

West Locality Activity Timetable
Part of the 0-19 Early Help Services

****Spring Term Timetable****
Wednesday 05.01.22 – Friday 01.04.22
Activities offered weekly unless otherwise stated
Separate half term timetable for 14.02.22 – 18.02.22

Covid safety measures regarding the wearing of face coverings will be adopted and reviewed throughout the term in line with current government guidelines. Numbers at each session are capped to reduce the risk of overcrowding, rooms will be well ventilated and hand sanitiser will be encouraged. Sessions are drop in unless otherwise stated.

Please check Facebook & Instagram for additional activities, information and updates

	Barnet Children's Centres – West Locality		Barnetccwestlocality
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FREE Early Years Education for 2 to 4 year olds

For more information, to check eligibility and obtain support in finding a suitable setting, please speak to Children's Centre staff or contact the Early Years Team on tel: **020 8359 3052** email: earlyyears@barnet.gov.uk



West Locality Children's Centres



Fairway School & Children's Centre,
The Fairway
Mill Hill NW7 3HS
020 8359 3730
childrenscentre@fairwaycc.barnetmail.net



Silkstream Road,
Edgware HA8 0DA
020 8905 7605
SilkstreamCC@barnet.gov.uk



c/o 0-19 West Hub
Barnet & Southgate College
7 Bristol Avenue, NW9 4BR
020 8359 3510
wingfield@barnet.gov.uk

