

WHAT'S ON

Broxbourne District



Autumn Term
October - December 2018
Covering Borough of Broxbourne

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

*our new phone system will be live from October 2018.

Delivered by




Hertfordshire Community
NHS Trust

On behalf of



Welcome to your Family Centre...

Borough of Broxbourne



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.

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.

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.



Subscribe to our newsletter

Want to keep up to date with what's on in your district?

Then why not sign up to our newsletter at:
www.hertsfamilycentres.org/newsletter

For regular updates on the new Family Centre Service please visit our Facebook page (Broxbourne Family Centre Service) or visit our website at: www.hertsfamilycentres.org

2 Year Group Reviews Invitation only

Run by local Health Visitors. Parents should receive an appt. letter, inviting them to bring their child for this development check. By invitation only. **NHS**

Antenatal Breastfeeding Workshop - Mums to be/partners

Come to this session to find out more about breastfeeding. The basics, the benefits, myth-busting and expressing, helping to prepare you for life as a breastfeeding family.

Antenatal First Aid Adult £20.00

The 2.5 hour Antenatal First Aid course is an introduction to first aid for babies, children and antenatal aspects. It is led by an experienced trainer and covers CPR, choking, Meningitis and other aspects. Fee applies.

Antenatal My Baby's Brain Mums to be/partners

Come to this session to find out how you can support your baby's brain development, both inside the womb and once baby is born. The session will cover the benefits of responding, talking, relaxing, playing and cuddling your baby. The session will also provide information on support and services available to you.

Baby Massage 2-8 mths £20.00

Learn to massage your baby. Find out how it helps with their sleeping, digestion and colic. Get to know other mums and ask for help and advice if you want it. 5 week course. Fee applies.

Baby, Sing & Play 0-12 mths £3

Come and join us for a fun music session. You and your baby will be encouraged to join in with singing and movement. Your baby will also be able to explore and play with toys. You will have a chance to make friends with other parents and carers.

Breastfeeding Social Group Mums/0-12 mths

Join our friendly and relaxed drop-in sessions where you will meet other mums. You will receive support from our trained Breastfeeding Champions.

Crèche 0-12 mths

A chargeable service, available for parents attending a course.

Early Talk 0-11 yrs - invitation only

Are you worried about your child's speech and/or language development? You can talk to a Speech & Language Therapy Assistant or a member of our staff who will be able to provide advice and support. By invitation only. **NHS**

Family Toolkit Adult - appointment only

Do you have a child aged 2 - 5 years old? This is a great course to learn some new ideas about how to manage your child's behaviour. By invitation only.

First Aid Adult £20.00

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. Fee applies.

Introduction to Solid Foods 0-12 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.

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.

Rhyme Time 1-3 yrs £3

Come and join us for a fun music session. You and your baby will be encouraged to join in with singing and movement. Your baby will also be able to explore and play with toys. You will have a chance to make friends with other parents and carers.

Stay & Play 0-5 yrs £3

A fun-filled session which brings together all your children's favourite activities. You will be encouraged to play with your children. Includes free nutritious snacks for children. Please dress your children in old clothes.

Welcome to the World Adult - invitation only

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. Come with a friend or partner if you want, or come on your own. By invitation only.

Well-Baby Clinic 0-5 yrs

The Well-Baby Clinic is run by the local Health Visiting Team and Family Centre staff. It is a chance for you to weigh your baby, get support and advice on a wide range of family health issues including Breastfeeding. **NHS**

Monday

Baby Massage High Trees Family Centre 09.30 - 11.00 Weekly from 8th Oct - 5th Nov	● ● ● ●
Child Health Reviews Arlesdene Family Centre 13.00 - 14.30 Weekly	● ●
Baby Massage Greenfield Family Centre 13.30 - 15.00 Weekly from 19th Nov - 17th Dec	● ● ● ●
Stay & Play - Under Ones Rosedale Community Church 13.30 - 15.30 Weekly	● ●

Tuesday

Well Baby Clinic High Trees Family Centre 09.15 - 10.45 Weekly	● ● ● ●
Child Health Reviews Greenfield Family Centre 09.30 - 13.00 Weekly	● ●
Introduction to Solids Greenfield Family Centre 10.00 - 11.00 16th Oct, 20th Nov & 18th Dec	● ●
Introduction to Solids Three Parks Family Centre 10.00 - 11.00 9th Oct, 6th Nov & 11th Dec	● ●
Stay & Play - Under Ones The Ark Family Centre 10.00 - 11.30 Weekly	● ●
Stay & Play Allsorts Family Centre 13.00 - 14.30 Weekly	●
Stay & Play Isabella House 13.15 - 14.45 Weekly	●

