



# Support for Parents, Carers and Children aged 0-19 in Welwyn and Hatfield March 2009 – March 2010

All courses/activities are FREE unless stated otherwise,  
but booking is essential so please book a place in advance with the named contact person.



## What is a Children's Centre?

82 Children's Centres are being developed across Hertfordshire and there will be one in your local community area. In Welwyn and Hatfield we currently have 6 children's centres, and will have 9 children's centres by 2010. See the back page for details on where these are. Children under 5 and their families can benefit from a range of flexible local services, support and activities when they need them. Each Children's Centre is unique, and they all offer different services depending on the needs of local families. Your local children's centre will be able to provide you with information and advice on:

- early years provision
- information on local childcare, including childminders and childminder support groups
- advice and support on family health and well being
- parenting support courses and workshops
- drop-in advice sessions, toddler groups and a wide range of activities
- information on local employment or training opportunities
- family learning sessions

Why not visit your local Children's Centre and find out what's available there for you and your child. The children's centres are constantly developing new support and information activities and the enclosed is just a sample of what is currently available. Don't miss out!

For more information on children's centres in Hertfordshire, telephone 01438 737502 or visit [www.hertsdirect.org/childrenstrust](http://www.hertsdirect.org/childrenstrust).

## What is an Extended School?

All schools in Hertfordshire will be part of an extended schools consortium. We have two consortia in Welwyn and Hatfield: one consortium for all Hatfield schools and surrounding areas, and a consortium for schools in Welwyn, Old Welwyn and surrounding areas. The schools will work in partnership to provide access to a range of services to improve children's achievement and life chances. The consortia will offer:

- high quality childcare
- a varied menu of activities such as study support, sport, music, dance, drama and much more
- parenting support and information for parents and families
- wider community access to facilities, such as ICT suites, sports, art and adult learning
- swift and easy access to a wide range of specialist services

For more information on Extended Schools, phone 01438 737502 or visit [www.hertsextendedschools.org.uk/wgc](http://www.hertsextendedschools.org.uk/wgc) or [www.hertsextendedschools.org.uk/hatfieldandrural](http://www.hertsextendedschools.org.uk/hatfieldandrural). Or Telephone Maggie Thurman, Extended Schools Co-ordinator for Hatfield consortium, (De Havilland School, Travellers Lane, Hatfield Tel 07939 111156) or Gill Rant, Extended Schools Co-ordinator, Peartree JMI, Peartree Lane, Welwyn, for Welwyn consortium (Tel: 07985 383711).

Name of course or activity	Content	Time, dates, venues	Contact for further information
<b>1-2-3 Magic</b>	<p>Is your child's behaviour getting out of control? 1-2-3 Magic helps you to stop troublesome behaviour and start good behaviour at home, school and in public.</p> <p>If you have a child or children between 2-12 years, then this is the course for you.</p> <p>From April 2009, the six week course will be followed by two additional workshop sessions. One workshop will be a follow up/feedback session, and the other workshop will further identify 'play' strategies and ideas for parents to use with their children at home.</p> <p>Limited crèche places normally available – booking a place is essential.</p>	<p>2009-10:</p> <p>7.00-9.00 pm Wednesday, 29<sup>th</sup> April, 6<sup>th</sup> May, 13<sup>th</sup>, 20<sup>th</sup>, May and 3<sup>rd</sup>, 10<sup>th</sup> June De Havilland Children's Centre, De Havilland Primary School, Travellers Lane, Hatfield</p> <p>9.30-11.30 am, Thursdays 30<sup>th</sup> April, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> May and June 4<sup>th</sup> and 11<sup>th</sup> Follow up Workshop sessions: 2<sup>nd</sup> July and 9<sup>th</sup> July To be held at Creswick Children's Centre, Creswick Primary School, Sir John Newsom Way, Welwyn Garden City</p> <p>9.30-11.30 am, Tuesdays 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> October and 3<sup>rd</sup>, 10<sup>th</sup>, and 17<sup>th</sup> November. Workshop sessions: 1<sup>st</sup> and 8<sup>th</sup> December. Hatfield venue to be confirmed. Further dates to follow</p>	<p>Jill Weddle, Parenting and Information Officer, Herts County Council Tel: 07769 950309 Email: <a href="mailto:jill.weddle@hertsc.gov.uk">jill.weddle@hertsc.gov.uk</a> Or <a href="mailto:Nadine.cole@hertsc.gov.uk">Nadine.cole@hertsc.gov.uk</a></p>
<b>The Challenging Years</b>	<p>this 4-week course is for parents of children in schools years 5, 6 or 7. The course will prepare you for what's involved in coming into the teenage years and prepare children for transition from primary to secondary school.</p>	<p>9.30 -11.30 am May 12<sup>th</sup> and 19<sup>th</sup> and June 2<sup>nd</sup> and 9<sup>th</sup> Hatfield venue to be confirmed.</p>	<p>Further details to be provided. Please register your interest with Jill Weddle Email: <a href="mailto:jill.weddle@hertsc.gov.uk">jill.weddle@hertsc.gov.uk</a></p>
<b>Time Out for Parents</b>	<p>How can you manage your child's behaviour? Is your child beginning to flex their muscles and challenge the boundaries? It's often hard for parents to find the right balance between love and discipline. The pre-teen years are important and the way parents handle challenges now will influence the kind of relationship they have with their child as an adolescent. This course will give lots of ideas and strategies to help lay a good foundation for the future.</p>	<p>Dates to follow</p>	<p>Contact Jill Weddle, as above</p>

