

Venue Address Book:

Radlett and Aldenham

Radlett Library
1 Aldenham
Radlett
WD7 8HL

The Church of St John the Baptist
Church Lane
Aldenham
WD25 8BE

St Johns Church
Gills Hill Lane
Radlett
WD7 8DF

Radlett Village Institute
413 Watling Street
Radlett
WD7 4JG

Phillimore Community Centre
Phillimore Place
Radlett
WD7 8NN

Bushey

Holy Trinity Church
Bushey Mill Lane
Bushey
WD23 2AW

Hartspring Community Centre
Park Avenue
Watford
Herts
WD23 2BJ

Bushey Heath

Bushey Library
Sparrows Herne
Bushey
WD23 1FA.

St James Church Hall
High Street
Bushey
WD23 1BD

Bushey Community Centre
C/o Bushey Country Club
High Street
Bushey
WD23 1TT
(to the right of Bushey Country Club)

**This programme covers the
Children's Centre areas of:-**

- H6 Aldenham & Radlett
- H7 Bushey
- H8 Bushey Heath



Bushey & Radlett Children's Centre areas



*"giving every child
the best start in life"*

Activity Programme

**FREE Activities for children under 5
and their parents and carers**

All parents accessing Sure Start services are
required to complete a Registration form.

We are here to help you so if you have any enquiries about the
Bushey and Radlett areas call:

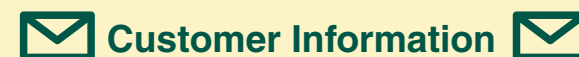
020 8421 7140 or 020 8421 7113

www.hertsmere-children.co.uk

Hertsmere Leisure is a registered Charity Charity Number 1093653

January – March 2010

Bushey & Radlett – January to March 2010



Activities for children under 5 and their parents and carers

Hertsmere Leisure offer a number of services for 0-5s at Bushey Grove Leisure Centre in Bushey to find out what is on offer look at our website www.hertsmere-children.co.uk under Family Services Directory and then click on Bushey Grove.

Under 5's Activities at Bushey Grove

- Fizzifun Courses
- Gym Tots Courses
- Tennis Courses
- Swimming Lessons
- Runaround Drop-In Session
- Parent & Babe Swim

Index

Pages 4 - 10 Radlett

Pages 10 - 16 Bushey

Pages 17 - 18 Health



Information points



Pick up leaflets about activities at our Centre as well as useful information for parents and carers about Sure Start Children's Centres.

Radlett Library, 1 Aldenham, Radlett WD7 8HL.

Bushey Library, Sparrows Herne, Bushey, WD23 1FA.

Bushey Grove Leisure Centre, Aldenham Road, Bushey, WD23 2TD



Toy Library



It works as 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

Happy New Year!

Dear Parents

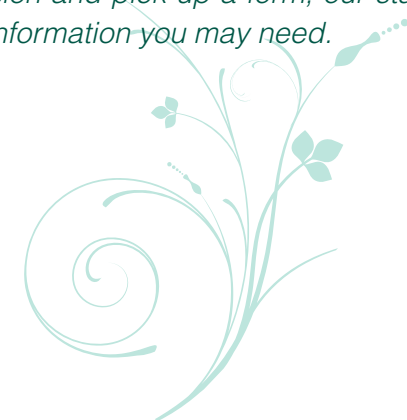
We are in our second term of activities and I hope you have all enjoyed our sessions because the team and myself have all loved meeting you and your friends. We have introduced some more new sessions that we hope you will enjoy, but if for any reason it is not possible for you to attend a session you have booked for could you please let us know.

As some of you may be already aware that all of our sessions are FREE – however we do have donation boxes available at all our activities and we would be most grateful if you would consider this when attending the groups as this will aid us to continue providing good quality activities.

If you would like to book onto a session but have not filled in a registration form, do not worry, just ring our office and we can send you a form or pop along to any of the drop in session and pick up a form, our staff will be on hand with any support or information you may need.

Maddie Honour,

Team Leader



Monday

Be Creative and weekly Toy Library Support Session at St John the Baptist, Aldenham

We will be providing an activity each week within the Toddler Group. Plus our staff will be available to provide information. Please note that there will be a small charge or donation for you to attend the Parent and Toddler Group.

Who: Recommended age 0-5 years with a parent or carer.

Membership: Required

Bookings: Not required - just drop in

Where: The Church of St John the Baptist, Aldenham

Time: 10:00 am – 10.45 am

Dates: 11th January – 29th March (not 15th February)

Toy Library

Where: Radlett Library

Time: 1:30pm - 2:30pm

Dates: From the 11th January term time only

123 Cook with me – 3 week course

These three sessions are designed by a registered dietician as a way for families to explore and cook healthy foods together. There will be lots of hands on experience for adults and children and an opportunity to sit together and eat the food you have prepared

Who: Recommended age 3 – 5 years with a parent or carer

Where: St Johns Church,
Please be aware there are no parking facilities at this site

Time: 1:30 pm – 3:00 pm

Course 1 Dates: 18th, 25th January, 1st February

Course 2 Dates: 15th, 22nd, 29th March

Bookings: Booking line

Save a life - First Aid – 2hour course

This session will focus on family first aid and you will learn about resuscitation and how to manage emergency situations. Led by an Experienced First Aid Trainer

Who: For parents and carers of young children

Where: St Johns Church,
Please be aware there are no parking facilities at this site

Time: 1:00 pm – 3:00 pm

Dates: 1st March

Creche: limited places available please book in advance

Bookings: Booking line

Behavioural Support and Information Group (Including ADHD, ASD and Autism)

Visit our drop in sessions and meet other supportive parents, speak with our qualified ADHD Behavioural Coach, access reading information and strategies. Available to parents of children up to 8 years who have concerns regarding their child's behaviour.

Who: For parents and carers of children 0 – 8 years

Where: St Johns Church.
Please be aware there are no parking facilities at this site

Time: 1:00 pm – 3:00 pm

Dates: 11th January, 8th February, 8th March.

Bookings: Not required – just drop in

Tuesday

Rhythm & Rhyme

Come and join us for a fun music session. These sessions will be run by Children's centre staff and encourage young children to listen to and join in with rhymes and songs. We will also explore musical instruments and the sounds they make

Who: Recommended age 2 – 5 years with a parent or carer

Where: Phillimore Community Centre

Time: 1:30 pm – 2:15 pm

Dates: 12th January - 9th February

Bookings: Not required – just drop in

Sticky Kids

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

Who: Recommended age 2 – 5 years with a parent or carer

Where: Phillimore Community Centre

Time: 1:30 pm – 2:15 pm

Dates: 23rd February – 30th March

Bookings: Not required – just drop in

Parenting Café and Weekly Toy Library

Please join us for a free cuppa and a chance to chat with other parents/carers. Children's Centre staff will be on hand to answer questions and tell you more about the centre's Programme

Who: For parents and carers of young children

Where: Phillimore Community Centre

Membership: Required

Time: 2:30 pm – 3:30 pm

Dates: 12th January - 30th March (Not 16th February)

Bookings: Not required – just drop in

Wednesday

New Mum's Post-natal Group

This is a 2 hour 6 week bookable course for mum's with new babies. First hour a Health Visitor will provide a weekly planned post-natal topic (Self-care, Exercises, Sleeping and Weaning etc). Second hour will be a relaxed environment for new Mum's to sit and chat with new friends whilst your baby plays, dribbles and makes new friends.

New Mum's Post-natal Group

Who: New Mum's and their babies 0 – 3 mths

Where: Radlett Village Institute

Please be aware there is limited parking on site

Time: 10:00 am – 12:00 noon

Course 1: Dates: 6th January – 10th February

Course 2: Dates: 24th February – 31st March

Bookings: Booking line

Radlett Play and Stay

Come along to and enjoy a range of fun and stimulating early learning activities with your children. The session includes free nutritious snacks for the children. You will be encouraged to interact with your child/children. Children's Centre staff organize and lead these sessions. Please dress your children suitably for messy sessions

Who: Recommended age 0 – 5 years with a parent or carer

Where: St Johns Church,

Please be aware there are no parking facilities at this site

Time: 1:15 pm – 2:45 pm

Dates: 13th January – 31st March (Not 27th January and 17th February)

Bookings: Not required – just drop in

Thursday

New Baby and Me Café – NEW

Come and chat to other new mothers over a cup of tea/coffee in our friendly café. Our Centre staff will be on hand for information and support.

- Who:** For parents and carers with babies 0 – 6 mths
Where: St John's Church
Please be aware there are no parking facilities at this site
Time: 1:30 pm – 3:00 pm
Dates: 14th January – 25th March (Not 28th January, 18th February, 11th March)
Bookings: Not required – just drop in

Baby Rhyme Time with Radlett Library and their Staff



Rattle and shake. Come and join in with baby rhyme time.

- Who:** Recommended for under 5 years with a parent or carer.
Where: Radlett Library
Time: 11:00 am – 11:30 am
Dates: 7th January, 4th February, 4th March (First Thursday of every month)
Bookings: Not required – just drop in

Baby Massage – 4 week course

Baby Massage is run over 4 weeks by IAIM qualified instructors. You will learn: to massage your baby, using approved strokes and techniques about the benefits of massage

- Who:** Recommended age 2 – 8 months with parents or carers
Where: St John's Church,
Please be aware there are no parking facilities at this site
Time: 1:00 pm – 3:00 pm
Dates: 25th February – 25th March (Not 11th March)
Bookings: Booking line

Friday

Little Explorers

The sessions will offer the children the opportunity to explore and discover new activities without the worry of being knocked off their feet. We will be playing with lots of everyday objects which will help develop your little explorers imagination

- Who:** Recommended age 1 - 2 years with a parent or carer
Where: Phillimore Community Centre
Time: 9:30 am - 10:30 am
Dates: 15th January – 26th March (Not 19th February)
Bookings: Not required – just drop in

Fun with Stories

This session is to use your well known popular stories in a different way, watch and take part in making “Going on a bear hunt” come alive, “Elma the colorful elephant” can live in your home or decorate a biscuit for when “Tiger comes to tea”.

- Who:** Recommended age 0 – 5 years with a parent or carer
Where: Phillimore Community Centre
Time: 10:45 am – 11:30 am
Dates: 15th January – 26th March (Not 19th February)
Bookings: Not required – just drop in

Saturday

Save a Life - First Aid – 2hr course

This session will focus on family first aid and you will learn about resuscitation and how to manage emergency situations. Led by an Experienced First Aid Trainer

- Who:** For parents and carers of young children
Where: Phillimore Community Centre
Time: 9:30 am – 11:30 am
Dates: 13th February
Bookings: Booking line (No children permitted as there are no facilities for a crèche.)

Bushey

Children's Centre activities

Monday

Toy Library

Where: Hartspring Community Centre
Time: 11.00 am – 12.00 noon
Dates: 11th January – 29th March (not 15th February)

Fun with stories

This session is to use your well known popular stories in a different way, watch and take part in making “Going on a bear hunt” come alive, “Elma the colourful elephant” can live in your home or decorate a biscuit for when “Tiger comes to tea”.

Who: Recommended age 0 – 5 years with a parent or carer
Where: Holy Trinity Church **Time:** 9:45 am – 10:30 am
Dates: 11th January - 29th March (Not 15th February)
Bookings: Not required – just drop in

Sticky Kids

Help develop your child’s listening skills through this interactive fun and lively music session.

