

Autumn timetable
03.09.2021 – 23 December 2021
Activities offered weekly unless otherwise stated

The Hyde
A Sure Start Children's Centre

Childs Hill
A Sure Start Children's Centre

Staying COVID-19 Secure in 2021

Bell Lane
A Sure Start Children's Centre

Parkfield
A Sure Start Children's Centre

We confirm we have complied with the government's guidance on managing the risk of COVID-19

FIVE STEPS TO SAFER WORKING TOGETHER

To help keep everyone safe, sessions will be outside and or in well-ventilated rooms,
hand sanitiser is available and adult social distancing is to be respected

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Midwife Services At Parkfield 9am – 3pm Appointments only</p> <p>(Bookings 020 7794 0500 Ext: 36169)</p>	<p>Midwife Services At Parkfield 9am – 3pm Appointments only</p> <p>(Bookings 020 7794 0500 Ext: 36169)</p>	<p>Midwife Services At Parkfield 9am – 3pm Appointments only</p> <p>(Bookings 020 7794 0500 Ext: 36169)</p>	<p>Midwife Services At Parkfield 9am – 3pm Appointments only</p> <p>(Bookings 020 7794 0500 Ext: 36169)</p>	<p>Midwife Services At Parkfield 9am – 3pm Appointments only</p> <p>(Bookings 020 7794 0500 Ext: 36169)</p>
<p>Ready, Steady, Talk At Parkfield</p> <p>18 Months +</p> <p>9.30 - 10.30am Speech based session Invite only</p> <p>Call CC for further information</p>	<p>Childminder's Group At Parkfield 9.30 – 11am Term Time Only</p>	<p>Self-Baby Weigh In 9am - 3pm Call CC to book</p>	<p>Keeping Healthy At Parkfield Over 2</p> <p>Call CC to book 10 -11 am 4 week rolling programme</p> <p>Term time only</p>	<p>Food Bank Vouchers</p> <p>Please email Info.parkfieldcc @barnet.gov.uk</p> <p>for more info</p>
<p>Self-Baby Weigh In 9am - 3pm</p> <p>Call CC to book</p>	<p>Explore and Talk Under 5's Basing Hill 11am – 12noon Basing Hill Park Hendon Way NW11 8TJ Call CC to book</p>	<p>Baby Group under 1 At Parkfield Call to CC book 11:00am – 12:00pm</p> <p>CLCH Oral Health in session</p> <p>Weds 29 September</p>	<p>Explore and Talk Under 5's</p> <p>Hendon Park Queens Road NW4 2TG 11am – 12noon</p> <p>Call CC to book</p>	<p>Be Active Stay and Play At Parkfield Walkers onwards</p> <p>10 - 11am</p> <p>CLCH Oral Health in session</p> <p>22 October 19 November 17 December</p> <p>Call CC to book</p>
<p>Walk and Talk At Bell Lane 9.30 – 10.30am</p> <p>Join us for this great walk & talk experience, where you can meet other parents & build new friendships Starting 20 September Final session: 13 December By booking only</p>	<p>Stay and Play At Bell Lane 10 – 11.15am And 1 – 2.15pm A fun, messy play session. Starting: 14 September Final session: 14 December By booking only</p>	<p>Breast Feeding Support</p> <p>9am - 1pm</p> <p>Call CC to book</p> <p>Community Peri Natal Health Team At Parkfield Stay and Play Fortnightly 12.30 -2.30pm Referral Only</p> <p>6 October 13 October 3 November 10 November 1 December 8 December</p>		