Outreach Venues

Broadfields School
Roseberry Drive
Edgware
HA8 8JP

020 8359 3730
childrenscentre@fairwaycc.barnetmail.net

Greentop Activity Centre
Quakers Course
Lanacre Ave
Graham Park
London
NW9 5WR

020 8359 3510
wingfield@barnet.gov.uk

Frith Manor School
Lullington Garth
Woodside Park
London
N12 7BN

020 8359 3510
wingfield@barnet.gov.uk

The Orion School
Grahame Park Way
Grahame Park
Edgware
Middlesex
NW7 2AL

020 8359 3510
wingfield@barnet.gov.uk

OneStonegrove
5 Hayling Way
Edgware
Middlesex
HA8 8BN

020 8359 3510
wingfield@barnet.gov.uk

Timetable is correct at time of printing

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Babbling Babies at OneStonegrove 0 – 12 months 9.30 – 10.30am</p> <p>Drop-In For more information wingfield@barnet.gov.uk or call 020 8359 3510</p> <p>Starts 10.01.22</p>	<p>Stay & Play Little Explorers at The Orion School 18 months – 5 years 9 – 10.30am</p> <p>Drop-In For more information wingfield@barnet.gov.uk or call 020 8359 3510</p> <p>Starts 11.01.22</p>	<p>Stay & Play at Broadfields School 0 – 5 years 9.15 – 10.45am</p> <p>Drop-In For more information childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730</p> <p>Starts 12.01.22</p>	<p>Play Workshops Communication & Play Skills 1 – 5 years 20.01.22 10 – 11am</p> <p>Messy Play Skills 2 – 5 years 10.02.22 10 – 11am</p> <p>Booking Required SilkstreamCC@barnet.gov.uk or call 020 8905 7605</p>	<p>Baby Group 0 - 18 months 9.30 – 11am</p> <p>Drop-In For more information SilkstreamCC@barnet.gov.uk or call 020 8905 7605</p> <p>Starts 07.01.22</p>
<p>Stay & Play 0 - 5 years 9.30 - 11am</p> <p>Drop-In For more information SilkstreamCC@barnet.gov.uk 020 8905 7605</p> <p>Starts 10.01.22 (Closed 21.02.22)</p>	<p>Stay & Play for children with a hearing impairment 9 – 11am</p> <p>To book a place and for more information please call Deborah Tetstill 07771 613 496</p>	<p>Childminders Group 0 - 5 years 9.30 – 11am</p> <p>A group for registered childminders and the children in their care.</p> <p>Drop-In For more information childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730</p> <p>Starts 05.01.22</p>	<p>Family Time 0 - 5 years 9.30 – 11am</p> <p>24.02.22 -</p> <p>31.03.22</p> <p>Invite only</p>	<p>Baby Group 0 - 18 months 1.30 – 3pm</p> <p>Drop-In For more information childrenscentre@fairwaycc.barnetmail.net 020 8359 3730</p> <p>Starts 07.01.22</p>
<p>Baby Group 0 - 18 months 10 – 11.30am</p> <p>Drop-In For more information childrenscentre@fairwaycc.barnetmail.net 020 8359 3730</p> <p>Starts 10.01.22 (Closed 21.02.22)</p>	<p>Stay & Play 0 - 5 years 9.30 – 11am</p> <p>Drop-In For more information childrenscentre@fairwaycc.barnetmail.net 020 8359 3730</p> <p>Starts 11.01.22</p>	<p>Stay and Play at Greentop Activity Centre 0 - 5 years 12.30 - 2pm</p> <p>Drop-In For more information wingfield@barnet.gov.uk 020 8359 3510</p> <p>Starts 12.01.22</p>	<p>Stay & Play 0 - 5 years 9.30 – 11am</p> <p>Drop-In For more information childrenscentre@fairwaycc.barnetmail.net 020 8359 3730</p> <p>Starts 06.01.22</p>	<p>Babbling Babies at Greentop Activity Centre 0 - 12 months 12.30 – 1.30pm</p> <p>Drop-In For more information wingfield@barnet.gov.uk 020 8359 3510</p> <p>Starts 07.01.22</p>
<p>Stay & Play Little Explorers at OneStonegrove 0 – 5 years 11am – 12.30pm</p> <p>Drop-In For more information wingfield@barnet.gov.uk 020 8359 3510</p> <p>Starts 10.01.22</p>	<p>Stay & Play 0 – 5 years 1 - 2.30pm</p> <p>Drop-In For more information SilkstreamCC@barnet.gov.uk 020 8905 7605</p> <p>Starts 11.01.22</p>	<p>Baby Group 0 - 18 months 1 – 2.30pm</p> <p>Drop-In For more information SilkstreamCC@barnet.gov.uk 020 8905 7605</p> <p>Starts 05.01.22</p>	<p>Developmental Baby Massage 8 - 18 weeks old 1.30 – 2.30pm</p> <p>03.03.22 – 24.03.22 4 week programme</p> <p>To register your interest childrenscentre@fairwaycc.barnetmail.net 020 8359 3730</p>	<p>Stay & Play 0 - 5 years 1 – 2.30pm</p> <p>Drop-In For more information SilkstreamCC@barnet.gov.uk 020 8905 7605</p> <p>Starts 07.01.22</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stay & Play Little Explorers at Frith Manor School 0 – 5 years 2 – 3.15pm</p> <p>Starts 10.01.22</p> <p>Drop-In For more information wingfield@barnet.gov.uk 020 8359 3510</p>	<p>Health Promotion Sessions 1.30 – 3pm</p> <p>Online Sessions</p> <p>Introduction to Solids (5 – 7 months) 11.01.22</p> <p>Sleep Management /Routines (8 months +) 18.01.22</p> <p>Toilet Training (18 months +) 25.01.22</p> <p>Managing Mealtimes and Healthy Eating (8 months +) 01.02.22</p> <p>Introduction to Solids (5-7 months) 08.02.22</p> <p>In Partnership with the Health Visiting Team</p>			<p>Oral Health Workshop Online 25.03.22 10 – 11am</p> <p>For more information childrenscentre@fairwaycc.barnetmail.net 020 8359 3730</p> <p>In partnership with Central London Healthcare NHS Trust</p>
<p>Family Time 0 - 5 years 1 – 2.30pm</p> <p>Invite only</p> <p>28.02.22 - 28.03.22</p>	<p>Stay Club 0 – 5 years 2 – 3pm Colindale</p> <p>Drop-In Stay Club only</p>			<p>Sunday</p> <p>Sunday Stay & Play 0 – 5 years 9.30 – 11.30am</p> <p>30.01.22 20.03.22</p> <p>Drop-In For more information SilkstreamCC@barnet.gov.uk 020 8905 7605</p>
				<p>Sunday Stay & Play 0 – 5 years 9.30 – 11.30am</p> <p>27.02.22</p> <p>Drop-In For more information childrenscentre@fairwaycc.barnetmail.net 020 8359 3730</p>

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Adult Learning

ESOL

Wednesdays

9.15 – 11.15am

Learning English alongside other parents/carers
In Partnership with Barnet & Southgate College

Starts 12.01.2022

To register
your interest please email
SilkstreamCC@barnet.gov.uk
or call
020 8905 7605

ESOL

Fridays

9.15 – 11.15am

Learning English alongside other parents/carers
In Partnership with Barnet & Southgate College / Fairway
School

Starts 14.01.2022

To register
your interest please email
childrenscentre@fairwaycc.barnetmail.net
or call
020 8359 3730

CORE SKILLS COURSE

Essential skills for working in the Childcare / Health & Social Care Sector

6 week course
Tuesdays 9.30am to 3pm
22.02.22 – 29.03.22

Includes:

- First Aid
- Safeguarding
- Health & Safety
- Food Hygiene
- C.V. Writing and Interview Skills

In Partnership with Vital Workplace Training

- Criteria for the course**
- You are not currently working
 - You have the right to work in the UK
 - You are receiving State Benefits

To register
your interest please email
SilkstreamCC@barnet.gov.uk
or call
020 8905 7605

Paediatric First Aid on ZOOM

03.02.22

17.03.22

6.30 – 8.30pm

'Key first aid skills everyone should know'
In Partnership with
Vital Workplace Training

To register
your interest please email
childrenscentre@fairwaycc.barnetmail.net
or call
020 8359 3730

Mindfulness Clay Workshop

Monday 14 March

1.30 - 2.30pm

Take an hour away from the bustle of the day and discover
your creative potential with this calm
and tranquil craft activity

To register
your interest please email
silkstreamcc@barnet.gov.uk or
call
020 8905 7605

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Parenting Programmes

Specifically for Parents and Children / Teenagers

Talking Teens - Gain an insight in to understanding your child. Develop better communication and positive relationships.	Starts 22/2/22 - (6 weeks programme) 12.30 – 2pm Invite only	Greentop Activity Centre Quakers Course NW9 5WR 020 8359 3510 wingfield@barnet.gov.uk
CODA - Women's Support Group for women who have experienced domestic violence and have children living in Barnet.	Starts 11/1/22 (9 weeks) 4.30 – 6pm Invite only	The Orion Primary School Grahame Park Way NW7 2AL 020 8359 3510 wingfield@barnet.gov.uk

Employment Support In Partnership with Paddington Development Trust

Our experienced partners are offering a new service to unemployed women called 'Ask an Employment Adviser'. Specialist advice includes CV writing, completing job applications, interview skills and how to undertake job searches

To book an appointment please email
silkstreamCC@barnet.gov.uk or call
 020 8905 7605

Citizen Advice Barnet at Silkstream Children's Centre

- * Call **020 8905 7605** and book an **on-line** appointment at Silkstream Children's Centre.
- * The Children's Centre has a laptop, access to Wi-Fi and outreach staff that can help whilst you have a virtual appointment with a CAB Advisor
- * All in the comfort of the Children's Centre
- * FREE tea or coffee provided at each appointment

Romanian Culture and Charity Together (RCCT)

Thursdays at Silkstream Children's Centre 9am – 3pm

RCCT is dedicated to supporting the Romanian community and our aim is to assist, signpost and create opportunities for our community. We can support users with school registration, job applications, GP registration, referrals, and signposting to the relevant local authority.

To book an appointment please contact
office@rcct.uk
 07311 488110

Timetable is correct at time of printing



Antenatal & Postnatal Appointments

Arranged via your Midwife

Monday	Tuesday	Wednesday	Thursday	Friday
Midwifery at Fairway Antenatal & Postnatal Clinic Appointments only	Midwifery at Fairway Antenatal & Postnatal Clinic Appointments only	Midwifery at Fairway Antenatal & Postnatal Clinic Appointments only	Midwifery at Fairway Antenatal & Postnatal Clinic Appointments only	Midwifery at Fairway Antenatal & Postnatal Clinic Appointments only
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	Midwifery at Greentop Antenatal & Postnatal Clinic Appointments only		Midwifery at Greentop Antenatal & Postnatal Clinic Appointments only	

Health Visiting Team Services

Booked and delivered by Central London Community Healthcare NHS Trust

1 and 2 Year Health Reviews By Appointment	1 and 2 Year Health Reviews By Appointment	1 Year Health Reviews By Appointment	1 Year HealthReviews By Appointment	1 and 2 Year HealthReviews By Appointment
				1 Year Health Reviews By Appointment

Baby Self Weighing Service

Weigh your baby in the comfort of a Children's Centre (under 1 years)

Baby Self Weighing 9am – 3pm To book a slot silkstreamcc@barnet.gov.uk 020 8905 7605	Baby Self Weighing 9am – 3pm To book a slot silkstreamcc@barnet.gov.uk 020 8905 7605	Baby Self Weighing 9am – 3pm To book a slot childrenscentre@fairway cc.barnetmail.net 020 8359 3730	Baby Self Weighing 9am – 3pm To book a slot childrenscentre@fairway cc.barnetmail.net 020 8359 3730	
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Healthy Start Vitamins

Are you pregnant or have children under the age of four? You could qualify for FREE Healthy Start vitamins if you are on benefits, or if you are pregnant and under 18. To check eligibility please go to the following website.

<https://www.healthystart.nhs.uk/>.

Vouchers can be redeemed at Barnet Children's Centres.



