

Monday

2 Year Group Reviews (invite only) Oughton Family Centre Hub 9:00am – 12:30pm	● ● ●
Breastfeeding Support Icknield Family Centre 12:30pm – 2:00pm Facilitated by The Breastfeeding Network (BFN)	●
Well Baby Clinic Oughton Family Centre Hub 1:30pm – 3:00pm	● ● ●
Introduction to Solid Foods Chestnut Tree Family Centre Hub 1:30pm – 3:00pm 13th May, 10th June	● ● ●
Introduction to Solid Foods Royston Family Centre 1:30pm – 3:00pm 29th April, 20th May, 17th June, 15th July	● ● ●
Well Baby Clinic Trinity Church Hall 1:30pm – 2:45pm 1st April, 3rd June, 1st July, 5th Aug, 2nd Sept	● ● ●

Tuesday

Well Baby Clinic Nevels Road Health Centre 9:30am – 11:30am	● ● ●
Grandparent's & Toddlers Group Norton Methodist Church 9:45am – 11:15am	●
Angels Support Group Oughton Family Centre Hub 10:00am – 12:00 noon For parents/carers of children with Autistic Spectrum Disorder & ADHD	●
2 Year Group Reviews (invite only) Royston Health Centre 9:30am – 12:45pm	● ● ●
Midwife Clinic (appointment only) Royston Family Centre 9:30am – 11:00am	● ● ●
Breastfeeding Support Royston Family Centre 11:00am – 12:15pm	●
Baby Sing & Play Royston Family Centre 1:30pm – 2:30pm	● ● ●
Breastfeeding Support Holly Blue Family Centre 12:30pm – 2:00pm Facilitated by the National Childbirth Trust (NCT)	●
Early Talk Oughton Family Centre Hub 1:00pm – 2:30pm 11th, 18th, 25th June, 2nd, 9th July	●

Wednesday

Breastfeeding Support Chestnut Tree Family Centre Hub 10:00am – 11:30am Facilitated by The Breastfeeding Network (BFN)	●
Stay & Play Westmill Community Centre 10:00am – 11:30am	● ●
Midwife Clinic (appointment only) Oughton Family Centre Hub 9:00am – 10:30am	● ● ●
Well Baby Clinic Bedford Road Health Centre 9:30am – 11:30am	● ● ●
Well Baby Clinic Royston Health Centre 9:30am – 11:15am	● ● ●
Incredible Years Free Parenting Course Strawberry Fields Family Centre 9.30am – 11.30am 12 weeks from 24th April (excluding half term) Call or text to book: Corrina 07756 322 300 Jo 07783 044 962	●
Sling Meet Royston Family Centre 12:30pm – 2:00pm 15th May, 19th June, 17th July	●
Family Toolkit Free Parenting Course Oughton Family Centre Hub 12.30pm – 2.30pm 4 weeks from 5th June Call to book: 01462 685304	●
Well Baby Clinic Great Ashby Community Centre 1:00pm – 2:30pm 2nd & 4th week of the month	● ● ●
Baby Sing & Play Great Ashby Community Centre 1:15pm – 2:15pm	● ● ●
Baby Sing & Play Park Drive Health Centre 1.30pm – 2:30pm	● ● ●
Families Feeling Safe Free Programme For Dads of children 0-19 years Chestnut Tree Family Centre Hub 6.30pm – 8.30pm 9 weeks from 15th May (excluding half term) Call or email to book: 07531 247657 Email: sue@familiesfeeling-safe.co.uk	●

