

Venue Address Book:

Abbots Langley

Boundary Way Community Room
Boundary Way
Garston
Watford
WD25 7ST

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

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

Abbots Langley Scout Hut
Langley Road,
Abbots Langley,
Hertfordshire,
WD5 0HE

Henderson Hall
High Street,
Abbots Langley,
WD5 0AR

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

3R1 Abbots Langley
SA9 Park Street & St Stephens



Park Street & St Stephens

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

Park Street Village Hall
Olivers Close
Park Street
St Albans
AL2 2NJ

Greenwood Park Community Centre
Tippendell Lane
Chiswell Green
St Albans
AL2 3HW

St Stephen Parish Centre
Station Road
Bricket Wood
St Albans
AL2 3PJ

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

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

Abbots Langley and Park Street & St Stephens

Covering Bricket Wood, Chiswell Green, How Wood and Frogmore

Children's Centre areas



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
Abbots Langley and Park Street & St Stephens areas call:

Booking line: 01923 677 954

www.hertsmere-children.co.uk

Hertsmere Leisure is a registered Charity Charity Number 1093653

January – March 2010



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.

Mt Pleasant Lane School, Bricket Wood
Boundary Way Community Room

What are Sure Start Children's Centres?

Children's Centres offer the best start in life for every child, providing a place where under 5's can get involved in a range of both play and early learning activities. Parents, grandparents and carers can benefit from better opportunities with access to child care, family support, health services, outreach services, training and employment advice.

The vision of Hertsmere Leisure Children's Centres

Our vision is to offer a network of quality services throughout the communities that are accessible, affordable and enjoyable for children and those who care for them.

Index

Pages 4 - 8 Abbots Langley
Pages 9 - 15 Park Street & St Stephens

Happy New Year!

Dear Parents

Welcome to our spring programme detailing all the activities on offer in our two Sure Start Children's Centre areas:-

- *Abbots Langley*
- *Park Street & St Stephens*

This term we are offering some new sessions such as

- *123 Cook with Me (a course delivered by a qualified dietician giving advice on healthy eating and cooking)*
- *Welcome to the World – a new mums group established with the Health Visitors*
- *Parent Support Group - offering support to Parents*
- *Grandparents Matter Too – offering support to Grandparents.*

All the sessions are delivered by qualified Children's Centre staff and are all free of charge. We do hope that you will come along and enjoy our sessions, meet our staff and support your local Children's Centre.

I look forward to meeting you all.

Jeanette White

Team Leader

Please note that all the ages in the programme are for guidance only and that you are welcome to try the sessions and see if they are suitable for your child.

Monday

Under 1's

Come along to a drop-in session designed for parents/carers of children under the age of 1. Children's Centre staff organise and lead these sessions

- Who:** For parents and carers with children under 1
Where: Boundary Way Community Room
Time: 10:00am – 11:30am
Dates: 11th January – 29th March (not 15th February)
Bookings: Not required

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:** For parents and carers with children 0 – 5 years old
Where: Boundary Way Community Room
Time: 1:00pm – 2:30pm
Dates: 11th January – 29th March (not 15th February)
Bookings: Not required

Baby Clinic



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 plus we will be providing an information point to answer any questions you may have

- Who:** For parents and carers and their young children
Where: St Saviors Church Hall
Time: 1:30pm – 3:30pm
Dates: 11th January – 29th March (not 15th February)
Bookings: Not required

Save a Life – 2 hour 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 all Parents / Carers
Where: Henderson Hall
Time: 7:00pm – 9:00pm
Dates: 1st February
Bookings: The booking number

Tuesday

Welcome to the World – New mothers course

The early weeks with a new baby can be full of mixed emotions. When talking to parents of older children, gaining a network of friends in those early days was key to survival. Why not sign up for this new course, meet new mums and hear and discuss about a range of issues when caring for a young baby, ie: sleep patterns and understanding your babies crying.