<b>Dads' Saturday Group</b>	For Dads/Grandads/Uncles of children 0-5 years old. Come along and have fun with your children, lots of arts and crafts activities for the children to enjoy, chat with other dads and enjoy a bacon buttie too!	One Saturday morning each month at Birchwood Children's Centre,	Telephone Frances Dines for further information on 01707 262648 Crawford Road, Hatfield
<b>Daddy Cool</b>	Fathers, step fathers, granddads and male carers are invited to come along to meet other dads and have quality time with their children, aged under 5 and brothers and sisters up to age 7.	First Saturday of each month Admission £1.00 per family to include bacon rolls and toddler snacks.	De Havilland Children's Centre, De Havilland Primary School, Travellers Lane, Hatfield AL10 5TQ Tel: 01707 346624
<b>Saturdads Group</b>	Come along and have fun with your young child. All dads, grandads, stepdads, uncles welcome. Creative activities, good quality resources and outdoor play space available. Bacon Butties and a cup of tea provided!	Last Saturday of each month. 10 am -12 pm At the Fountain of Life Community Room, All Saints Church, Hall Grove, Welwyn	Telephone Creswick or Oak Tree Children's Centres for further information Tel: 01707 343512 Or 01707 375079
<b>Terrible Twos</b>	Birchwood Children's Centre is offering this free session to help you with your child's development through the terrible two's, including toilet training and temper tantrums stages.	Dates to be confirmed	Telephone Frances Dines for further information on 01707 262648
<b>Storysacks library</b>	Each storysack contains picture books with supporting materials, including soft toys and props, to stimulate reading activities. They make reading fun for both parents and children. By using the sack together, you will provide opportunities for your child to: <ul style="list-style-type: none"> <li>- listen to good stories</li> <li>- talk and extend vocabulary</li> <li>- read for meaning</li> <li>- extend general knowledge</li> <li>- develop social skills</li> <li>- improve confidence and stimulate an interest in books and stories</li> </ul> Your child will love to handle the soft toys and props! A small fee may apply	Tuesdays, 11.00 am – 12.00 pm Creswick children's Centre	Val Garland Centre manager Creswick Children's Centre Sir John Newom Way Welwyn Garden city AL7 4TP Tel: 01707 343512

**Parents of Teenagers**

Name of course or activity	Content	Time, date, venue	Contact for further information
<p><b>Teenagers with Attitude</b></p>	<p>This 6-week programme will be facilitated by Youthtalk who have a wealth of experience and knowledge about teenagers. The sessions will help you understand and manage your teenager's behaviour and attitude.</p> <p>For 2009/10, following feedback from parents, we will be offering two additional optional workshop sessions to offer information and further explore Internet Safety and sex and drugs concerns.</p>	<p>7.00 – 9.00 pm, Mondays 11<sup>th</sup>, 18<sup>th</sup> May and 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> June. Additional workshops to further explore internet safety and sex/drugs to be held on 6<sup>th</sup> and 13<sup>th</sup> July at Chancellors School, Brookmans Park</p> <p>Monday evenings 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> October and 2<sup>nd</sup> 9<sup>th</sup>, 16<sup>th</sup> November. Additional workshops: 30<sup>th</sup> November and 7<sup>th</sup> December Venue to be confirmed.</p> <p>Please phone for future dates</p>	<p>For further information: Jill Weddle, Parenting and Information Officer, Herts County Council Tel: 07769 950309 Email: <a href="mailto:jill.weddle@hertsc.gov.uk">jill.weddle@hertsc.gov.uk</a> Or <a href="mailto:Nadine.cole@hertsc.gov.uk">Nadine.cole@hertsc.gov.uk</a></p>
<p><b>Strengthening Families, Strengthening Communities</b></p>	<p>This is a 13 week programme designed to strengthen parenting skills, prevent and manage behaviour problems. Aimed at parents of 8-13 years where there are concerns about anti social behaviour.</p>	<p>Courses are available throughout the year at various venues. Childcare arrangements can also be made available.</p>	<p>Telephone 01920 410140</p>
<p><b>Transition from Primary to Secondary school</b></p>	<p>The Challenging Years course: this 4-week course is for parents of children in schools years 5, 6 or 7. The course will prepare you for what's involved in coming into the teenage years and prepare children for transition from primary to secondary school.</p>	<p>9.30 -11.30 am May 12<sup>th</sup> and 19<sup>th</sup> and June 2<sup>nd</sup> and 9<sup>th</sup> Hatfield venue to be confirmed.</p> <p>Further details to be provided. Please register your interest with Jill Weddle Email: <a href="mailto:jill.weddle@hertsc.gov.uk">jill.weddle@hertsc.gov.uk</a> o</p>	<p>Please phone Jill Weddle for further information or Maggie Thurman, Extended Schools Co-ordinator on 07939 111156 for Hatfield</p> <p>Or Gill Rant, Extended Schools Co-ordinator for Welwyn on 07985 383711</p>