Who: Recommended age 2 – 5 years with a parent or carer
Where: Holy Trinity Church
Time: 11:00 am – 12:00 noon
Dates: 11th January - 29th March (Not 15th February)
Bookings: Not required – just drop in

Story and Rhyme Time at Bushey Library with Library Staff



Who: Recommended under 5 years with a parent or carer
Where: Bushey Library **Time:** 2:15 pm – 2:45 pm
Dates: Every Monday all year round except Bank Holidays
Bookings: Not required – just drop in

Tuesday

Sticky Kids

Help develop your child’s listening skills through this interactive fun and lively music session.

Who: Recommended age 2 – 5 years with a parent or carer
Where: Hartspring Community Centre
Time: 10:00 am – 10:45 am
Dates: 12th January – 9th February
(Not the 19th January)
Bookings: Not required – just drop in

Rhythm & Rhyme

Come and join us for a fun music session. These sessions will be run by Children’s centre staff and encourage young children to listen to and join in with rhymes and songs. We will also explore musical instruments and the sounds they make.

Who: Recommended age 2 – 5 years with a parent or carer
Where: Hartspring Community Centre
Time: 10:00 am – 10:45 am
Dates: 23rd February – 30th March
Bookings: Not required – just drop in

Parenting Café

Please join us for a free cuppa and a chance to chat with other parents/carers. Children’s Centre staff will be on hand to answer questions and tell you more about the centre’s Programme

Who: For parents and carers with their children 0 – 5 years
Where: Hartspring Community Centre
Time: 11:00 am – 12:00 noon
Dates: 12th January - 30th March (Not 19th January or 16th February)
Bookings: Not required – just drop in

123 Cook with me – 3 week course

These three sessions are designed by a registered dietician as a way for families to explore and cook healthy foods together. There will be lots of hands on experience for adults and children and an opportunity to sit together and eat the food you have prepared.

- Who:** Recommended age 3 – 5 years with a parent or carer
Where: St James Church.
Please be aware there are no parking facilities at this site
Time: 1:30 pm – 3:00 pm
Dates: 12th, 19th, 26th January
Bookings: Booking line

Parenting Puzzle 8 week course

The parenting puzzle is run over 8 weeks. It encourages parents and carers to enjoy bringing up children and getting the best out of family life. It will help you understand how emotions influence our actions and offers many positive, practical ways of guiding children so they learn to handle both their feelings and their behaviour. Best suited to parents/carers of children aged 3yrs and over.

- Who:** For parents and carers of children aged 3 years and above
Where: St James Church.
Please be aware there are no parking facilities at this site
Time: 1:00 pm – 3:00 pm
Dates: 2nd February - 30th March (Not 16th February)
Bookings: Booking line
Crèche: limited places available please book in advance

Wednesday



Baby Rhyme Time with Bushey Library and their Staff

Rattle and shake. Come and join in with baby rhyme time.

- Who:** Recommended for under 5 years with a parent or carer.
Where: Bushey Library
Time: 11:00am – 11:30am
Dates: 27th January, 24th February, 31st March
(last Wednesday of every month)
Bookings: Not required – just drop in

Make Believe – NEW

Come and join in with your children to explore their imagination by using a variety of themed props and dressing up clothes, pretend to be a Doctor/Nurse or a Pirate sailing the seven seas.

- Who:** Recommended age 3 – 5 years with a parent or carer
Where: Bushey Community Centre to the right of Bushey Country Club
Time: 1:30 pm – 2:30 pm
Dates: 13th January – 10th February
Bookings: Not required – just drop in

Create and Take – NEW

This session will centre around a special day or festival like Mothers day or Chinese New Year. Create a master piece for the fridge, the dog, Nanny/Grandad or even the next door neighbour.

- Who:** Recommended age 2 – 5 years with a parent or carer
Where: Bushey Community Centre
Time: 1:30 pm – 2:30 pm
Dates: 24th February – 31st March
Bookings: Not required – just drop in

Thursday

Hands on Creative Play Workshop

A drop in class for you and your child to come along and enjoy a range of messy play activities. The activities will be provided and co-coordinated by a member of the Children's Centre Team. Please dress your children in suitable clothing for messy play. Recommended for 1-5 year olds.