- Who:** For mothers with babies 6wks – 12wks
Where: Abbots Langley Scout Hut
Time: 10:00am – 11:00am
Dates: 12th January – 9th February
Dates: 23rd February – 23rd March
Bookings: The booking number

Chatter Box Café with Singing and Stories

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

- Who:** For parents/ carers and their children
Where: St Saviour's Church Hall
Time: 12:30pm – 2:00pm (Singing & Stories 2.00 – 2.30pm)
Dates: 12th January – 30th March (not 16th February)
Bookings: Not required

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!

- Who:** For parents/ carers and their children
Where: St Saviour's Church Hall
Membership: Required
Time: 12:45pm – 1:45pm
Dates: 12th January – 30th March (not 16th February)
Bookings: Not required

Wednesday

Grandparents Matter Too – NEW

Over the recent years Grandparents are taking on more of a key role in caring for their grandchildren. Come along to a drop in session where there will be play activities for the children, tea, chat and support for you.

- Who:** For grandparents and their Grandchildren aged 0 – 5yrs
Where: Abbots Langley Scout Hut
Time: 10:00am – 11:30am
Dates: 13th January – 24th March (not 17th February)
Bookings: Not required

123 Cook with Me – 3 week course – NEW

These 3 sessions are design 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:** For children aged 2 - 5 with parent / carers
Where: St Saviour's Church Hall
Time: 10:30am – 12:00noon
Dates: 27th January, 3rd February, 10th February
Bookings: The booking number

Thursday

Sticky Kids

Help develop your child's listening skills through this interactive fun and lively music session. For children aged 18 months – 5 years

- Who:** For parents and carers with children 18 months - 5 years old
Where: Henderson Hall
Time: 10:15am – 10:45am
Dates: 21st January; 28th January; 4th February; 25th February; 4th March and 11th March
Bookings: Not required

Little Readers

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 and take a book home to enjoy with their family. The children will be given a book bag in which to take their books home. Each child receives a stamp card and when it is full they will receive a certificate. We will end each session with a story/ rhyme time

- Who:** For parents and carers with children 0 – 5 years old
Where: Boundary Way Community Room
Time: 1:30pm – 2:30pm
Dates: 14th January – 25th March (not 18th February)
Bookings: Not required

Friday

Support session at Abbots Langley Mother & Toddler Group

We will be providing an activity each week within the Toddler Group. Plus our staff will be available to provide information regarding Children's Centres and the services and support available

- Who:** For parents and carers with children 0 – 5 years old
Where: Abbots Langley Community Centre
Time: 9:30am – 11:30am
Dates: 15th January – 26th March (not 19th February)
Bookings: Not required

Park Street & St Stephens

Children's Centre activities

Park Street & St Stephens

Monday

Baby Clinic

We are holding a baby clinic at the Children's Centre in Mount Pleasant Lane. The clinic will be run by the health visitors and they will be available to weigh your baby and give help and advice on a range of issues regarding your child.

- Who:** For parents and carers with children 0-5 years old
Where: Park Street & St Stephen Children's Centre
Time: 9:30-11:30
Dates: Starting on 11th January the clinic will run all year round
Bookings: Not required

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:** For parents and carers with children 0 – 5 years old
Where: Park Street Village Hall **Time:** 10:00am – 11:30am
Dates: 11th January – 29th March (not 15th February)
Bookings: Not required

Baby Clinic

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 plus we will be providing an information point to answer any questions you may have

- Who:** For parents and carers and their young children
Where: Park Street Baptist Church **Time:** 1:30pm – 3:30pm
Dates: 18th January, 1st, 15th February, 1st, 15th March.
Bookings: Not required

Save a Life – 2 hour 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 all Parents / Carers
Where: Greenwood Park Community Centre
Time: 7:00pm – 9:00pm **Dates:** 11th January
Bookings: The booking number

Tuesday

Sticky Kids

Help develop your child's listening skills through this interactive fun and lively music session. For children aged 18 months – 5 years