Wednesday

Stay & Play - Under Ones Greenfield Family Centre 09.30 - 11.00 Weekly	● ●
Childminders The Ark Family Centre 09.30 - 11.00 Weekly	●
Child Health Reviews High Trees Family Centre 09.30 - 12.30 Weekly	● ●
Breastfeeding Social Group Venue - TBC 10.00 - 11.30 Weekly	● ●
Midwife Clinic Allsorts Family Centre 10.00 - 12.00 Weekly	● ● ● ●
Well Baby Clinic Hoddesdon Clinic 13.00 - 14.30 Weekly	● ● ●

Thursday

Child Health Reviews Venue - TBC 09.15 - 12.45 Weekly	● ●
Stay & Play The Ark Family Centre 09.30 - 11.00 Weekly	●
Well Baby Clinic Stockwell Lodge Medical Centre 09.30 - 11.00 Weekly	● ● ●
HAFLs Maths Course Greenfield Family Centre 09.30 - 11.30 Weekly from 4th Oct - 20th Dec	●
Introduction to Solids Allsorts Family Centre 10.00 - 11.00 4th Oct, 1st Nov & 6th Dec	● ●
HAFLs English Course Greenfield Family Centre 12.30 - 14.30 Weekly from 4th Oct - 20th Dec	●
Breastfeeding Social Group The Ark Family Centre 13.00 - 14.00 Weekly	● ●
Introduction to Solid Foods High Trees Family Centre 14.00 - 15.00 25th Oct & 29th Nov	● ●

Friday

Well Baby Clinic Stanhope 09.15 - 10.45 Weekly	● ● ●
Early Talk Arlesdene Family Centre 09.30 - 10.30 Weekly, NO session: 16th Nov	●
Stay & Play High Trees Family Centre 09.30 - 11.00 Weekly	●
Child Health Reviews Hoddesdon Clinic 09.30 - 12.00 Weekly	● ●
Breastfeeding Social Group High Trees Family Centre 09.30 - 12.30 Weekly	● ●
Midwife Clinic High Trees Family Centre 09.30 - 12.30 Weekly	● ● ● ●
Baby Massage Three Parks Family Centre 13.00 - 14.30 Weekly from 23rd Nov - 21st Dec	● ● ● ●

Key

- **NHS** delivered
- Breastfeeding support available from the Breastfeeding Champion/ Health Visitor at these clinics
- Bookable crèche available in this session
- Antenatal - pregnancy to baby's 1st birthday
- Booking required
- Chargeable session



Information

Please arrive 15 minutes before clinic ends to ensure that your baby will be weighed.

Vitamins will be available from the Well Baby Clinic.

0300 123 7572*

*our new phone system will be live from October 2018.

www.hertsfamilycentres.org*

*our new website will be live early October 2018.

Broxbourne Hub



**High Trees Family Centre
HRC, Broxbourne Campus
Turnford, Broxbourne, EN10 6AE**



☎ 0300 123 7572*

✉ Broxbourne.FCSenquiries@oneymca.org
www.hertsfamilycentres.org

Broxbourne Family Centre Service



Where to find Services

Listed below are the locations of your local services. For more choice and to access all services County-wide please visit www.hertsfamilycentres.org

High Trees Family Centre

HRC, Broxbourne Campus
Turnford, Broxbourne
EN10 6AE

Rosedale Community Church

Andrews Lane
Cheshunt EN7 6LB

The Ark Family Centre

c/o St Catherine's Hoddesdon
VC CE Primary
Haslewood Avenue
Hoddesdon EN11 8HT

Isabella House

Longcroft Drive
Waltham Cross EN8 7PA

Arlesdene Family Centre

c/o Arlesdene Nursery School
Cheshunt EN8 9DW

Greenfield Family Centre

c/o Greenfield Nursery
School, Hurst Drive
Waltham Cross EN8 8DH

Stockwell Lodge Medical Centre

Rosedale Way, Cheshunt
EN7 6HL

Allsorts Family Centre

St Mary's CE High School
Lieutenant Ellis Way
Cheshunt EN7 5FB

Hoddesdon Clinic

High Street, Hoddesdon
EN11 8BQ

Three Parks Family Centre

c/o Rye Park Nursery School
Centre, Walton Road
Hoddesdon EN11 0LN