<b>Support for parents of children with ADHD and ASD</b>	It is anticipated that Add-vance will be offering a monthly parents drop in support session specifically aimed at parents of children aged 5-16 years with ADHD, Aspergers and related conditions. The Drop In will enable parents and carers to develop their skills further in supporting their children. It is anticipated the support group will be available from September 2009.	To be confirmed.	Contact Jill Weddle for further information and venue: Jill.weddle@hertscc.gov.uk

**Other courses/activities**

<b>Name of course or activity</b>	<b>Content</b>	<b>Time, date, venue</b>	<b>Contact for further information</b>
<b>Self Esteem for Families</b>	This 4-week course will explore how you can raise the self esteem and confidence in yourself, your partner or your children.	7.00 – 9.00 pm, Wednesdays September 23 <sup>rd</sup> and 30 <sup>th</sup> , and October 7 <sup>th</sup> and 14 <sup>th</sup> Applecroft Children’s Centre, Welwyn Garden City.	Details to be confirmed. Contact Jill Weddle on jill.weddle@hertscc.gov.uk
<b>Handling Anger in your Family</b>	<ul style="list-style-type: none"> <li>• Is your family tired of you losing your temper?</li> <li>• Is your child angry at home?</li> <li>• Are you stressed by the conflict in your family?</li> </ul> <p>This free course will help you explore, understand and manage anger and conflict in either yourself or your family. Each week you will build up skills and try out new ways of controlling anger with either yourself or your children as well communicating to bring some harmony to family life.</p> <p>This course will offer an initial taster session, followed by 4 further course session and a final feedback session</p>	<p>7.00-9.00 pm Thursdays 12<sup>th</sup> March (taster session) and 23<sup>rd</sup>, 30<sup>th</sup> April and 7<sup>th</sup>, 14<sup>th</sup> May Follow up session to be held 11<sup>th</sup> June. To be held at Holwell Primary School, Holwell Road, Welwyn Garden City, AL7 3RP</p> <p>Or 7.00 – 9.00 pm, June 3, 10, 17, 24 and July 1 and 15<sup>th</sup> Venue to be confirmed</p>	

<b>Stressbusting Workshops</b>	If it's all getting too much being a parent, then come along to these workshop sessions and share some of the concerns and pressures with us, and let us help you find new ways of coping.		For further information, please contact, Frances Dines, Community Development Co-ordinator, 01707 262648 or 07857 634018
<b>Protective Behaviours for Parents and Carers</b>	'Feeling Safe, Standing Strong' This 11-week programme can be used in day-to-day life and is relevant for everyone. Parents and carers can teach these skills to their children. The sessions include: recognising and trusting your feelings; expressing feelings in a positive way (including stress, anger & anxiety), improving relationships and communication and developing self-esteem, amongst other topics.	A course will be available if demand is sufficient. Please register your interest with Jill Weddle.	For further information contact: Fiona Benjamin Tel: 07748 332 606 Course facilitator Or Jill Weddle, Parenting and Information Officer, Herts County Council Tel: 07769 950309 Email: <a href="mailto:jill.weddle@hertsc.gov.uk">jill.weddle@hertsc.gov.uk</a>
<b>Teenage Parents</b>	Come along and meet other young parents. This short 3-week programme will support young parents in understanding and managing their baby's or toddler's behaviour, exploring the changing dynamics in your relationship with your partner, raise self esteem and provide helpful hints and advice on how to build a positive and fun relationship and enjoy being a parent.  It is hoped a Free crèche will be available - booking in advance will be essential.	March 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> At Breaks Manor, Hatfield  And  6 <sup>th</sup> 13 <sup>th</sup> , 20 <sup>th</sup> February at Breakaway, Woodhall Community Centre, Welwyn Garden City	For further details: contact Jill Weddle, Parenting and Information Officer, Herts County Council Tel: 07769 950309 Email: <a href="mailto:jill.weddle@hertsc.gov.uk">jill.weddle@hertsc.gov.uk</a> Ria Haley Children's Centre Co-ordinator Oak Tree Childrens Centre Holwell Road. Welwyn Tel: 01707 375079 Email: <a href="mailto:r.haley@ludwick.herts.sch.uk">r.haley@ludwick.herts.sch.uk</a>
<b>Workshops for Lone Parents</b>			To book please contact Jill Weddle Tel: 07769 950309 <a href="mailto:Jill.weddle@hertsc.gov.uk">Jill.weddle@hertsc.gov.uk</a>
<b>Workshops parents introducing and establishing a relationship between their children and new partners</b>			To book please contact Jill Weddle Tel: 07769 950309 <a href="mailto:Jill.weddle@hertsc.gov.uk">Jill.weddle@hertsc.gov.uk</a>
<b>National Autistic Society: One Day Help! programme</b>	Does your child have an autism spectrum disorder (ASDs) with a recent diagnosis within the last 18 months or so? Is he/she aged between 3 and 12? Do you require information about your child's rights and entitlements to services and welfare benefits? Do you require an overview of ASDs and tips on	28 <sup>th</sup> January 2009, 9.30 – 3.00 pm Essendon Village Hall School Lane, Essendon, Hertfordshire, AL9	To book a place on this programme please phone NAS, South East Team on 0207 704 3804/5