Thursday

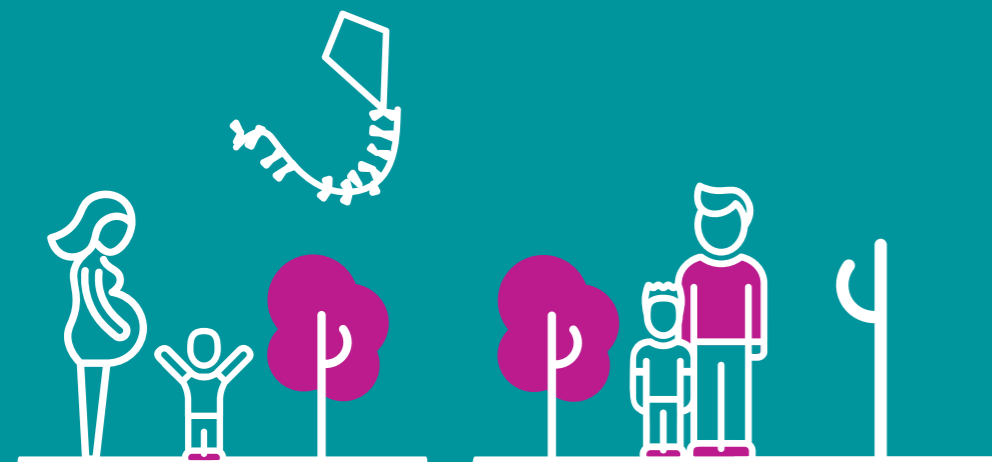
Stay & Play (GCA Acorns) Garden City Academy 8:50am – 10:15am Funded by GCA – no booking required	●
Baby Sing & Play Mrs. Howard Memorial Hall 10:00am – 11:30am	● ● ●
Breastfeeding Group Oughton Family Centre Hub 10:30am – 12:00 noon	● ● ●
Baby Sing & Play Oughton Family Centre Hub 10.30am – 12:00 noon (Babies 0-6 months)	● ● ●
Well Baby Clinic Park Drive Health Centre 9.30am – 11:00am	● ● ●
Introduction to Solid Foods Oughton Family Centre Hub 1:30pm – 3:00pm 25th April, 30th May, 27th June, 18th July	● ● ●
2 Year Group Reviews (invite only) Chestnut Tree Family Centre Hub 1:00pm – 4:00pm	● ● ●

Friday

Breastfeeding Group Icknield Family Centre 10.00am – 11.00am	● ●
Baby Massage Chestnut Tree Family Centre Hub 10.00am – 12.00 noon 7th, 14th, 21st, 28th June, 5th July	● ● ●
Introduction to Solid Foods Chestnut Tree Family Centre Hub 1.30pm – 3.00pm 5th July	● ● ●

Key

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

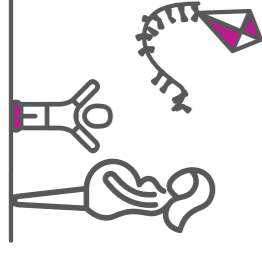


Information

Please arrive 15 minutes before Well Baby Clinic ends to ensure that your baby will be weighed.

Vitamins will be available from Well Baby Clinics and at the HUB.

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



Well-Baby Clinic
0-5 yrs
The Well-Baby 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**

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. Includes free nutritious snacks for children. Please dress your children in old clothes.

Pregnancy Club
Mums to be
Are you pregnant? Why not come to our relaxed session to meet other mums-to-be and find out what to expect during pregnancy and labour. Led by a midwife, women only. **NHS**

Parenting Puzzle
(10 week course)
Adults
Do you have a child aged 2 to 5 years old? This is a great course to learn some new ideas on how to manage your child's behaviour and get the best out of family life.

Baby Massage
2-8 mths
£20
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.

Introduction to Solid Foods
4-6 mths
What are the signs that your baby is ready for solid food? Find out and get advice on how to introduce them to your baby. Also find out what foods not to give your baby as per the NHS guidelines.

First Aid
Adults Only
£20
A 2 hour introduction to First Aid. This session will focus on baby and child resuscitation, treating head injuries, choking and burns. Led by an experienced First Aid Trainer.

Rhyme Time
1-3 yrs
£3 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.

Early Talk
18mths - 2.5yrs
£3 per family
Come along with your child to 5 weekly sessions to learn strategies and ideas around speech and language while you play together.