- Who:** For parents and carers with children 18 months - 5 years old
Where: Bricket Wood United Reform Church
Time: 11:30am – 12:00 noon
Dates: 12th January – 23rd March (not 16th February)
Bookings: Not required

Under 1's

Come along to a drop-in session designed for parents/carers of children under the age of 1. Children's Centre staff organise and lead these sessions

- Who:** For children aged from birth to 1 year with parent / carers
Where: Greenwood Park Community Centre
Time: 1:30pm – 3:00pm
Dates: 12th January – 23rd March (not 16th February or 9th March)
Bookings: Not required

Wednesday

123 Cook with Me – 3 week course – NEW

These 3 sessions are design 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:** For children aged 2 - 5 with parent / carers
Where: Park Street & St Stephens Children's Centre
Time: 10:30am – 12:00 noon
Dates: 24th February, 3rd March, 10th March
Bookings: The booking number

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!

- Who:** For parents and carers with children 0 – 5 years old
Where: Holy Trinity Church Hall
Membership: Required
Time: 11:00am – 12:00 noon
Dates: 13th January – 10th February
Bookings: Not required

Parenting Support Sessions

Parenting support sessions are informal sessions offering all parents the chance to have some time for themselves whilst their children are looked after. The sessions will be led by Children's Centre staff and may include such topics as support with managing your child's behaviour, communication skills and learning how your children play.

- Who:** For parents/carers with pre-school to primary aged children
Where: Park Street & St Stephens Children's Centre
Time: 1:00pm-2:30pm
Dates: 27th January- 24th March (not 10th February or 17th February)
Creche: Limited places available (please book in advance)
Bookings: The booking number

Creative Play & Rhythm and Rhyme - NEW

Come along and enjoy both sessions together. Your child can enjoy a range of creative and messy play activities with a particular theme which will be followed by a fun music session related to that theme. First week theme will be the JUNGLE

- Who:** For Parents and Carers with 0 - 5 years old
Where: St Stephens Parish Centre
Time: 1.30 pm – 2.30 pm Creative Play
Time: 2.30 pm – 3.00 pm Rhythm & Rhyme
Dates: 13th January – 24th March (not 17th February)
Bookings: Not required

Thursday

Chatter Box Café with Singing and Stories

Please join us for a free cuppa and a chance to chat with other parents/carers. A range of play equipment will be available for your children. Children's Centre staff will be on hand to answer questions and tell you more about the centre's programme

- Who:** For parents/ carers and their children
Where: Bricket Wood United Reform Church
Time: 9:30am – 11:00am (Singing & Stories 11:00am – 11:30am)
Dates: 14th January – 25th March (not 18th February)
Bookings: Not required

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!

- Who:** For parents/ carers and their children
Where: Bricket Wood United Reform Church
Membership: Required
Time: 9:30am – 10:30am
Dates: 14th January – 8th February
Bookings: Not required

Support session at St Lukes Mother & Toddler Group

We will be providing an activity each week within the Toddler Group. Plus our staff will be available to provide information regarding Children's Centres and the services and support available

- Who:** For parents and carers with children 0 – 5 years old
Where: St Lukes Church
Time: 1:30pm – 2:30pm
Dates: 14th January – 25th March (not 18th February)
Bookings: Not required

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 and learn about the benefits of massage

- Who:** For parents and children aged 2 – 8 months
Where: Park Street and St Stephens Children's Centre
Time: 10.00am – 12.00 noon
Dates: 26th February – 26th March
Bookings: The booking number

Saturday

Emergency First Aid – 4 hour course

- Who:** For all Parents / Carers
Where: St Stephens Parish Centre
Time: 9.30am – 1.30pm
Dates: 9th January
Bookings: The booking number

**Contact: Abbots Langley and Park Street
Children's Centres**

Booking line: 01923 677 954
www.hertsmere-children.co.uk