	communication with your child?	6HD  A sandwich lunch is provided. Two members per family may attend.	
<b>Parents drop-in</b>  <b>Specialist support is available for parents of children with special needs</b> <b>All parents welcome.</b>	Free support for parents and carers of school-age children. Come and chat, learn from each other and have a cuppa too! New informal and friendly group. Try new ways to manage behaviour and social situations. Raise self-esteem and develop communications, plus any other issues which you would like to discuss. Special guest speakers will also provide lots of useful information – look out for additional flyers or phone for details.  Current future talks planned <ul style="list-style-type: none"> <li>- special needs and puberty</li> <li>- Resources for helping your child read at home</li> </ul>	Alternate Wednesdays 1.30 – 3.00 pm in the Orchard Room, Extended Schools, Peartree Primary School, Peartree Lane, Welwyn  June 4, 18, July 2, & 16, Sept 10 <sup>th</sup> & 24 <sup>th</sup> , Oct 8 <sup>th</sup> & 22 <sup>nd</sup> , Nov 5 <sup>th</sup> & 19 <sup>th</sup> , Dec 3 <sup>rd</sup> & 17 <sup>th</sup> , Jan 14 <sup>th</sup> & 28 <sup>th</sup> , Feb 11 <sup>th</sup> , March 4 <sup>th</sup> & 18 <sup>th</sup> .	For further information contact: Jan – 01707 332470 or Jill Weddle, Parenting and Information Officer, Herts County Council Tel: 07769 950309 Email: <a href="mailto:jill.weddle@hertsc.gov.uk">jill.weddle@hertsc.gov.uk</a>  Or Gill Rant, Extended Schools Co-ordinator, Tel: 07985 383711
<b>Parents drop in sessions with Educational Psychologists</b>	Do you have questions about your child's learning, behaviour or development? Why won't he go to bed? I'm worried about her reading. Why is he so active? Ask the Education Psychologist. Informal coffee morning drop in and discussions All parents welcome – babies and toddlers too.	Please phone for dates.	For further information contact: Maggie Thurman, Extended Schools Co-ordinator Tel: 07939 111156 Or Email: <a href="mailto:mthurman@dehavilland.herts.sch.uk">mthurman@dehavilland.herts.sch.uk</a>  Contact Frances Dines on 01707 262648
<b>Special Needs drop in for parents</b>	Weekly drop in sessions for parents of children with special needs. The group provides support to parents and children.  All ages welcome.	Howe Dell Children's Centre	Contact Howe Dell children's centre for further information.

