

# What's On in St Albans District January to April 2024

Please see session descriptions, including guidance on the age of the child attending

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	VIRTUAL
<p><b>Active Rhyme Time</b> St Mary's Church, Marshalswick, St Albans, AL4 9QA Weekly 09:30 - 10:15 (not on 25<sup>th</sup> Mar &amp; 1<sup>st</sup> Apr)</p>	<p><b>Self Weigh Stations Drop in</b> Sopwell Family Centre, St Albans, AL1 2LE Weekly 08:30 - 11:15</p>	<p><b>SEND Chat and Play</b> Sopwell Family Centre, St Albans, AL1 2LE 3<sup>rd</sup> Jan, 7<sup>th</sup> Feb, 6<sup>th</sup> Mar, 3<sup>rd</sup> Apr 11:00 - 12:00 *Meet our SEND champions</p>	<p><b>Self Weigh Stations</b> Southdown Family Centre, Harpenden, AL5 1QB Weekly From 08:30 <a href="#">Book via Eventbrite</a></p>	<p><b>Baby Group</b> London Colney Family Centre, AL2 1JG (Satnav AL2 1JF) Weekly 10:00 – 11:30 (not on 29<sup>th</sup> Mar)</p>	<p><b>Introduction to Solid Foods Workshop – Virtual</b> Thu 18<sup>th</sup> Jan 10:00 – 11:30 Mon 12<sup>th</sup> Feb 13:30 - 15:00 Wed 13<sup>th</sup> Mar 13:00 – 14:30 <a href="#">Book via Eventbrite</a></p>
<p><b>Preparing for Parenthood</b> Sopwell Family Centre, St Albans, AL1 2LE 2 week courses starting 8<sup>th</sup> Jan, 5<sup>th</sup> Feb, 4<sup>th</sup> Mar, 8<sup>th</sup> Apr 09:30 - 11:30 or 18:00 – 20:00 <a href="#">Book via Eventbrite</a></p>	<p><b>Self Weigh Stations Drop in</b> London Colney Family Centre, AL2 1JG (Satnav AL2 1JF) Weekly 08:30 - 11:15</p>	<p><b>Family Fun Hilldyke Community Centre,</b> Wheathampstead, AL4 8TU 21<sup>st</sup> Feb, 10:00 – 11:30 <b>London Colney Family Centre</b> AL2 1JG (Satnav AL2 1JF) 10<sup>th</sup> Apr, 10:00 – 11:30</p>	<p><b>Baby Group</b> Marlborough Road Methodist Church, St Albans, AL1 3XG Weekly 10:00 - 11:30 <b>Introduction to Solid Foods Workshop</b> 8<sup>th</sup> Feb, 21<sup>st</sup> Mar</p>	<p><b>Introduction to Solid Foods Workshop</b> London Colney Family Centre, AL2 1JG (Satnav AL2 1JF) 9<sup>th</sup> Feb, 22<sup>nd</sup> Mar, 13:00 – 14:30</p>	<p><b>Family Toolkit - Virtual</b> 4 week courses starting Tues 16<sup>th</sup> Jan &amp; 16<sup>th</sup> Apr Wed 28<sup>th</sup> Feb 19:30 - 21:00 To book call 0300 123 7572 Select District then option 2</p>
<p><b>Baby Massage £25</b> Marshalswick Family Centre, St Albans, AL4 9QL 5 week courses starting 8<sup>th</sup> Jan, 19<sup>th</sup> Feb, 15<sup>th</sup> Apr 10:30 – 12:00 <a href="#">Book via Eventbrite</a></p>	<p><b>Baby Group *NEW VENUE*</b> Southdown Family Centre, Harpenden, AL5 1QB Weekly 13:15 - 14:45 <b>Introduction to Solid Foods Workshop</b> 6<sup>th</sup> Feb, 19<sup>th</sup> Mar, 30<sup>th</sup> Apr</p>	<p><b>Baby Massage £25</b> London Colney Family Centre, AL2 1JG (Satnav AL2 1JF) 5 week course starting 10<sup>th</sup> Jan &amp; 28<sup>th</sup> Feb &amp; 17<sup>th</sup> Apr 