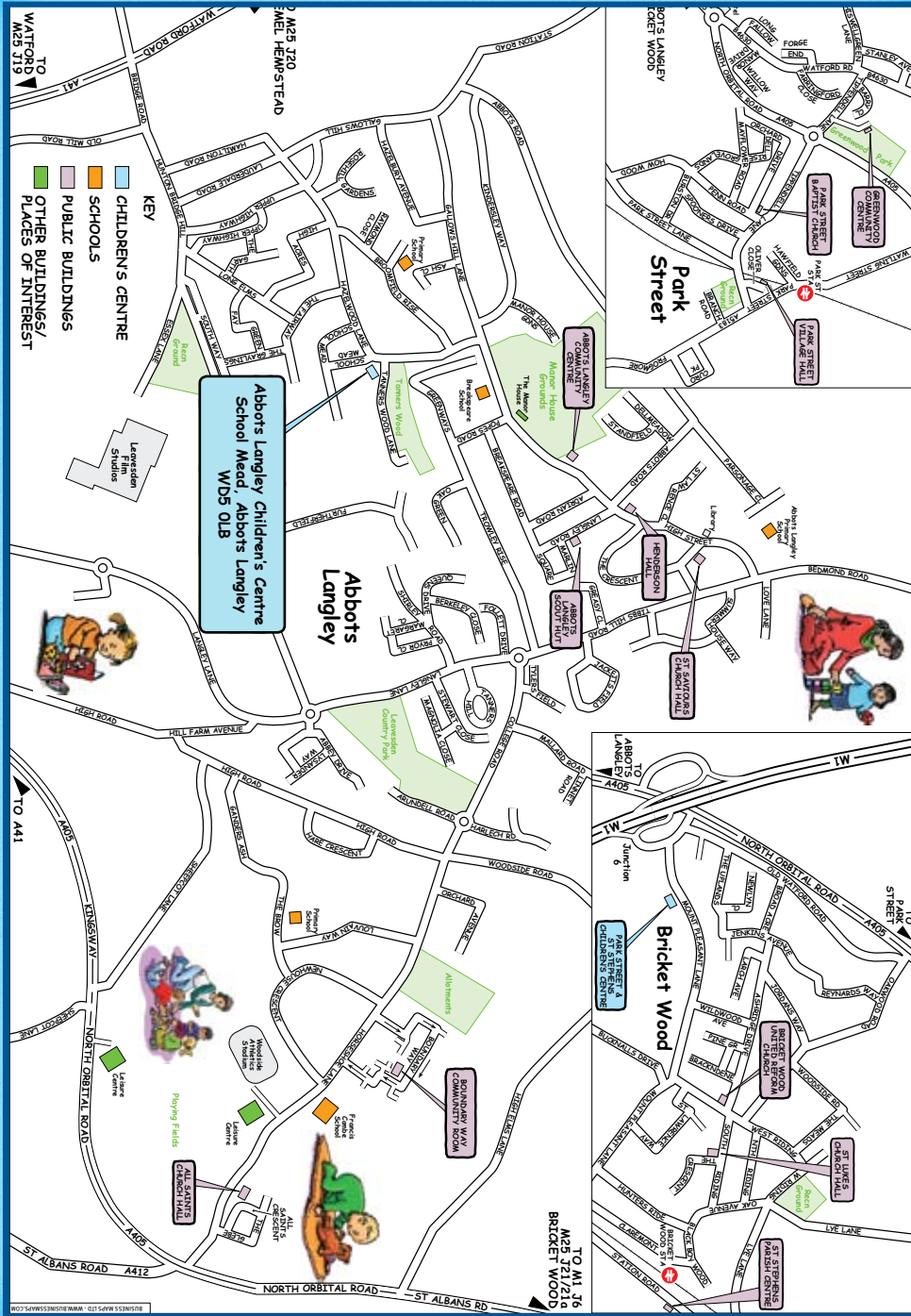


# Free Activities for Abbots & Park Street Children's Centres



May – July 2011

Hertsmere Leisure Children's Centre Head Office  
 Shakespeare Drive, Off Furzehill Road, Borehamwood, Herts, WD6 2FD  
 Tel: 020 8386 4038 email: [childrenscentres@hertsmereleisure.co.uk](mailto:childrenscentres@hertsmereleisure.co.uk)  
 Hertsmere Leisure is a registered Charity. Charity Number 1093653