<b>Support Group for Downs Syndrome</b>		Applecroft Childrens Centre	Contact Anne Peck
<b>Health Visitor drop in sessions</b>	Come along and meet your local health visitor and informally discuss issues about your young child which are concerning you.	<p>Mondays, 1.00 -2.00 pm At Oak Tree Children's Centre, Holwell Lane, Welwyn Garden City</p> <p>Also starting soon at Applecroft Children's Centre</p> <p>Fortnightly, alternate Tuesdays/Thursdays, Creswick Children's Centre</p>	<p>For further information contact Ria Haley, Children's Centre Co-ordinator, Oak Tree Childrens Centre, Holwell Road. Welwyn Tel: 01707 375079 Email: <a href="mailto:r.haley@ludwick.herts.sch.uk">r.haley@ludwick.herts.sch.uk</a></p> <p>Anne Peck, Children's Centre Manager, Applecroft Children's Centre, Applecroft Road Welwyn Garden City AL8 6AZ Tel: 01707 323758</p> <p>For further information contact Cal Garland, Creswick Children's Centre, sir John Newsom Way, Welwyn Garden City, AL7 4TP, Tel: 01707 343512</p>
<b>First Aid course</b>	<p>This course will require you to be present for two two-hour sessions and once completed you will gain a first aid certificate.</p> <p>Cost £5</p> <p>No creche facility available</p>	<p>9-11 am, 10<sup>th</sup> June 24<sup>th</sup> June</p> <p>Birchwood Children's Centre, Hatfield</p>	<p>For further information, please contact, Frances Dines, Community Development Co-ordinator, 01707 262648 or 07857 634018</p>

<p><b>Staying Alive</b> <b>Basic life support training for adults</b></p>	<p>An introductory taster for those with no previous experience. Assessment is by the trainer on an ongoing basis. .</p> <p>2 hour first aid course covers:</p> <p>Action at the scene of an emergency, Care of the conscious casualty, Care of the unconscious casualty, Cardio pulmonary resuscitation, choking</p> <p>£10.00 payable at time of booking.</p> <p>Creche facility available – places limited, booking required</p>	<p>Wednesday 11<sup>th</sup> June 9.15 – 11.15 am</p>	<p>Creswick Children's Centre Sir John newsom Way Welwyn, AL7 4TP Tel: 01707 343512</p>
<p><b>Grandparents' Groups</b></p>	<p>Do you care for your pre-school age grandchildren? Then come along to our grandparent and toddler group.</p> <p>Refreshments and activities provided. Small charge may apply</p>	<p>Term time only Mondays 1.30 – 3.00 pm At Birchwood Children's Centre, Birchway (off Crawford Road), Hatfield. And also at Creswick Childrens Centre, Sir John Newsom Way, Welwyn</p>	<p>For further information, please contact, Frances Dines, Community Development Co-ordinator, 01707 262648 or 07857 634018</p> <p>Tel: Val Garland, Creswick Centre Manager, on 01707 343512</p>
<p><b>Little Pips!</b> <b>Story sessions for under 5s</b></p>	<p>Come along to this weekly session and let your child enjoy stories, crafts and music activities</p> <p>50p contribution per family</p>	<p>Tuesdays and Fridays 9.15 – 10.45 am Applecroft Children's Centre Applecroft School Applecroft Road, Welwyn Garden City.</p>	<p>Contact Anne Peck, Centre Manager Tel: 07840 564979</p>

<b>Stretch n Grow Exercise sessions for young children</b>	Exercise sessions for toddlers to age 5 years. £2.40 per session	Wednesdays, 9.30 – 10.10 am for just walking to 3 years	Applecroft Children's Centre Applecroft School Applecroft Road, Welwyn Garden City.
		10.15 – 11.00 am for ages 3-5 years  Also at Creswick Childrens Centre on Fridays, 9.10 am–10.00 am	Contact Anne Peck, Centre Manager Tel: 07840 564979  Creswick Children's Centre Sir John newsom Way Welwyn, AL7 4TP Tel: 01707 343512
<b>Cruisers and Crawlers</b>	Parent and toddler group. Come along and meet new friends and have fun.	Wednesdays, 1.30 – 3.30 pm at Creswick Children's Centre	Contact Val Garland, Centre Manager, Creswick Children's Centre, Sir John Newsom Way, W elwyn Tel: 01707 343512
<b>Mums of Steel</b>  <b>Exercise sessions for mums and babies</b>	Post natal exercise for mums and their babies. 1 hour per session  Buggy Fit Classes and Pilates Exercise Classes Both courses £30 for 6 week sessions	Buggy Fit – 9.15 – 10.15 am Tuesdays at Stanborough Park  Pilates, 1.00 – 2.00 pm, Tuesdays at Applecroft Children's Centre	Applecroft Children's Centre Applecroft School Applecroft Road, Welwyn Garden City.  Contact Anne Peck, Centre Manager Tel: 07840 564979
<b>Childminding Groups</b>	Are you a childminder? If so, then come along to the next childminding group where you can share good practice with other childminders, network, and let the children have fun too. Contact your local Children's Centre to find out when the next childminding group is taking place.		See last page for contact details.

