

St Albans & Sopwell April to July 2018

£1 donation recommended for all sessions

Monday

FAMILY ACTIVITIES

Baby, Sing and Play
Sopwell Children's Centre
16th April to 23rd July
(not 7th or 28th May)
11am – 12pm

Well Baby Clinic
Oysterfields
1:00pm – 2:00pm
All year except public holidays

Antenatal Breastfeeding Talk - NEW
Sopwell Children's Centre
2pm to 3pm
3rd Monday of the month
Starting 16th April

Sopwell Gardening Club
Sopwell Children's Centre
14th May to 23rd July 4.30pm
(not 28th May)
3.30pm
Booking required

IMPROVE YOUR SKILLS

Baby Massage
@Sopwell Children's Centre
18th June to 16th July
10.30am to 12.00 noon
Charge £20 per course

Introduction to Solids
Sopwell Children's Centre
1.30pm – 2.30pm
2nd Monday of every month
Booking required

Tuesday

FAMILY ACTIVITIES

Sopwell 'Mums on the Move'
0 – 5km and 5 – 10km groups
Sopwell Children's Centre
9.15am to 10.30am
24th April to 24th July
(not 29th May)
Booking required
Bookable crèche £1 per child per session

Child Health Clinic
Principal Health Centre
12:30pm – 3:30pm
All year except public holidays

Sopwell and Cottonmill Toy Library
St Julian's Church
This session is not run by the Children's Centre
10am – 12pm
Term-time only

IMPROVE YOUR SKILLS

Functional Skills English
Sopwell Children's Centre
Bookable Crèche £2 per child per session
Contact Centre for details

Early Talk
17th Scout Hut Oysterfields
For children aged 18mths-2 ½ years
10.00am to 11.30am
19th June -17th July
Booking required

EVENING

Pregnancy Club
Sopwell Children's Centre
7:00pm – 9:30pm
First Tuesday of every month
Booking required

Wednesday

FAMILY ACTIVITIES

New Born Nurture
Post Natal Group Including a Childhood Illness talk by Health Visitors
(4 week Course)
Principal Health Centre
1.30pm to 2.30pm
13th June -4th July
Booking Required

Child Health Clinic
Sopwell Children's Centre
1:30pm – 3:30pm
All year except public holiday

Breastfeeding Peer Support
(Drop in)
Sopwell Children's Centre
1.30pm – 3.30pm
All year except public holidays

IMPROVE YOUR SKILLS

Parenting Puzzle
Sopwell Children's Centre
10.00am to 12.00pm
2nd May to 18th July (10 weeks)
(not 30th May or 13th June)
Booking Required
Crèche available £2 per child per session

EVENING

Save a Life
Sopwell Children's Centre
16th May
7.00pm to 9.00pm
Booking required
Charge £15 per adult

Thursday

FAMILY ACTIVITIES

Stay Play and Learn Together
Christ Church – New Greens
19th April to 26th July
10.00am - 11.30am
Not on 26th April

Health Visitor Development Checks
Sopwell Children's Centre
1.30pm – 3.30pm
(By appointment only)
All year except public holidays

Childhood Illnesses Talk
Principal Health Centre
19th April
1.30pm to 2.30pm
Run by Health Visitors
Booking required

IMPROVE YOUR SKILLS

Families Feeling Safe
Sopwell Children's Centre
10.00am to 12.00pm
3rd May to 5th July (9weeks)
(not 31st May)
Booking required
Crèche available £2 per child per session

Introduction to Solids
Principal Health Centre
1st Thursday of every month
10.00am – 11.00am
Booking required

EVENING

Welcome to the World (9 weeks)
Sopwell Children's Centre
6.30pm – 8.30pm
24th May -19th July
Booking required

NHS Children's Centre and Health Visitors working in partnership to support parents

From Pregnancy to baby's 1st birthday.

Friday

FAMILY ACTIVITIES

Singing and Stories for the under 2s - NEW
Marlborough Church Hall
20th April to 27th July
(not 1st June)
10.30am – 11.30am

Breast Intentions Drop in
Principal Health Centre
10:00am – 11:00am
All year except public holidays

Health Visitor Development Checks
Sopwell Children's Centre
1 pm – 3:30pm
First Friday of month
(By appointment only)
All year except public holidays

IMPROVE YOUR SKILLS

About Boys
Sopwell Children Centre
10.00am to 12.00pm
29th June to 20th July (4 weeks)
Booking required
Crèche available £2 per child per session

Sat / Sun

FAMILY ACTIVITIES

Gingerbread St Albans Friendship Group for Single Parents
(for more details contact Rebecca on 07941 195 796)

Saturday Stay Play and Learn Together
Christ Church – New Greens
16th June
11.00am to 12.15pm

Child Health Clinic
Principal Health Centre
10:00am – 11:45am
All year except public holidays

IMPROVE YOUR SKILLS

Antenatal Classes
Sopwell Children's Centre
Run by the midwives for families with Watford General Maternity Unit
9.30am – 12.30 noon
Booking required - 01923 217 686
24th and 25th March
21st and 22nd April
19th and 20th May
Further dates to be agreed

£ Charges £

Please do not let our charges prevent you from booking, talk to a Team Leader about your situation.

The non-refundable charge for the services below needs to be prepaid to confirm the place:-

Baby Massage
£20 per course

Crèche
£2 per child per session
(payment for courses in advance eg 4 weeks = £8)

First Aid (2 hrs)
£15 course fee

Play sessions
(for example Stay and Play) We recommend a donation of £1 per family per session. These donations are put back into the sessions to enable us to continue to provide a range of activities and resources.

Exemption:
Families receiving Housing Benefit (show a recent notification from the Council) will be exempt.

Look out for our new session promoting imagination, exploration and music for you and your child

BORN TO MOVE

Bookings: Sopwell & St Albans 01727 841 324
stalbanwestcc@hertsmereleisure.co.uk

Addresses

Sopwell & Verulam Children's Centre
Mandeville Drive
St Albans
AL1 2LE (satnav AL1 2LB)

St Julian's Church
3 Abbots Avenue, AL1 2HY

St Albans Children's Centre
Principal Health Centre
Civic Close
St Albans AL1 3LA

Marlborough Road Methodist Church
Marlborough Road
St Albans AL1 3XQ

17th Scout Hut
Oysterfields
AL3 5TJ

Christ Church
3 High Oak
New Greens
AL3 6DJ

We Welcome Volunteers



= Booking Required

Priority for sessions is given to families living in Sopwell & St Albans. Extra charges may apply to families living in surrounding areas.

Our website:



Our Facebook:

