

What's on for Families Stevenage– Autumn 2023 (4th Sep-29th Dec)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Baby Group St Nicholas & Martin's Wood FC 10.45am – 12.15pm (Not 25 th December)	Self-Weigh Station Friends Meeting House Bedwell 11.00am-2.00pm (Not 24 th October and 26 th December) Broadwater FC 4.00-5.30pm weekly Booking via Eventbrite (Not 24 th October and 26 th December)	Self-Weigh Station Broadwater FC 9am - 12pm weekly Booking via Eventbrite	Self-Weigh Station Bridge Road FC 9am - 12pm weekly Booking via Eventbrite		
	Baby Group Friends Meeting House 1pm – 2.30pm Free drop in weekly (Not 24 th October and 26 th December)	Active Rhyme Time Broadwater FC 9.30am - 10.15am Free drop in weekly (Not 20 th 27 th December)	Physical Fun St Nicholas & Martin's Wood FC 1.30pm - 2.30pm Free drop in weekly (Not 21 st 28 th December)		
	Infant Feeding Social Support Group St Nicholas FC 9.30am - 11.30am Free drop in weekly (Not 24 th October and 26 th December)	Welly Walk Fairlands Valley Park 10.30am - 11.30am Until 18th October Booking via Eventbrite	Baby Group Broadwater FC 1pm – 2.30pm Free drop in weekly (Not 21 st & 28 th December)		

Courses & Workshops for Parents – Autumn 2023

(2nd September-29th December)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
First Aid Broadwater FC September 25 th 1.00pm-3.00pm Booking via Eventbrite	Introduction to Solid Foods Friends Meeting House November 28 th 10.45am-12.15pm Friends Meeting House December 12 th 1.00pm-2.30pm Booking via Eventbrite	Preparing for Parenthood St Nicholas & Martin's Wood FC 6.30pm – 8.30pm 13 th September 11 th October 15 th November 13 th December Booking via Eventbrite	Introduction to Solid Foods Friends Meeting House September 7 th 1.00pm-2.30pm Booking via Eventbrite	First Aid St Nicholas & Martins Wood FC October 27 th 10.00am-12.00pm Booking via Eventbrite	Preparing for Parenthood St Nicholas & Martin's Wood FS 9.30am - 11.30am 14 th October 16 th December Booking via Eventbrite
Introduction to Solid Foods Broadwater FC September 18 th 1.30pm-3.00pm Booking via Eventbrite	Becoming Dad Friends Meeting House 19 th December 6.30pm-8.30pm (For more information & to book on please contact Caroline on 07759 140573)	Introduction to Solid Foods St Nicholas & Martins Wood FC October 4 th 1.00pm-2.30pm Broadwater FC October 18 th 10.45am-12.15pm Booking via Eventbrite	Introduction to Solid Foods Broadwater FC November 2 nd 1.00pm-2.30pm Booking via Eventbrite	First Aid St Nicholas & Martins Wood FC November 17 th 10.00am-12.00pm Booking via Eventbrite	Bumps & Babies 10.00am-11.30am Broadwater FC, Stevenage 23 rd September Chestnut Tree FC, Letchworth 21 st October Oughton FC, Hitchin 25 th November Royston FC 16 th December Free drop in
Introduction to Solid Foods St Nicholas & Martins Wood FC November 13 th 10.45am-12.15pm Booking via Eventbrite			Becoming Dad Oughton FC 6.30pm-8.30pm 23 rd November (For more information & to book on please contact Caroline on 07759 140573)	First Aid Broadwater FC December 8 th 10.00am-12.00pm Booking via Eventbrite	Becoming Dad Chestnut Tree FC 9am-12.pm 30 th Sep (For more information & to book on please contact Caroline on 07759 140573)
					Becoming Dad Friends Meeting House 9am-12.pm 7 th Oct (For more information & to book on please contact Caroline on 07759 140573)

Session Descriptions – Stevenage District

Active Rhyme Time

Fun, active rhymes and songs for your baby & toddler. A great way to meet other families and develop your child's growing communication and physical skills.

**** The activities and content of the sessions are planned for children aged 6-18 months ****

Baby Group

An opportunity to meet other families with young babies in a supportive, stimulating and friendly environment. During the session you can play and discover more about your baby's development and support your wellbeing.