<b>Baby Massage sessions</b>	5-week baby massage course for you and your baby.	Tuesday mornings June 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , and July 1 <sup>st</sup> and 8 <sup>th</sup> 9.15-11.00 am  Also, to be held at De Havilland Children's Centre	For further information, please contact, Frances Dines, Community Development Co-ordinator, 01707 262648 or 07857 634018  Contact Sarah Bowyer, 01707 346624
<b>Positive Beginnings</b>  <b>Parent and toddler support and activity sessions</b>	Drop in service for families with children under 4 years and expectant mums living in the local area. The group offers activities for young children and support from speech and language therapists, health visitors and playworkers.	Various times depending on your local Children's Centre	Contact your local Children's Centre to find out when the next sessions are available
<b>Stay and Play sessions</b>	Just turn up with your young child. Ideas for playing with the children and an opportunity to meet new friends.	Tuesdays 9.45-11.00 am Travellers Lane And Tuesdays 2.00-3.00 pm term time The Memorial Hall Welham Green	Contact Sarah Bowyer, Manager, De Havilland Children's Centre  Tel: 01707 346624
<b>Bebos Coffee Morning</b>	Come along for a coffee, chat and biscuits!!	Mondays 9.00-10.00 am Family Room, Oak Tree Children's Centre	For information, contact Ria Haley, Co-ordinator, Oak Tree Children's Centre
<b>Parent and Carer Toddler Group</b>	Free play and activities offered. Pleasant and friendly atmosphere with all members willing to help.	Tuesdays, 9.00 am – 10.30 am  At Howe Dell Children's Centre, The Runway, Hatfield, AL10 9AH	For more information, contact Penny Briggs, Children's Centre Manager, Tel: 01707 263291

<p><b>Baby Acorns</b></p> <p><b>Parent and baby group</b></p>	<p>Come along and meet other new parents at this very welcoming baby group.</p> <p>Babies up until walking stage</p>	<p>Tuesdays 9.30 – 11.15 am Methodist Church Ludwick Way Welwyn Garden City</p>	<p>For further information contact</p> <p>Ria Haley Children's Centre Co-ordinator Oak Tree Childrens Centre Holwell Road. Welwyn Tel: 01707 375079 Email: r.haley@ludwick.herts.sch.uk</p>
<p><b>Rhyme Time</b></p>	<p>Fun sessions of action songs and rhymes. Marching and musical instruments to encourage speech and language development, listening skills and turn taking.</p> <p>Come and join in the fun!</p> <p>For all parents and preschool age children.</p>	<p>Every Wednesday. 9.15 – 9.45 am At Birchwood Children's Centre, as above</p> <p>Tuesdays, 11-11.30 am, De Havilland Children's Centre</p> <p>Tuesdays, 12.30- 1.00 pm, and Wednesdays, 9.00-9.30 am at Oak Tree Childrens Centre</p>	<p>For more information, contact the relevant Children's Centre (details on back page)</p>
<p><b>Toy Libraries</b></p>	<p>Toy libraries can offer you the opportunity of accessing a fabulous range of different toys for your child to take away and play at home. Lots of different toys for various ages and abilities, both for indoor and outdoor use. Why buy new toys when you can borrow from the toy library. A small hire charge may apply.</p>		<p>Contact your local children's centre for more information.</p>
<p><b>Healthy Eating course</b></p>	<p>Come along and enhance your cookery skills. Learn how to make delicious soups, casseroles, pasta and fish dishes. 4-week course.</p> <p>No crèche facility is available. Places are limited so book early to avoid disappointment</p>	<p>Course starts on Wednesday, 7 May and finishes on Wednesday, 4 June. 1.30 – 3.00 pm</p>	<p>For further information, please contact, Frances Dines, Community Development Co-ordinator, 01707 262648 or 07857 634018</p>

<b>Family Cookery sessions</b>	<p>Oak Tree Children's Centre are offering family cooking sessions. Come along and find out how you can prepare some tasty meals which your whole family will enjoy.</p> <p>Booking in advance is essential</p>	<p>Mondays 1.0 pm</p> <p>The Oak Room, Oak Tree Children's Centre</p>	<p>For further information contact</p> <p>Ria Haley Children's Centre Co-ordinator Oak Tree Childrens Centre Holwell Road. Welwyn Tel: 01707 375079 Email: r.haley@ludwick.herts.sch.uk</p>
<b>Single Parents</b>	<p>We will shortly be starting a support group for all single parents. Please contact Oak Tree Children's Centre to find out more and express your interest in joining this group.</p>		
<b>Active Play</b>	<p>Active fun for you and your children.</p>	<p>Fridays, 9.00 – 10.00 am De Havilland Childrens Centre</p>	<p>Contact Sarah Bowyer (details on back page)</p>
<p><b>Summer holidays</b></p> <p><b>Free Play and Language course to help you and your child</b></p>	<p>Hertfordshire Family Learning invite you to join a free play and language course. This one-off taster sessions</p> <ul style="list-style-type: none"> <li>. Gain new ideas to make and do things with your child</li> <li>. Help your child with speaking and listening</li> <li>. Learn about pre reading and writing</li> <li>. An opportunity to brush up on your own skills</li> </ul> <p>How</p> <ul style="list-style-type: none"> <li>. The course runs by working with the adults first for around 90 minutes and then your child joins in for the last 30minutes</li> </ul> <p>For children aged 3-5. Free crèche available</p>	<p>22 July, 9.30-11.30 am</p> <p>Availability is subject to sufficient demand.</p>	<p>Telephone Frances Dines for further information on 01707 262648</p>

