

# WHAT'S ON

## Broxbourne District



Autumn Term  
October - December 2018  
Covering Borough of Broxbourne

Visit our new website:  
[www.hertsfamilycentres.org](http://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](http://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](http://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](http://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

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

## Tuesday

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

## Wednesday

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

## Thursday

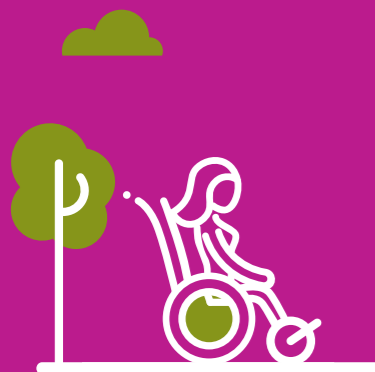
|  |      |
|--|------|
| <b>Child Health Reviews</b><br>Venue - TBC<br>09.15 - 12.45<br>Weekly                                      | ●●   |
| <b>Stay &amp; Play</b><br>The Ark Family Centre<br>09.30 - 11.00<br>Weekly                                 | ●    |
| <b>Well Baby Clinic</b><br>Stockwell Lodge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

## Friday

|  |      |
|--|------|
| <b>Well Baby Clinic</b><br>Stanhope<br>09.15 - 10.45<br>Weekly                                       | ●●●● |
| <b>Early Talk</b><br>Arlesdene Family Centre<br>09.30 - 10.30<br>Weekly, NO session: 16th Nov        | ●    |
| <b>Stay &amp; Play</b><br>High Trees Family Centre<br>09.30 - 11.00<br>Weekly                        | ●    |
| <b>Child Health Reviews</b><br>Hoddesdon Clinic<br>09.30 - 12.00<br>Weekly                           | ●●   |
| <b>Breastfeeding Social Group</b><br>High Trees Family Centre<br>09.30 - 12.30<br>Weekly             | ●●   |
| <b>Midwife Clinic</b><br>High Trees Family Centre<br>09.30 - 12.30<br>Weekly                         | ●●●● |
| <b>Baby Massage</b><br>Three Parks Family Centre<br>13.00 - 14.30<br>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](mailto:Broxbourne.FCSenquiries@oneymca.org)  
[www.hertsfamilycentres.org](http://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](http://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

