Speech & Language Drop-in Creswick Family Centre 09.00 - 11.00 21st Jan, 18th Feb, 17th Mar & 21st Apr	●
Midwife Clinic De Havilland Family Centre 09.30 - 11.00 Weekly	● ●
Baby & Toddler Health Clinic Oak Tree Family Centre 09.30 - 11.30 Weekly	● ● ●
Stay & Play Barleyfields Family Centre 09.30 - 11.00 Weekly - term time only	●
Stay & Play Birchwood Family Centre 09.30 - 11.00 Weekly	●
Stay & Play - Under Ones Waterside Family Centre 10.00 - 11.30 Weekly	● ●
Parenting Puzzle Creswick Family Centre 12.30 - 14.45 14th Jan - 24th Mar	●
Introduction to Solid Foods Birchwood Family Centre 13.00 - 14.30 1st Tuesday of the month	● ●
Baby & Toddler Health Clinic De Havilland Family Centre 13.00 - 14.30 Weekly	● ● ●
Baby Massage Barleyfields Family Centre 13.30 - 15.00 14th Jan - 11th Feb	● ● ●
Baby Massage Great Wood Family Centre 13.30 - 15.00 25th Feb - 24th Mar	● ● ●

Wednesday

Speech & Language Drop-in Applecroft Family Centre 09.30 - 11.30 29th Jan & 25th Mar	●
Stay & Play Waterside Family Centre 09.30 - 11.00 Weekly	●
Stay & Play Great Wood Family Centre 09.30 - 11.00 Weekly	●
Baby & Toddler Health Clinic Queensway Health Centre 09.30 - 11.30 Weekly	● ● ●
Stay & Play - Under Ones Creswick Family Centre 10.00 - 11.30 Weekly	●
Baby Massage Birchwood Family Centre 10.00 - 11.30 8th Jan - 5th Feb & 4th Mar - 1st Apr	● ● ●
Preparing for Baby Queensway Health Centre 18.00 - 20.00 1st Wednesday of the month	● ● ●
First Aid Applecroft Family Centre 18.00 - 20.00 29th Jan	● ●
First Aid De Havilland Family Centre 18.00 - 20.00 18th Mar	● ●

Thursday

Midwife Clinic Applecroft Family Centre 09.30 - 11.00 Weekly	● ●
Rhyme Time Creswick Family Centre 09.45 - 10.30 Weekly	●
Welcome to the World Birchwood Family Centre 13.00 - 15.00 20th Feb - 19th Apr	● ●
Baby & Toddler Health Clinic Creswick Family Centre 12.00 - 13.30 Weekly	● ● ●
Grow it, Cook it, Share it De Havilland Family Centre 13.00 - 14.30 23rd Jan - 26th Mar (not 20th Feb)	●
Introduction to Solid Foods Waterside Family Centre 13.00 - 14.30 2nd Thursday of the month	● ●
Early Talk Birchwood Family Centre 13.00 - 14.30 9th Jan - 13th Feb Please call to register your interest	●
Early Talk Oak Tree Family Centre 13.00 - 14.30 27th Feb - 2nd Apr Please call to register your interest	●
Speech & Language Drop-in Queensway Health Centre 13.30 - 15.30 9th Jan, 13th Feb, 12th Mar & 9th Apr	●
Preparing for Baby Creswick Family Centre 18.00 - 20.00 1st Thursday of the month	● ● ●

Friday

Stay & Play De Havilland Family Centre 09.30 - 11.00 Weekly	●
Baby Sing & Play Oak Tree Family Centre 10.00 - 11.00 Weekly	● ●
Baby & Toddler Health Clinic Waterside Family Centre 10.30 - 12.00 Weekly	● ● ●
First Aid Oak Tree Family Centre 12.00 - 14.00 7th Feb	● ●
Baby Massage Oak Tree Family Centre 13.00 - 14.30 3rd Jan - 31st Jan	● ● ●
Baby Massage Applecroft Family Centre 13.00 - 14.30 28th Feb - 27th Mar	● ● ●
Stay & Play Creswick Family Centre 13.15 - 14.45 Weekly	●

Saturday

Preparing for Baby Queensway Health Centre 10.00 - 12.00 1st Saturday of the month	● ● ●
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	●

Key

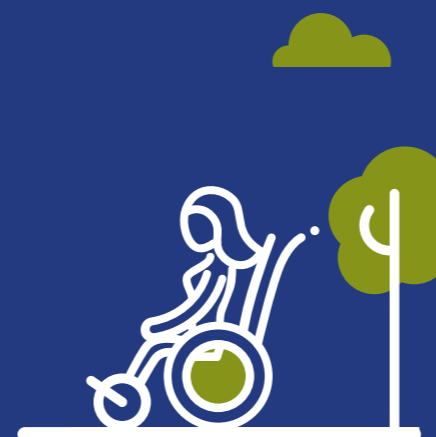
- NHS delivered
- Breastfeeding support available from Breastfeeding Champions
- Bookable crèche available in this session
- Pregnancy (antenatal) and the first year
- Booking required
- Chargeable session
- Booked by Public Health Nursing

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@oneymca.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
Hatfield
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
AL10 0PD

Christchurch Peartree

Tewin Road
Welwyn Garden City
AL7 1LG

Breaks Manor Youth Centre

Link Drive
Hatfield
AL10 8TP

Woodhall Library

Cole Green Lane
Welwyn Garden City
AL7 3JA

The Runway Family Centre

Howe Dell School
The Runway
Hatfield
AL10 9AH

Welwyn Civic Centre

Prospect Place
Welwyn
AL6 9ER