<p><b>Half term and Summer holidays</b></p> <p><b>Birches childcare for children aged between 2 – 6 years</b></p>	<p>Do you need care during the half term breaks or through the summer holidays?</p> <p>The Birches Childcare Centre at Birchwood Children’s Centre can provide care for children aged between 2 and 6 years of age. Open from 8.00 am until 6.00 pm, Monday to Friday.</p> <p>Why not visit the centre and see how best they can suit your individual needs.</p>	<p>Half-term and summer holiday childcare</p> <p>Availability is subject to sufficient demand</p>	<p>Contact Angela Cumming, childcare Manager, The Birches, Birchwood Children’s Centre, Birchway, Crawford Road, Hatfield, AL10 0PD</p> <p>Tel: 01707 262164</p>
<p><b>Coffee and information mornings</b></p>	<p>Coffee mornings are regularly held throughout Welwyn and Hatfield areas and provide you with an opportunity to meet other parents, whilst also finding out about lots of useful information too!</p> <p>Topics covered include parent support, healthy eating, financial 1:1 advice, arts and crafts sessions etc etc.</p>	<p>Children’s Centres and Extended Schools services in Welwyn and Hatfield</p>	<p>For further information about the next coffee morning near you:</p> <p>Tel: Jill Weddle, Parenting and Information Officer, Herts County Council Tel: 07769 950309</p> <p>Email: <a href="mailto:jill.weddle@hertscc.gov.uk">jill.weddle@hertscc.gov.uk</a></p>
<p><b>Money Advice Support sessions</b></p>	<p>The Money Advice Unit is part of Hertfordshire County Council's Adult Care Services. However, we work for and with all ages of Hertfordshire residents in order to</p> <ul style="list-style-type: none"> <li>• increase take up of benefits and tax credits;</li> <li>• promote accurate advice and effective advocacy on benefits and debt by organisations within Hertfordshire;</li> <li>• advise on changes in social security and debt legislation and assess the likely impact on Hertfordshire residents.</li> </ul>	<p>A representative from the Unit will be available to personally advise and offer free guidance.</p> <p>Sessions monthly April, June and July</p>	<p>Sessions held at Creswick Children’s Centre, Sir John Newsom Way, Welwyn Garden City, AL7 4TP</p> <p>Contact Val Garland, Children’s Centre manager for further information. Tel: 01707 343512</p>
<p><b>Fun+KEYS Event for families of children 0-5</b></p>	<p><b>Fun and Knowing Early Years Services.</b> All the Children’s Centres in Hatfield have joined together to provide this great family fun and information event. The event will unlock lots of local information for parents of children 0-5. There will also be loads of free activities for the children to enjoy, including Stretch n Grow workshops, baby massage sessions, Balloon race, arts and crafts fun and also prizes to be won for great days out and much more !! Free entry. Don’t miss out !</p>	<p>October half-term.</p> <p>Please ring to find out when and where the next event will be taking place.</p>	<p>Contact your local children’s centre for more information</p> <p>De Havilland – 07824 836866</p> <p>Birchwood – 01707 262648</p> <p>Howe Dell – 01707 263291</p> <p>Or Jill Weddle, Parenting and Information Officer on 07769 950309 or <a href="mailto:jill.weddle@hertscc.gov.uk">jill.weddle@hertscc.gov.uk</a></p>