1:1 Advice and Support

Outreach staff are available throughout the week to support families with healthy lifestyle queries. Subjects can include:

- *Healthy eating *Physical activity *Oral health *Breastfeeding support *Introduction to solids *Immunisations
- *Sleep routines *Toileting *Parenting support

Please contact your local Children's Centre to book an appointment..

Timetable is correct at time of printing

Service Directory

Health Visiting Team & School Nurse Duty Line

Health Visiting Team; All aspects of child health, development and parenting; infant feeding, introduction to solids, management of minor illness, behaviour, sleep and more.
School Nursing Team; health promotion advice, allergies, bedwetting, nutrition, growth, development, physical activity, behaviour, relationships and more.

Monday to Friday 9am – 5pm

020 8200 2500

CLCHT.ChildHealthInformationHub@nhs.net

Breastfeeding Support

Our Breastfeeding Support Service provides parents with support and information on infant feeding. No appointment needed and our service is free for all - mums, dads, partners, grandparents, breastfeeders, mixed feeders, whether it's lots of support wanted or just little questions answered, drop us a call or message and we will get back to you

Phone: **07815 717055**

Facebook: BreastfeedingSupportinBarnet

Email: CLCHT.breastfeedingsupport@nhs.net

Instagram: BarnetBreastfeedingSupport

Oral Health Promotion Service

CLCH Oral Health Team provides oral health advice and support for families with children 0-5 years of age around three key oral health messages, visiting the dentist, tooth brushing and diet.

We are currently offering virtual sessions and telephone advice service and we are available Monday to Friday 9am – 5pm.

Contacts:

Rachael Crosbie - rachael.crosbie@nhs.net - Oral Health Promoter

Ben Simkhada - binodbikashsimkhada@nhs.net - Oral Health Manager

Barnet Wellbeing Service

A hub that connects people to the appropriate wellbeing support. 'The wellbeing navigator will listen to your personal story, understand your needs and connect you to services tailored for you'

0333 344 9088

www.barnetwellbeing.org.uk

info@barnetwellbeing.org.uk

Embrace Service

A post natal depression support group providing support to mums and families experiencing low mood, anxiety or depression whilst pregnant or post birth. Natasha and Charlotte can be contacted on **07771 574728**. They can offer email or telephone support to anyone who would like to talk to them. Both have personal, lived experience of PND and anxiety. Talking to someone who understands what you are experiencing can help enormously in your mental health and wellbeing in the perinatal period.

Barnet Integrated Clinical Service (BICS)

BICS Early Help Clinical services offer social, emotional, behavioural and mild to moderate mental health support to children, young people and families within Barnet.

<http://www.barnet.gov.uk/bics>

07926 085495

9am to 8pm

Timetable is correct at time of printing

Barnet Library Service

All Barnet libraries have now reopened. You can now:

- Browse and choose your own items to borrow
- Pre-order books to collect at your local library via our [Select and Collect service](#)
- Use a computer. Pre-booking of computers is no longer required

The safety of all our customers, staff and volunteers remains our highest priority. While infection rates remain high, we will retain our safety measures. We politely request that you continue to wear a face covering in the library, observe social distancing and sanitise your hands on entry and before using a computer or self-service kiosk. Please keep your visit short and wait outside, if asked by staff, to limit the number of customers in the library. Please check our [opening hours](#) before you travel to a library as they are subject to change. Opening times will continue to be limited. We are working to extend these. If you aren't already a library member you can [join online](#)

For regular updates on services, activities and events for families, you can [sign up to receive our Discover your Library newsletter for Children and Families](#)

Welfare Rights

The welfare rights service can help families with a wide range of welfare benefit issues supporting you to access the correct level of financial assistance. Benefits they can help you with include Disability Living Allowance, Personal Independence Payment and Universal Credits.

The service also helps families with complex or urgent cases where support for appeals and/or tribunals may be required.

welfarerights@barnet.gov.uk

Citizen Advice Barnet (CAB)

Although we have suspended our face-to-face services at our Hendon office, our team are still here to help and give you free, confidential, impartial advice.

For advice on any issue call us on freephone: **0808 250 5708** – Monday-Friday 9:30am – 4pm, Wednesday 9:30am – 7:30pm

For email advice, please complete the online form found on the webpage <http://barnetcab.org.uk/>

We also offer advice by Messenger, which is accessible via our website www.barnetcab.org.uk and clicking on the Messenger icon in the bottom right hand corner of the website.

We also run a limited drop-in session at St James Church, 71 East Barnet Road, New Barnet, EN4 8RN from 10am - 12.30pm on Wednesday's.