**** The activities and content of the sessions are planned for children aged 0-6 months **.**

Bumps & Babies

An opportunity for new and expectant parents to meet other families going through this new and exciting experience. This will help you to start to build your social network and give you the chance to speak to a friendly member of the Family Support team.

Becoming Dad

For expectant and new fathers, designed to provide them with tailored information and support as they make the transition to full time fatherhood. Designed to build their confidence around hands on baby care, bonding and attachment, healthy relationships, support breastfeeding and mental health (their own and their partners).

Families Feeling Safe

This 5-week course is to support a family's emotional wellbeing. To enable mothers, fathers & carers to improve relationships and communication; build on strengths and support networks; develop problem solving skills to help them feel safe; express feelings in a responsible way and improve emotional wellbeing . *Speak to the team.*

Family Toolkit

For families with children aged 2 to 5 years old. A great course to learn some new ideas about how to manage children's behaviour and get the best out of family life. *Speak to the team.*

First Aid - £25

This 2-hour face to face session will provide parents-to-be, parents and carers with important First Aid information and advice on such topics as baby/child resuscitation, treating head injuries, choking and burns. *Book via Eventbrite.*

Grow it, Cook it, Share it

This 6 week family growing and cooking course teaches families about fruit and vegetables that can easily be grown and eaten at home through supervised gardening and simple cooking sessions.

Infant Feeding Social Support Group

These sessions will allow parents to ask questions, seek support and to meet other families in a relaxed friendly environment.. *For Specialist Breastfeeding Support please call 0300 123 7572, select your area, then choose option 1 to talk to a Health Visitor.*

Introduction to Solid Foods

NHS guidelines recommend introducing solid foods to your baby around 6 months. Join us when your baby is 4-6 months so you can know the signs that show your baby is ready for food and get information in line with NHS guidelines.

Parenting Puzzle

For parents/carers of children aged 3 to 8 years to understand how emotions can influence actions and offer practical ways of guiding children so they learn to manage their feelings and control their behaviour. *Speak to the team.*

Physical Fun

A fun, active session where you can meet other local families and enjoy lots of fun games & play opportunities to support your child with their physical development.

**** The activities and content of the sessions are planned for children aged 18 months+ ****

Self-Weigh

An opportunity to check your baby's weight as well as talk to staff from the Family Support Service on a variety of health promotions and parenting support topics. *Book via Eventbrite.*

Special Educational Needs & Disabilities Drop In

These sessions provide an opportunity to discuss any concerns or issues you may have, an opportunity to meet families within your local area and provide a friendly ear. We will share information on support groups and courses and keep you up to date with key information.

Welly Walk

Join us on a fun welly walk, through the park and the woods. Develop your child's knowledge of the outside world and enjoy outdoor activities with friends.

Please wear appropriate clothing for the weather to keep warm and dry.

IMPORTANT INFORMATION –

We have a maximum number of spaces in the sessions that are on a first come first served basis. Please arrive promptly to minimise disappointment. The number of spaces available are based on the size of the venue, health and safety guidance and Covid risk assessments for the buildings. Parents and carers are responsible for supervising their children throughout the sessions.

To keep us all safe, please do not attend centres or sessions if you are feeling unwell. We will continue to maintain high standards of cleaning and ensure good ventilation within our centres. Hand sanitiser will also be available. Please continue to be respectful of people's personal space. Staff and families may wish to use a face mask within the centre.

For NHS appointments please be aware a mask must be worn

Centre Address

Bridge Road Family Centre, Woolenwick primary School Site, Bridge road East, Stevenage SG1 2NU
Broadwater Family Centre, Longmeadow Primary School Site, Oaks Cross, Stevenage ,SG2 8LT
Chestnut Tree Family Centre, Garden City Academy Site, Radburn Way, Letchworth Garden City, SG6 2JZ
Friends Meeting House, 21 Cuttys Lane, Stevenage, SG1 1UP
Oughton Family Centre, Oughton Primary & Nursery School Site, Mattocke Road, Hitchin, SG5 2NZ
Royston Family Centre, Burns Road, Royston, SG8 5EQ
St Nicholas & Martin's Wood Family Centre, The Oval Community Centre, Vardon Road, Stevenage, SG1 5RD

BOOKING VIA EVENTBRITE

For all Session except Preparing for Parenthood - <https://barnardos-stevenage.eventbrite.co.uk>
Preparing for Parenthood link - <https://www.eventbrite.co.uk/o/preparing-for-baby-20041788297>