<p><b>Jobcentre Plus</b></p> <p><b>Information drop in sessions</b></p>	<p>Are you a lone parent?</p> <p>Are you worried about your finances?</p> <p>Are you looking for a job but don't know where to start?</p> <p>Do you need help with childcare?</p> <p>A representative from your local Jobcentre will be available to offer free help and advice on any work related issues. Sessions will be held monthly at your local children's centre. Don't forget to also look out for the noticeboard at your Children's Centre for the latest opportunities.</p>	<p>Contact your local children's centre to find out when the next sessions are available in your area.</p> <p>Or telephone Jill Weddle, Parenting and Information Officer, Tel: 07769 950309</p> <p>Email: <a href="mailto:jill.weddle@hertscc.gov.uk">jill.weddle@hertscc.gov.uk</a></p>
<p><b>ParentlinePlus</b></p> <p><b>24 hour telephone helpline service</b></p>	<p>Feel like talking things through parent to parent?</p> <p>Parentline is there for any parent, any time. Free, confidential, 24/7. Phoning the line gives you the opportunity to talk and to be listened to, to work things out and find solutions to your family problems. You'll be talking to a parent who will understand and won't judge you or boss you around. And you can also find out where to go for specialist advice or just ask for more information.</p> <p>Parentline is a confidential service.</p>	<p>Tel:</p> <p>ParentlinePlus: 0808 800 2222</p>
<p><b>Parentline Plus General parenting group</b></p>	<p>This is a free phone group only and is not available as a face-to-face session. Facilitated support groups divided into ages: pre-school, primary and secondary. These groups are a combination of other groups e.g. Getting on with your child / teenager and can cover a variety of different issues for the relevant age group.</p> <p>Telephone groups are small, with five or six parents and a facilitator. The other parents are likely to have children the same age as yours and may be facing similar challenges. You will be able to share ideas with others, get support and pick up new tips on parenting.</p> <p>You will be called on any number you wish for one and a half hours for six weeks, at the same time each week. The group facilitator will phone you individually for a short chat to explain exactly how this works before the group starts.</p>	<p>Phone ParentlinePlus on the number above to register your interest</p> <p>Or visit their website to register</p> <p><a href="http://www.parentlineplus.org.uk">www.parentlineplus.org.uk</a></p>

# Children's Centres in Welwyn and Hatfield



## Welwyn Garden City

### Applecroft

Anne Peck, Manager  
Applecroft School  
Applecroft Road  
Welwyn Garden City  
Herts  
AL8 6JZ  
Phone: 01707 323758

### Creswick

Val Garland, Manager  
Creswick Primary School and Nursery  
Sir John Newsom Way  
Welwyn Garden City  
Herts  
AL7 4TP  
Phone: 01707 343512

### Oak Tree

Contact Ria Haley, Co-ordinator,  
Ludwick Nursery School  
Holwell Road  
Welwyn Garden City  
Herts  
AL7 3RP  
Phone: 01707 375079  
web pages: [www.hertschildrenscentres.org.uk/oaktree](http://www.hertschildrenscentres.org.uk/oaktree)

## Hatfield

### Birchwood

Contact Brenda Enever, Children's Centre Manager  
Birchwood Nursery School  
Birchway  
Crawford Road  
Hatfield  
AL10 0PD  
Phone: 01707 262648  
[www.birchwoodchildrenscentre.herts.sch.uk](http://www.birchwoodchildrenscentre.herts.sch.uk)

### De Havilland

Contact Sarah Bowyer, Children's Centre Manager  
De Havilland Primary School  
Travellers Lane  
Hatfield  
Herts  
AL10 8TQ  
Phone: 01707 346624  
[www.hertschildrenscentres.org.uk/dehavilland](http://www.hertschildrenscentres.org.uk/dehavilland)

### Howe Dell

Contact Penny Briggs, Children's Centre Manager  
The Runway  
Hatfield, Herts  
AL10 9AH  
Phone: 01707 263291 / Extn 2

If you have any thoughts on future activities or would like parent support or information, then please let us know how we can help you by filling in this quick questionnaire and returning it to your local children's centre (previous page) or extended schools co-ordinator (details - inside cover)

<b>Name:</b>		
<b>Address:</b>		
<b>Telephone</b>	<b>Email</b>	<b>Signature</b>

**Please tell us the ages of your child/ren**

0-5	5-12	Teenager

**What time of day would suit you best?**

mornings	afternoons	evenings	saturdays

<b>Please tick any courses/workshops that may be of interest to you?</b>	<b>Please tick if interested</b>
Managing Behaviour	
Teenage parents	
Living with Teenagers	
Lone Parents	
Special needs (please specify)	
Substance misuse	
Sexual health	
Learning Difficulties and disability	
Healthy Eating	
Family Learning	
Childcare Costs/vouchers	
First Aid	
Dads only groups	
School Transition support - primary to secondary	
Stressbusting	
Other?	

<b>What information would help to support you and your family?</b>	<b>Please tick if interested</b>
Childcare costs/vouchers	
School services	
Local activities for children	
Bullying	
Sexual health	
Children's centres and extended schools	
Healthy eating	
Parent and toddler groups	
Other?	
Please add any other comments here.	

**Look out for new Children's Centres coming to these areas during 2008/09:**

Panshanger area  
Woolmer Green and Knebworth  
Old Welwyn, Digswell and Codicote  
Cuffley and surrounding villages



**This information has been compiled by  
Parenting and Information Officer, District Partnership Team Central, Children, Schools and Families, Herts County Council  
Please forward any comments, deletions or additions to Jill Weddle  
Email: [jill.weddle@hertsc.gov.uk](mailto:jill.weddle@hertsc.gov.uk) or tel: 07769 950309**

**With thanks to all the Children's Centres and Extended Schools for their support**