Boost

Boost provide an array of services including employment, benefit advice, skills and wellbeing projects with the aim to helping Barnet residents. They use a personal approach to understand individual's circumstances, help residents overcome obstacles and gain the confidence and skills to make a positive change.

Services include:

- CAB (**0300 456 8365**)
- Twining Enterprise (**0300 123 7059**)
- National Careers Service (**0800 100 900**)

020 8359 2442

boost@barnet.gov.uk

boostbarnet.org

Timetable is correct at time of printing

Paddington Development Trust (PDT)

The SWEET Project

'The SWEET project is for women who want to make a change in their lives'. Advisers are on hand virtually to register and support you in 1-2-1 or group settings: **WELLBEING** – Our service will help you get the support you need to stay happy and well. **PREPARE** – You can start a training course, revise your CV and practise interview skills. **SEARCH & APPLY** - there are jobs out there now or you could look for things for the near future.

pdtesocial@pdt.org.uk or **020 7266 8254**

Free Early Years Education

Information about the Free Early Education for 2 and 3/4-year olds. You may be entitled to up to 15 hours free Education for 2 year olds or up to 30 hours free Education for 3/4-year olds. For more information please call the Early Years Brokerage Team.

020 8359 3052

EarlyYears@Barnet.gov.uk

Barnet Local Offer

The local Offer helps children and young people with Special Educational Needs and/or Disabilities and their families find the information and support they are looking for, from across the Barnet local area.

<https://www.barnetlocaloffer.org.uk>

SENDLocalOffer@Barnet.gov.uk

Childminding Team

The Childminding Team, developing quality childcare, offering information, advice and support for Ofsted Registered Childminders in Barnet.

Guidance for those wishing to start a career/business as an Ofsted registered Childminder.

The online childcare directory can be accessed using the link below

<https://www.barnet.gov.uk/children-and-families/childcare>

Susie Edwards susie.edwards@barnet.gov.uk Tel: 07963 464 512

Jenny Boyce jenny.boyce@barnet.gov.uk Tel: 07720 203 945

<https://www.barnet.gov.uk/children-and-families/childcare>

Family Support & Early Help (0 -19 Early Help Hubs)

- Providing help and support to children, young people and their families from birth, up to the age of 19 (or 25 if they have special educational needs or a disability).
- All families face challenges and sometimes need support. Early Help is about providing you with this at the right time.
- We operate from 3 geographical areas or 'hubs', which enable us to be closer to where families live.
- With our partners, we provide a range of services, some of which are accessible to everyone and others that are more targeted.

C/O Barnet & Southgate College

7 Bristol Avenue

NW9 4BR

020 8359 3510

**West Locality Hub primarily covers the postcodes of: HA8, part of NW7, part of NW9

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Solace

A free and confidential service for women and men who are at risk of domestic abuse and live in the Borough of Barnet

- *Improving your safety
- *Housing & homelessness
- *Finance and welfare benefits
- *Access to legal services
- *Parenting & children
- *Emotional support

020 3874 5003

Barnet.advocacy@solacewomensaid.org

Barnet Children's Integrated Therapy (Speech and Language Therapy, Occupational therapy and Physiotherapy)

Barnet Children's Integrated Therapy Team are currently offering a blended service combining virtual services and face-to-face sessions where clinically indicated. Where there is an identified clinical need indicated by a Physiotherapist, Occupational Therapist, Speech and Language or Dysphagia Therapist then face-to-face intervention will be provided. Our therapists will follow current NHS guidance when working face to face around wearing of PPE, social distancing and guidance around mixing of bubbles within education settings.

We are excited to offer a virtual parent drop-in service for families not yet referred to our service for parents to get some advice on how they can support their children's language and functional needs development at home.

0300 300 1821

nem-tr.barnetcit@nhs.net

In addition, we have our universal training offer which is available to parents and professionals working with children and young people who could access services in Barnet, with or without a referral. Further details of the universal training can be found in the news tab in the SENCO Zone of the Barnet local offer website. All training will continue to be virtual.

Change, Grow and Live Service

The service is for those living in the Borough of Barnet who are experiencing issues with drugs and alcohol. Support is available between 9am – 5pm, Monday to Friday.

0300 303 2866

Barnet.info@cgl.org.uk
www.changegrowlive.org/barnet

Smoking Cessation

Supporting Barnet residents to stop smoking. Please refer to the Barnet website for further information

smokingcessation@barnet.gov.uk

<https://www.barnet.gov.uk/health-and-wellbeing/adults-health/stop-smoking-support>

Stop Smoking London Helpline:

0300 123 1044

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