13:00 - 14:30  Sopwell Family Centre, St Albans, AL1 2LE. Starting 10<sup>th</sup> Jan &amp; 17<sup>th</sup> Apr, 13:30 – 15:00  Marshalswick Family Centre, St Albans, AL4 9QL Starting 28<sup>th</sup> Feb, 13:30 – 15:00  <a href="#">Book via Eventbrite</a></p>	<p><b>Infant Feeding Social Group *NEW VENUE*</b> Marlborough Road Methodist Church, St Albans, AL1 3XG Weekly 10:00 – 11:00</p>	<p><b>Physical Fun *NEW VENUE*</b> Sopwell Family Centre, St Albans, AL1 2LE Weekly 13:30 - 15:00 (not on 29<sup>th</sup> Mar)</p>	<p><b>Supporting Children's Emotional Wellbeing – VIRTUAL</b> Thu 22<sup>nd</sup> Feb 10:00 – 11:30 Wed 20<sup>th</sup> Mar 18:00 – 19:30 <a href="#">Book via Eventbrite</a></p>
<p><b>Self Weigh Stations</b> Marshalswick Family Centre, St Albans, AL4 9QL Weekly From 13:15 <a href="#">Book via Eventbrite</a></p>	<p><b>Baby Massage £25</b> Sopwell Family Centre, St Albans, AL1 2LE 5 week course starting 27<sup>th</sup> Feb 13:30 – 15:00 <a href="#">Book via Eventbrite</a></p>	<p><b>Active Rhyme Time *NEW*</b> Hilldyke Community Wheathampstead, AL4 8TU Weekly 14:15 – 15:00</p>	<p><b>Baby Massage £25</b> Southdown Family Centre, Harpenden, AL5 1QB 5 week course starting 11<sup>th</sup> Jan, 29<sup>th</sup> Feb, 18<sup>th</sup> Apr 13:00 - 14:30 <a href="#">Book via Eventbrite</a></p>		<p><b>About Me Workshops</b> Mindfulness - 21<sup>st</sup> Feb Self Care - 28<sup>th</sup> Feb Positive Affirmations - 6<sup>th</sup> Mar Healthy Relationships - 27<sup>th</sup> Mar Wed 19:00 to 20:30 <a href="#">Book via Eventbrite</a></p>
<p><b>Family Toolkit</b> 4 week courses starting 22<sup>nd</sup> Jan 09:30 - 11:30 4<sup>th</sup> Mar 10:00 - 12:00 To book call 0300 123 7572 Select District then option 2</p>		<p><b>Baby Fair</b> Christ Church, High Oaks, St Albans, AL3 6DJ 31<sup>st</sup> Jan, 14:00 – 16:00</p>	<p><b>Parent Café &amp; Self Weigh Stations Drop In</b> Lamer Fields Family Centre Wheathampstead, AL4 8TP 13:30 – 15:00 18<sup>th</sup> Jan, 15<sup>th</sup> Feb, 21<sup>st</sup> Mar, 18<sup>th</sup> Apr</p>		<p><b>About Me - VIRTUAL</b> Thu 29<sup>th</sup> Feb – 28<sup>th</sup> Mar 19:00 - 20:30 To book call 0300 123 7572 select district then option 2</p>
		<p><b>First Aid £25</b> Southdown Family Centre, Harpenden, AL5 1QB 24<sup>th</sup> Jan, 19:00 - 21:00 <b>Sopwell Family Centre, St Albans,</b> AL1 2LE 13<sup>th</sup> Mar 19:00 - 21:00 <a href="#">Book via Eventbrite</a></p>	<p><b>Parent Café &amp; Self Weigh Stations Drop In</b> Redbourn &amp; Villages Family Centre, AL3 7EX 13:30 – 15:00 25<sup>th</sup> Jan, 22<sup>nd</sup> Feb, 28<sup>th</sup> Mar, 25<sup>th</sup> Apr</p>		<p><b>SATURDAY</b> <b>Becoming Dad Workshop</b> Sopwell Family Centre, St Albans, AL1 1LE 13<sup>th</sup> Jan, 10<sup>th</sup> Feb, 9<sup>th</sup> Mar, 13<sup>th</sup> Apr 10:00 – 12:00 <a href="#">Book via Eventbrite</a></p>