Sure Start  
 Children's Centres



# Abbots Langley May – July 2011 Booking line: 01923 268 105

## Monday

**Childminders Group**  
Abbots Langley Community Centre  
9:30am-11:30am  
9th May, 23rd May 13th June, 27th June, and 11th July  
Exclusively for childminders

**Post-natal Fitness with Crèche**  
Charters Health Club, Abbots Langley  
11:00am – 12:00noon  
6th June – 11 July  
(6 week course) Please book

**Child Health Clinic**  
St Saviours Church Hall, Abbots Langley  
1:30pm-3:30pm  
All year round (except Bank Holidays)

## Tuesday

**Parenting Puzzle with Crèche**  
Abbots Langley Community Centre  
10:00am – 12:00noon 17th May – 19th July  
(Excluding 31st May and 21st June)  
(8 week course) Please book

**Bumps and Babies**  
St Saviours Church Hall, Abbots Langley  
1:30pm to 3:00pm 3rd May – 12th July  
(Excluding 31st May) Just drop in

**Breastfeeding Social for Antenatal and Postnatal mums**  
St Saviours Church Hall, Abbots Langley  
1:30pm – 3:00pm 3rd May – 12th July  
(Excluding 31st May) Just drop in

**Info/IT Café**  
Abbots Langley Children's Centre  
1:30pm – 3:00pm 3rd May – 12th July  
(Excluding 24th May & 31st May) Just drop in

**Speech & Language Therapy Assistant**  
Abbots Langley Children's Centre  
1:30pm – 3:30pm 24th May and 19th July  
Please book (15 minute appointments)

**Save a Life**  
Henderson Hall 7:00pm – 9:00pm  
28th June Please book

## Wednesday

**Baby Massage**  
Abbots Langley Children's Centre  
10:00am – 11:30am Course 1: 27th April – 25th May  
Please book

**Creative Play**  
Boundary Way Community Room  
10:00 am-11:30am  
4th May – 13th July (Excluding 1st June)  
Just drop in

**Welcome to the World-New Mums Group**  
Abbots Langley Children's Centre  
10:00am – 11:30am  
8th June – 29th June (4 week course) Please book

**Soft Play**  
Charters Health Club, Abbots Langley  
1:30pm – 2:30pm  
4th May – 13th July (Excluding 1st June)  
Just drop in

## Thursday

**Happy Families with Crèche**  
Hillside Hall, Abbots Langley  
12th May – 14th July 10:00am -11:30am  
(Excluding 2nd June, 9th June)  
Just drop in

**Play and Stay**  
Hillside Hall, Abbots Langley  
1:00pm – 2:30pm 12th May – 14th July  
(Excluding 2nd June, 9th June)  
Just drop in

**Funky Monkey Movers (formerly Sticky Kids)**  
Hillside Hall, Abbots Langley  
2:30pm – 3:00pm  
12th May – 14th July (Excluding 2nd June, 9th June)  
Just drop in

**Toy Library**  
Hillside Hall, Abbots Langley  
1:30pm – 2:30pm 12th May – 14th July  
(Excluding 2nd June, 9th June)  
Just drop in

## Friday

**Support Session at Abbots Langley Parent & Toddler Group**  
Abbots Langley Community Centre  
9:30 am-11:30 am 6th May – 15th July  
(Excluding 3rd June)  
There is a charge for this activity, payable to the group;  
-50p per child under 6 months  
-£1 per child over 6 months old and adult. This group is  
open on Tuesdays, Wednesdays and Fridays, with the  
Children's Centre supporting on Fridays.

**IT session**  
Boundary Way Community Room  
10:00 am-12:00noon  
13th & 27th May, 17th June & 15th July

## Saturday

**Fun in the Park**  
Abbots Langley Park, Manor house Grounds  
1:30pm – 3:00pm  
28th May  
For mums and dads with their children

**Emergency First Aid**  
Hillside Hall, Abbots Langley  
9:30am – 1:30 pm  
16th July  
Please book

# Park Street May – July 2011 Booking line: 01923 673 698

## Monday

**Child Health Clinic**  
Park Street Children's Centre  
9:30 am – 11:30 am  
All year round excluding Bank Holidays.

**Play & Stay**  
Park Street Village Hall  
10:00 am - 11:30 am  
9th May – 11th July  
(Excluding 30th May)  
Just drop in  
A Speech & Language Therapy Assistant will be available at this group on 16th May and 4th July

**Child Health Clinic including play session**  
Park Street Baptist Church  
1.30pm – 3.00pm  
All year round excluding Bank Holidays

## Tuesday

**Baby Massage**  
Park Street Children's Centre  
10:00am -11:30am  
7th June – 5th July  
(5 week course) Please book

**Funky Monkey Movers (formerly Sticky Kids)**  
Greenwood Park Community Centre  
11:00 am- 11:45am  
3rd May – 12th July  
(Excluding 31st May)  
Just drop in

**Creative Play**  
St Stephens Parish Centre  
1:00pm – 2:30pm  
3rd May – 12th July (Excluding 31st May)  
Just drop in

## Wednesday

**Baby Readers & Little Readers**  
Park Street Children's Centre  
Baby Readers: 1:30pm – 2:00pm  
Little Readers: 2:00pm – 2:45pm  
4th May – 13th July (Excluding 1st June)  
Just drop in

**Save a Life**  
Bricket Wood United Reform Church  
7:00pm – 9:00pm 29th June. Please book

## Thursday

**Toy Library**  
Bricket Wood United Reform Church  
10:00am – 11:30am 12th May – 14th July  
(Excluding 5th May) Just drop in

**NCT – Baby Café Local**  
Park Street Children's Centre  
10:00am-11:30am From 12th May

**Bumps and Babies**  
Greenwood Park Community Centre 1:30 pm-3:00pm  
12th May – 14th July  
(Excluding 2nd , 16th June) Just drop in

**Support Session at St Luke's Mother & Toddler Group**  
St. Luke's Church. This session runs from 1:30 pm-  
3:30 pm, supported by Children's Centre staff between  
2:00 pm and 3:00 pm. There is a charge of 50p per  
family for this activity, payable to the Mother & Toddler  
Group. 5th May – 14th July (Excluding 20th May)  
Just drop in

## Friday

**Info/IT Café**  
Park Street Children's Centre  
10:00am- 11:30am 6th May – 15th July  
(Excluding 20th May, 3rd June, 1st July)

## Saturday

**Fun in the Park**  
Greenwood Park  
1:30pm – 3:00pm  
4th June  
For mums and dads with their children



**Sure Start Children's Centres**



[www.hertsmere-children.co.uk](http://www.hertsmere-children.co.uk)

## Addresses

**Park Street & St Stephens**

**Park Street & St Stephens Children's Centre**  
Mount Pleasant Lane  
Bricket Wood, St Albans  
AL2 3XA

**Bricket Wood United Reform Church**  
West Riding, Bricket Wood,  
St Albans  
AL2 3QR

**Greenwood Community Centre**  
Tippendell Lane Chiswell Green,  
St Albans. AL2 3HW

**Park Street Baptist Church**  
Penn Road, Park Street  
St Albans. AL2 2QF

**Park Street Village Hall**  
Olivers Close, Park Street  
St Albans. AL2 2NJ

**St Lukes Church Hall**  
The Crescent, Bricket Wood  
St Albans. AL2 3NF

**St Stephens Parish Centre**  
Station Road, Bricket Wood

St Albans. AL2 3PJ  
**Abbots Langley**

**Abbots Langley Children's Centre**  
School Mead  
Abbots Langley  
AL5 0LB

**Abbots Langley Community Centre**  
Manor House Grounds  
Abbots Langley. WD5 0AP

**Boundary Way Community Room**  
Boundary Way, Garston  
Watford. WD25 7ST

**Charters Health Club**  
YMCA Woodlands, College Road  
Abbots Langley. WD5 0GN

**Henderson Hall**  
High Street, Abbots Langley  
WD5 0AR

**Hillside Hall**  
School Mead, Abbots Langley  
WD5 0LA

**St Saviours Church Hall**  
96 The Crescent  
Abbots Langley  
WD5 0DS

## By Appointment

**Counselling**  
Appointments can be made via The BECC Reception 020 8386 4038

**Useful contacts**  
Family information Service Young in Herts 0300 123 4052  
[www.hertsdirect.org/younginherts](http://www.hertsdirect.org/younginherts)