"Despite appearances, messy play can make an enormous contribution to babies' and young children's cognitive and creative development" – Early years foundation stage

- Who:** Recommended age 1 – 3 years with a parent or carer
Where: Hartspring Community Centre
Time: 10:00 am – 11:00 am
Dates: 14th January – 11th February
Bookings: Not required – just drop in

Make Believe - NEW

Come and join in with your children to explore their imagination by using a variety of themed props and dressing up clothes, pretend to be a Doctor/Nurse or a Pirate sailing the seven seas.

- Who:** Recommended age 2 – 5 years with a parent or carer
Where: Hartspring Community Centre
Time: 10:00 am – 11:00 am
Dates: 25th February – 25th March
Bookings: Not required – just drop in

Be Creative and Weekly Toy Library Support Session at St James Toddler Group

We will be providing an activity each week within the Toddler Group. Plus our staff will be available to provide information. Please note that there will be a small charge or donation for you to attend the Parent and Toddler Group.

Toy Library

- Who:** Recommended age 0 – 5 years with a parent or carer
Where: St James Church Parent and Carer Toddler Group,
Please be aware there are no parking facilities at this site
Time: 9:30 am – 11:30 am
Dates: 14th January – 25th March (Not 18th February)
Bookings: Not required – just drop in

Bushey Play & Stay

Come along to and enjoy a range of fun and stimulating early learning activities with your children. The session includes free nutritious snacks for the children. You will be encouraged to interact with your child/children. Children's Centre staff organise and lead these sessions. Please dress your children suitably for messy sessions

- Who:** Recommended age 0 – 5 years with a parent or carer
Where: Bushey Community Centre
Time: 1:15 pm – 2:45 pm
Dates: 14th January – 25th March (Not 18th February)
Bookings: Not required – just drop in

Save a Life - First Aid – 2hr course

This session will focus on family first aid and you will learn about resuscitation and how to manage emergency situations. Led by an Experienced First Aid Trainer

- Who:** For parents and carers of young children
Where: Hartspring Community Centre
Time: 7:00 pm – 9:00 pm
Date: 21st January
Bookings: Booking line
(No children permitted as there are no facilities for a crèche)

Friday

Baby Massage – 5 week course

Baby Massage is run over 5 weeks by IAIM qualified instructors. You will learn: to massage your baby, using approved strokes and techniques about the benefits of massage

- Who:** Recommended age 2 – 8 months with parents or carer
Where: Holy Trinity Church
Time: 10:00 am – 12:00 noon
Course 1: Dates: 15th January – 12th February
Course 2: Dates: 26th February – 26th March
Bookings: Booking line

Baby Clinic, Information Point, Café and Fortnightly Toy Library.

Baby clinic is run by the local Health Visitor team. It is an opportunity for you to receive support and advice on a wide range of family health issues.

This is for parents and carers of young children. Bookings are not required.

Where is my local Baby Clinic?

Monday



Baby Clinic and Information point

- Where:** Hartspring Community Centre
Time: 10:00 am – 12:00 noon
Clinic dates: All year round

Tuesday

Baby Clinic

- Where:** Radlett Village Institute,
Please be aware there is limited parking on site
Time: 10:00 am – 12:00 noon
Dates: All year round

Wednesday

The Red House Health Visiting Team – Weaning Clinic

- Where:** Radlett Village Institute.
Please be aware there are no parking facilities at this site
Time: 1:00 pm
Dates: 2nd Wednesday of each month
Bookings: Not required – just drop in
Contact: 01923 853 208

Contact: Bushey and Radlett Children's Centres

Bushey: 020 8421 7140 or Radlett: 020 8421 7113

www.hertsmere-children.co.uk