# Session Descriptions – St Albans District

## About Me Workshops

A **FREE** 5 week course run by Trainingly, designed to increase and build emotional resilience and wellbeing. Helps you to recognise your triggers, gain positive coping strategies when things go wrong. *Book via Eventbrite*

## Active Rhyme Time (6 - 18 months)

A 45 minute session of **FREE** fun, active rhymes and songs for your baby and toddler. A great way to meet other families and develop your child's communication and physical skills. For children with their parent or carer. Siblings welcome. *Drop in.*

## Baby Fair

A **FREE** fun event for expectant parents or parents of a child under one year. Meet other local families, enjoy refreshments, find out what's on and enjoy choosing preloved maternity and baby clothes. Our friendly team will be on hand to offer you free support and advice, alongside stalls from local partners. *Drop in.*

## Baby Group (pre-walkers)

Meet other families with young babies in a supportive, stimulating and friendly environment. During the **FREE** 90 minute session there will be time for babies to play, discover more about their development and support your wellbeing as a new parent. *Drop in.*

## Baby Massage - £25

Learn to massage your baby. Find out how it helps with their sleeping, digestion and colic. Get to know other families and ask for help and advice. This is a 5 week course. This course is aimed at parents/carers of babies aged between 2 - 6 months.

## Becoming Dad Workshop

Becoming Dad is an inclusive workshop for new and expectant fathers to help them to connect with and understand their babies' needs. This is a hands-on session where your baby aged 0 – 1 year can come too! *Booking via Eventbrite is essential.*

## Family Fun

Fun sessions with a wide range of activities for you and your children to play together, meet other local families and the Family Centre team. As well as lots for Under 5's to enjoy, there will be activities for siblings up to the age of 8. *Drop in.*

## Family Toolkit

For families with children aged 2 to 5 years old. A great course to learn some new ideas about how to manage children's behaviour and get the best out of family life. *Speak to the team.*

## First Aid - £25

This 2 hour face to face session will provide parents-to-be, parents and carers with important First Aid information and advice on such topics as baby/child resuscitation, treating head injuries, choking and burns. *Book via Eventbrite.*

## Infant Feeding Social Group

These groups are a great opportunity to get out and about and to discuss any responsive feeding questions you may have. You will also be able to meet other families in a safe, relaxing environment and there will be UNICEF accredited Family Centre staff available to support you on your feeding journey. Come and join us and say hello. For Specialist Breastfeeding Support please call 0300 123 7572, Select your area, then choose option 1 to talk to a health visitor. Parents with babies 10 days and younger should contact their midwife for any feeding concerns *No need to book – Drop in.*

## Introduction to Solid Foods Workshop

It is recommended to introduce solid foods to your baby around 6 months. Join us when your baby is 4-6 months old so you can prepare early, know the signs your baby is ready for food and get information in line with NHS guidelines as you prepare for this exciting next stage. *Book via Eventbrite.*

We also offer **Introduction to Solid Food Workshops at Baby Group** – these are face to face sessions within our Baby Groups. \*To get the full benefit from this workshop you will need to be there from the beginning. No need to book.

## Parent Café

Meet other local families with children the same age and enjoy refreshments in a relaxed environment. Chat to Family Support Staff about the benefits of the Family Centre Service and find out what's on. *Drop in.*

## Preparing for Parenthood

Expectant parents 25-34 weeks pregnant. This course covers all the essentials you need to prepare for parenthood and the early years and is delivered by health visitors and family support staff. *Book via Eventbrite.*

## Physical Fun (18 months +)

A **FREE** fun, 90 minute active session for children with their parent or carer. Come and meet other local families and enjoy lots of fun games and play opportunities to support your child with their physical development. Siblings welcome. *Drop in.*

## Self Weigh Stations

An opportunity to check your baby's weight as well as talk to trained staff from the Family Support Service on a variety of health and parenting support topics. We offer two options to weigh your baby, either book an appointment via Eventbrite, or drop in at specific times.

Please access our self weigh stations to check your baby's progress at 16 weeks, 20 weeks, 8 months and 12 months. If your baby is outside of these key touchpoints or if you have any concerns with your baby's weight, please contact your health visitor on 0300 123 7572. For more information, please visit

<https://healthforunder5s.co.uk/hertfordshire/services/specialist-support/self-weigh-stations/>

## SEND Chat and Play

Our Special Educational Needs and Disabilities Chat and Play sessions are a great opportunity to come and meet other families going through a similar journey, in a relaxed environment. Our SEND Champions are on hand to talk about the services we offer, signpost to different organisations or to simply act as a listening ear. All are welcome whether your child is diagnosed or you are concerned about a possible need. We have toys out for the children or you can come by yourself. We hope to see you soon!

## Supporting Children's Emotional Wellbeing

Learn about mindfulness and relaxation. Implement relaxation strategies at home for yourself and your child, to promote positive emotional wellbeing. Make sensory bottle/bag or play dough. Use tips and ideas on self-care and mindfulness to calm the stresses of family life. *Book via Eventbrite.*

## IMPORTANT INFORMATION

We have a maximum number of spaces in the sessions that are on a first come first served basis. Please arrive promptly to minimise disappointment.

Parents and carers are responsible for supervising their children throughout the sessions.

To continue to keep us all safe, please do not attend if you or your child are feeling unwell.

## BOOKING VIA EVENTBRITE

To book Baby Massage, Becoming Dad, Self Weigh and First Aid:  
<https://stalbanshertsfcs.eventbrite.com/>

To book About Me Workshops, Introduction to Solid Food Workshops, Supporting Children's Emotional Wellbeing:  
<http://www.eventbrite.co.uk/o/inspireall-hertfordshire-33161791911>

To book Preparing for Parenthood:  
<https://www.eventbrite.co.uk/o/preparing-for-baby-20041788297>