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<p>Art and Story Time Childs Hill</p> <p>Monday 10 – 10.45am</p> <p>2 – 3 Year olds Call Parkfield CC to book</p> <p>Term time only</p>	<p>Under 5 Stay and Play at The Hyde</p> <p>10 - 11am</p> <p>Call Parkfield to book</p> <p>CLCH Oral Health in session: Tues 7 September Tues 14 September Tues 28 September</p>	<p>First Step to Sewing At Childs Hill</p> <p>Wed 15 September - 20 October</p> <p>9.30 - 11.30am No creche available</p> <p>Call Parkfield CC to book</p>	<p>Sensory Baby At Bell Lane</p> <p>10.30 – 11.30am</p> <p>non-walking babies Starting: 16 September Final session: 16 December By booking only</p>	<p>Parents Coffee Morning</p> <p>Guest speaker TBC</p> <p>Friday 19 November 9.30 - 11am</p> <p>Call CC to book</p>	
	<p>Family Link Parenting Programme At the Hyde</p> <p>12.15 - 2.15pm Starting 14 September – 23 November</p> <p>Creche available</p> <p>Invite only</p>	<p>Conversation Café At Childs Hill CC</p> <p>Practice Talking English 9.30 – 10.30am Starting 3 November</p> <p>Term time only No creche available</p> <p>Call Parkfield CC to book</p>	<p>Rhyme Time At Bell Lane 1.30 – 2.30pm</p> <p>Music and Story time for under-fives 30 September 14 October 4 November 18 November 2 December Final session: 16 December</p> <p>By booking only</p>	<p>Information and Advice on Feeding and Weaning At Bell Lane 2 – 3pm</p> <p>Starting: 16 September Final session: 16 December By booking only</p>	<p>NCG Mother and Toddlers Group</p> <p>At the Hyde 9.30 – 11.30am Term time only</p> <p>New Citizens' Gateway service Invitation only</p> <p>Creche available</p>
	<p>Midwife Services At Hyde</p> <p>9am – 3pm</p> <p>Appointments only</p>	<p>ESOL Entry Level At Bell Lane 9.15 – 11.15am</p> <p>12-week Course Starting: 22 September By booking only</p>	<p>Youth Group At Parkfield</p> <p>Invite Only</p> <p>4.30 - 6pm</p>		<p>Midwife Services At Hyde</p> <p>9am – 3pm</p> <p>Appointments only</p>
<p>Developmental Baby Massage At Bell Lane 11am – 12pm</p> <p>Two 5-week courses: 1st course: 4 October – 8 November 2nd course: 29 November – 17 January By booking only</p>	<p>Health Development Review At Parkfield</p> <p>12.30 – 4pm</p> <p>Appointment Only</p>	<p>ESOL Higher Level At Bell Lane 12.30 - 2.30pm</p> <p>12-week Course Starting: 22 September By booking only</p>	<p>Community Peri Natal Health Team At Childs Hill CC</p> <p>Stay and Play 12.30 - 2.30pm</p> <p>Referral Only</p> <p>24 September 29 October 26 November</p>		
<p>Development Reviews Health Visitor Service At Bell Lane 1.30 – 3.30pm</p> <p>By appointment only</p>	<p>Youth Group At Parkfield</p> <p>Invite Only</p> <p>4.30 - 6pm</p>	<p>Under 1 Baby Rhyme time At Childs Hill</p> <p>11.30am -12.15pm Starting 3 November</p> <p>Term time only</p> <p>Call Parkfield CC to book</p>	<p>Parent Workshops At Bell Lane 1:30 – 2:30pm</p> <p>7 October Physical Development 21 October Safety in the home 11 November Potty and Toilet Training 9 December Importance of routine By booking only</p>		

Children's Centres Addresses

Bell Lane Children's Centre
Bell Lane Hendon
NW4 2AS
020 8203 3115

Parkfield Children's Centre
44 Park Road Hendon
NW4 3PS
0208 359 3590

Hyde Children's Centre
Hyde Crescent Colindale
NW9 7EY
020 8359 3590

Child's Hill Children's Centre
Greenfield Avenue Cricklewood
NW2 1HT
020 8359 3590

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Service Directory

Health Visitor & School Nurse Duty Line

Health Visitors; 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, breast feeders, 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 continues to provide support to mums and families experiencing low mood, anxiety or depression whilst pregnant or post birth. Natasha and Charlotte can be contacted via Coppetts Wood Children's Centre **07917 521350**. They can offer email or telephone support to anyone who would like to talk to them. Both of them 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.

www.barnet.gov.uk/bics

079260 85495

9am to 8pm

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Barnet Library Service

Libraries are currently offering a [Select and Collect](#) service and are running a range of online activities. The links for library activities are published on the libraries [events webpage](#) and also weekly in our [Discover your Library Newsletter](#) for Children and Families. As lockdown restrictions are lifted, library services will be reintroduced as soon as it is practical and safe to do so. Please check the www.barnet.gov.uk/libraries for details of services available at any time.

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.

Ayesha.Feisal@barnet.gov.uk
Amina.Baadhio@barnet.gov.uk
Fatime.Ruhani@barnet.gov.uk
Laureace.Richards@barnet.gov.uk

Citizen Advice Barnet (CAB)

Although they have suspended their face-to-face services, the team are still there to help and give you free, impartial advice.

For advice on any issue call us on **0300 456 8365** – Monday-Friday 9:30am – 4pm, Wednesday 9.30am – 7.30pm

If you need help claiming Universal Credit, please call: **0800 144 8444 (Freephone)** – Monday to Friday 8am – 6pm.

For help applying to the EU Settlement Scheme, please call: **0300 456 8365**

For the Macmillan Welfare Benefits project, please call: **020 8440 4227**

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

We are now offering advice on 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.

Sangam Advice Centre

Experts in all areas of Social welfare Law, Debt, and Immigration, we are able to ensure clients can get effective and timely advice and support.

Sangam also offers a free counselling service for clients with mild to medium mental health issues, particularly bereavement, relationship issues, anxiety, depression, lack of confidence and domestic abuse.

For the moment all appointments will be coordinated online or over the phone between 9.30 and 5pm, Monday to Friday

For all booking and service enquires please call the centre on **020 8952 7062**, email info@sangamcentre.org.uk or complete the contact form on our website <https://sangamcentre.org.uk/contact-us/>

Boost

Boost provide an array of services including employment, benefit advice, skills and wellbeing project 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

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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

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.

Parkfield Children's Centre:

44 Park Road, Hendon NW4 3PS

info.parkfieldcc@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 464512

Jenny Boyce jenny.boyce@barnet.gov.uk Tel: 07720 203945

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

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

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

Barnet Children's Integrated Therapy Team will be offering a blended service from April 2021 combining virtual services and face to face sessions where clinically indicated. We will continue to offer video and telephone consultations for Children and Young People referred to Occupational Therapy and

Physiotherapy Speech and Language Therapy accepted to the service. Where there is an identified clinical need indicated by a Physiotherapist, Occupational Therapist, Speech and Language 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. 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](tel:03003001821)
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 SENCO Zone of the Barnet local offer website. All training will continue to be virtual.

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

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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