**Three Rivers Citizens Advice Bureau (Abbots Langley)**  
01923 267 949  
The Old Stables,  
St Lawrences Vicarage, High Street, Abbots Langley, WD5 0AS  
Opening times;  
Mon: 10am – 4pm  
Wed: 10am – 1pm  
Fri: 10am – 1pm

**St Albans Citizens Advice Bureau**  
01727 811 118 / 08444 111 444. 64 London Rd, St Albans, AL1 1NG  
Opening times;  
Mon, Tues, Thurs, Fri: 10am – 4pm  
Wed: 10am – 1pm  
by appointment 5pm – 7pm

**St Albans Credit Union (for information: 01727 852 657)**  
Not-for- profit community bank encouraging personal savings  
and offering affordable loans up to £5000 at reasonable rates  
of interest.  
Office open Monday, Tuesday, Thursday,  
Saturday from 9am – 1pm,  
at 135 Hatfield Road, St Albans, AL1 4JX

Tues: 10am – 3pm  
Thurs: 10am – 3pm  
By appointment: 4pm – 6pm

## Information Point

- Abbots Langley Children's Centre
- Park Street & St Stephens Children's Centre

**Health Visitors**  
Garston Clinic 01923 243 568  
St Albans Children's Centre, The Crescent,  
St Albans 01727 891 163

**Home-Start**  
Watford & Three Rivers 01923 248 010  
[www.home-startwatford.org.uk](http://www.home-startwatford.org.uk)

**St Albans City & District** 01727 833 810  
[www.homestartstalbans.org.uk](http://www.homestartstalbans.org.uk)

# Description of Sessions

## Baby Massage

2-8 mths

This is a 5 week course run by IAIM qualified instructors. You will learn to massage your baby using approved strokes and techniques whilst learning about the vast benefits, to both mum and baby, of baby massage. This is a lovely session for new parents with discussions and lots of advice and support if needed.

## Baby Readers & Little Readers

(0-18months)  
(18 mths -5 yrs)

An exciting and enjoyable introduction to stories and books for all children up to the age of 5. Come and explore the books and stories with us! The children will have the opportunity to select a book to borrow and take home in a book bag given by us. We will end each session with a story/ rhyme time targeted for each age group.

## Breastfeeding Social for Antenatal and Postnatal mums

This service is run by volunteers trained by the Breastfeeding Network. Come along and receive support, advice and guidance whilst meeting other new mums. There is also a book borrowing service.

## Bumps and Babies

0-18 mths

An opportunity for mums to be and parents/carers of children under 18 months to meet up on a weekly basis in a safe and stimulating environment. Children's Centre staff are available throughout the session to offer support and advice if needed.

## Child Health Clinic

0-5 yrs

Baby Clinic is run by our local Health Visitor Team. It is an opportunity for you to receive support and advice on a wide range of family health issues. Children's Centre staff are also available to answer any questions you may have.

## Childminders Group

0-5yrs

A group exclusively for childminders. The group will be set up by the Children's Centre staff and is for childminders and their children to enjoy play in a stimulating environment.

## Creative Play

2-5 yrs

A drop in session for you and your child to come along to and enjoy a range of messy play activities. Children's Centre staff will plan different activities each week which will help in developing your child's creativity and enable them to experience different shapes, textures, colours and scents. Please dress your children in suitable clothing for messy play.