Antenatal My Baby's Brain
Mums to be/Partners
£20
The 2.5 hour Antenatal First Aid course is an introduction to First Aid for babies and children. It is led by an experienced trainer and covers CPR, choking, Meningitis and other aspects.

Antenatal Breastfeeding
Mums to be/Partners
£3 per child
Come to this session to find out more about breastfeeding. The basics, the benefits, mythbusting and expressing, as we help you to prepare for life as a breastfeeding family.

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 the child's development check.

Antenatal Programme
This is a 3 week antenatal programme to support you through your pregnancy and prepare you for life with a newborn. Classes run by midwives, family centre staff and health visitors. It's your chance to ask any questions you have for the professionals you'll meet during pregnancy. You'll learn about:
• your baby's brain development in the womb
• bonding and attachment
• looking after yourself and keeping stress-free
• baby's healthy development
• diet and nutrition
Please see Hertfordshire Family Centre website and North Herts Facebook page for more information.

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**

What's On...
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.

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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

- Oughton Family Centre Hub**
Mattock Road, Hitchin SG5 2NZ
- Westmill Community Centre**
John Barker Place, Hitchin SG5 2PG
- Bedford Road Health Clinic**
Bedford Road, Hitchin SG5 1HF
- Chestnut Tree Family Centre Hub**
Radburn Way Letchworth Garden City. SG6 2JZ
- Icknield Family Centre**
Archers Way, Letchworth Garden City. SG6 4UN
- Nevels Road Health Clinic**
Nevels Road, Letchworth Garden City. SG6 4TS
- Garden City Academy**
Radburn Way, Letchworth Garden City. SG6 2JZ
- Mrs. Howard Memorial Hall**
Norton Way South, Letchworth Garden City SG6 1NX
- Norton Methodist Church**
9 North Avenue, Letchworth Garden City SG6 1DH
- Norton Common**
Icknield Way Letchworth Garden City SG6 4UF
- Royston Health Centre**
Melbourne Street, Royston SG8 7BS
- Royston Family Centre**
Burns Road, Royston SG8 5EQ
- Holly Blue Family Centre**
St. Mary's Way, Baldock SG7 6HY
- Park Drive Health Centre**
Park Drive, Baldock SG7 6EN
- Great Ashby Community Centre**
Whitehorse Lane, Stevenage SG1 6NH
- Strawberry Fields Family Centre**
Whitehorse Lane Stevenage SG1 6NH
- Trinity Church Hall**
Park Lane, Knebworth SG3 6PD

Oughton Family Centre Hub, Mattock Road, Hitchin SG5 2NZ

Chestnut Tree Family Centre Hub, Radburn Way, Letchworth SG6 2JZ

Tel: 0300 123 7572
hitchin.fcsenquiries@barnardos.org.uk
lbr.fcsenquiries@barnardos.org.uk
 North Herts Family Centres

North Herts Hubs
Oughton Family Centre Hub and Chestnut Tree Family Centre Hub

Keep up to date
Please visit our Facebook pages **North Herts Family Centres**



How to book
Did you know that we are now using **Eventbrite** to take all bookings for our sessions and courses? You can view what's on in your area by visiting our new website www.hertsfamilycentres.org
Not only can you book online, you can also pay online through Eventbrite's secure online system.



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WHAT'S ON
North Herts District

April – July 2019

Covering Hitchin, Letchworth, Baldock, Royston and Surrounding Villages

Visit our new website:
www.hertsfamilycentres.org
0300 123 7572

Welcome to your Family Centre...

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

There will be a range of different support groups, activities and services on offer for children and their families to help them be healthy, grow and develop. Families will be able to access available services from any Hertfordshire Family Centre, allowing families to fit sessions and services around busy family lives.

New this term...

Antenatal Programme
This is a 3 week antenatal programme to support you through your pregnancy and prepare you for life with a newborn. Classes run by midwives, family centre staff and health visitors. It's your chance to ask any questions you have for the professionals you'll meet during pregnancy. You'll learn about:
• your baby's brain development in the womb
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• looking after yourself and keeping stress-free
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