'Despite appearances, messy play can make an enormous contribution to babies' and young children's cognitive and creative development'-Early Years Foundation Stage

## Fun in the Park

0-5 yrs

Get active and have fun at our outside play sessions. Play with balls and bats, bubble chasing, parachute games and a good run around. These sessions are designed by Children's Centre staff to help parents and carers with new ideas on how to use the park and surrounding areas. Saturday sessions for Mums & Dads to enjoy with their children!

## Funky Monkey Movers (formerly Sticky Kids)

18mths-5yrs

Help develop your child's physical development and listening skills through this fun and lively music session.

## Happy Families with Crèche

0-3 yrs

Come along and join other parents to discuss and support the development of your children. This group will be a very informal group giving parents the chance to meet and talk about how their child is developing whilst their children are looked after by crèche staff. Parents and children will then come together at the end of the session to share a fun activity. A great opportunity for parents to get the chance to share information and give other parents valuable tips and strategies on how we can make parenting as enjoyable an experience as possible.

## Info/IT Café

Free access to a computer and the internet. Come along and use the computer to access the internet, look for jobs, write CV's, etc. Children's Centre staff are available to answer question regarding the service and offer help and guidance when needed. Tea and coffee will be available.

## IT session

Free access to a computer and the internet. Come along and use the computer to access the internet, look for jobs, write CV's, etc.

## Let's Pretend

1-5yrs

A fun and interactive session designed to develop your child's imagination through role play. Children can immerse themselves in stories and make-believe which also supports positive social skills and emotional development.

## NCT- Baby Café Local

Baby Café Local is a breastfeeding drop-in session run by trained breastfeeding counsellors. Pregnant and breastfeeding mothers and their supporters are welcome to call by to receive information and support about any aspect of breastfeeding and get together with other breastfeeding mums. [www.thebabycafe.org](http://www.thebabycafe.org) to find details of your nearest drop-in.

## Parenting Puzzle with Crèche

3-7 yrs

The Parenting Puzzle is a 8 week course which encourages parents/ carers to enjoy bringing up their children and how they can get the very best out of family life. It will enable parents/ carers to understand how our emotions can influence our actions and facilitators offer many practical ways of guiding children so they can learn to deal with their feelings and control their behaviour.

## Play & Stay

0-5 yrs

The session will encourage and support your child's development in a safe and stimulating environment. It gives you an opportunity to interact with your child whilst learning through play and making friends. The session includes free nutritious snacks for the children

## Postnatal Fitness (6 week course) with Crèche

Run by a qualified instructor. The course is designed to ease mums back into exercise after the birth of their baby. This course is specifically designed to target key areas.

## Soft Play Sessions

(0-4yrs)

An opportunity to use the soft play area at Charters Health Club (YMCA Woodlands). The area is designed with a range of soft play bricks, tunnels and tents that will keep young children entertained in a safe environment.

## Speech & Language Therapy Assistant

A Speech & Language Therapy Assistant is available to offer support and advice with any speech, language and communication concerns that you may have with your child, to enable them to communicate to the best of their ability.

## Support for Mother & Toddler Groups

0-5 yrs

The Children's Centre staff support existing Mother & Toddler Groups by providing art and craft activities which are in addition to the toys offered by the groups. The staff are also able to offer help and support and advice on the services offered by the Children's Centre. The Mother & Toddler Groups do charge a small fee.

## Toy Library



0-5 yrs

It works like an ordinary library enabling people to hire toys and equipment for short periods of time at very reasonable costs. To find out how to become a member pick up one of our Toy Library leaflets or speak to one of the Children's Centre staff to find out more. You can pre order toys and even get home delivery!

## Welcome to the World-New Mums Group

0-6 mths

They early weeks with a baby can be full of mixed emotions. Gaining a network of friends in these early days is important and helpful. Why not sign up for this course, meet new mums and gain some useful knowledge in areas such as 1st Aid and childhood immunisations.

## Emergency First Aid

This session will focus on family 1st Aid and you will learn about resuscitation and how to manage emergency situations. Led by an experience 1st Aid trainer

## Save a life

Learn how to save a child or baby's life. You will be given the opportunity to practice doing Baby & Child Recovery, Baby & Child CPR and Baby & Child Choking- plus lots of relevant and important information regarding burns, cuts, head injuries etc