

West Locality Activity Timetable

Part of the 0-19 Early Help Services

Autumn Timetable
02.11.20 - 18.12.20
(Second Half Term)
Activities offered weekly unless otherwise stated

Staying COVID-19 Secure in 2020

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; group sizes have been significantly reduced as have resources to enable thorough cleaning at the end of each session; hand sanitizer will be available and adult social distancing is to be respected. Face coverings are required in all of the face to face groups. There is a booking system for all universal sessions. We will be following Government guidance and will review our risk assessments accordingly.

Sing-along

Baby Care

Arts & Crafts

Fun Activity

Gardening

Baby Massage

Rhyme Time

Healthy Cooking

Boogie Mites

Story Time

Makaton

Includes sessions in community languages

****Please check Facebook for additional fun activities, information and updates****

Barnet Children's Centres – West Locality



Monday

Tuesday

Wednesday

Thursday

Friday

Face To Face Sessions



Antenatal & Postnatal appointments arranged via your Midwife

Midwifery @ Barnet & Southgate college

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Appointments only

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Midwifery @ Silkstream
Antenatal & Postnatal Clinic
Appointments only

Midwifery @ Fairway
Antenatal & Postnatal Clinic
Appointments only

Midwifery @ Silkstream
Antenatal & Postnatal Clinic
Appointments only

Midwifery @ Fairway
Antenatal & Postnatal Clinic
Appointments only

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Monday	Tuesday	Wednesday	Thursday	Friday
	Midwifery @ Silkstream Antenatal & Postnatal Clinic Appointments only		Midwifery @ Fairway Antenatal & Postnatal Clinic Appointments only	Midwifery @ Silkstream Antenatal & Postnatal Clinic Appointments only
Face To Face Sessions  All sessions will have limited spaces. Please contact the host Children's Centre for more information and to book a place				
Stay & Play 0- 5 years 9.30 -11am To register your interest SilkstreamCC@barnet.gov.uk or call 020 8905 7605	Coffee Morning 10 -11.30am Hearing impaired pre-schoolers and their parents Delivered by the Hearing Impairment Team To register your interest Ann.East@Barnet.gov.uk or call Ann East 07771613496	Stay & Play 0 - 5 years 9.30 – 11am To register your interest childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730	Family Time Invite Only 9.30 – 11am	Fun with Stories Stay & Play 2 - 5 years 10 – 11.30am To register your interest childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730
Baby Group Under 18 months 10 – 11.30am *Starts 09.11.20* To register your interest childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730		Toddler Time Stay & Play 2 - 3 years 9.30 – 11am To register your interest SilkstreamCC@barnet.gov.uk or call 020 8905 7605	Little Walkers Buggy to 5 years Silkstream & Montrose Park 1 – 2pm Autumn walk 12.11.20 Winter walk 10.12.20 To register your interest	Baby Group Under 18 months 9.30 – 11am To register your interest SilkstreamCC@barnet.gov.uk or call 020 8905 7605
Stay & Play @ One Stonegrove 0- 5 years 10.30 – 12noon To register your interest wingfield@barnet.gov.uk or call 020 8359 3510	Let's Get Active Physical experience 1 – 5 years 1 - 2.30pm To register your interest SilkstreamCC@barnet.gov.uk or call 020 8905 7605	Baby Group Under 18 months 1 – 2.30pm To register your interest SilkstreamCC@barnet.gov.uk or call 020 8905 7605	SilkstreamCC@barnet.gov.uk or call 020 8905 7605	Baby Group Greentop Activity Centre Under 18 months 12.30 – 1.30pm To register your interest wingfield@barnet.gov.uk or call 020 8359 3510
		Stay & Play@ Greentop Activity Centre 0- 5 years 12.30 – 2pm To register your interest wingfield@barnet.gov.uk or call 020 8359 3510		Imagination Station Stay & Play 0 - 5 years 1 – 2.30pm To register your interest SilkstreamCC@barnet.gov.uk or call 020 8905 7605

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Children Centres Addresses				
Fairway School & Children's Centre The Fairway, Mill Hill NW7 3HS 020 8359 3730 childrenscentre@fairwaycc.barnetmail.net	Silkstream Children's Centre Silkstream Road, Edgware HA8 0DA 020 8905 7605 SilkstreamCC@barnet.gov.uk		Wingfield & Stonegrove Children's Centre Mercury, The Concourse, Grahame Park, NW9 5XN 020 8359 3510 wingfield@barnet.gov.uk	
Outreach Venues				
		One Stonegrove 5 Hayling Way, Edgware HA8 8BN		
		Greentop Activity Centre Quakers Course, Lanacre Avenue, Grahame Park, London NW9 5WR		
Monday	Tuesday	Wednesday	Thursday	Friday
Virtual Sessions				
				
Paediatric First Aid (2 part workshop) 09.11.20 10 - 11.30am and 16.11.20 10am - 12noon To book a place please email childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730 In partnership with Vital Workplace Training	Baby Rhyme Time with Rachel Under 18 months 10 – 10.30am To register your interest Please email childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730 Oral Health Advice with Rachel and Fiona 1 – 3pm Support and advice about your child's oral health In partnership with CLCH To book an appointment please email rachael.crosbie@nhs.net	11 O' Clock Question Time 11 – 11.30am Live Facebook Stream on 'Barnet Childrens Centres – West Locality' Answering your questions around parenting Please email your questions to wingfield@barnet.gov.uk	Developmental Baby Massage 8 weeks- 18 weeks old 1 – 2pm FREE 12.11.20 – 10.12.20 (5 week programme) To book a place please email childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730	Toddler Music & Dance with Action Songs 2 - 5 years 2 – 2.30pm 06.11.20 20.11.20 04.12.20 18.12.20 To book a place please email childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730

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Monday	Tuesday	Wednesday	Thursday	Friday
	Health Promotions Workshops with Leah & Rachel 1.30 – 3pm Speech, Play & Communication 10.11.20 Sleep Routines 17.11.20 In partnership with CLCH To book a place please email childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730	Oral Health Advice with Rachel and Fiona 1 – 3pm Support and advice about your child's oral health In partnership with CLCH To book an appointment please email rachael.crosbie@nhs.net	Parenting Workshops Encouraging Positive Behaviour 10 -11am 19.11.20 Toilet Training 10 -11am 26.11.20 exploring positive parenting skills To book a place please email childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730	

Partner 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.

020 8200 2500

7 days per week 9am – 5pm

clcht.childhealthinformation@nhs.net

Midwifery Help Line - 'Stars at Night' Team

Providing an out of hours telephone support service. They will give you advice on feeding, caring for your new born as well as a sensitive listening ear during those waking night time hours 10pm – 8am

07773 579529

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

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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're on benefits, or if you're pregnant and under 18. To check eligibility please go to the following website.

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

Vouchers can be redeemed at Barnet Childrens Centres.

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, behavioral and mild to moderate mental health support to children, young people and families within Barnet.

<https://www.barnet.gov.uk/barnet-integrated-clinical-service-bics>

079260 85495

9am to 8pm

Barnet Library Service

In line with government guidance, Libraries will be gradually re-opening and services re-introduced over the coming weeks and months. The safety of customers and staff is paramount. The libraries popular Select and Collect Service for books, DVDs and CDs is now available from all 14 Barnet libraries and pre-booked computers are available at selected times at four libraries. Please visit www.barnet.gov.uk/libraries for more information.

Welfare Rights

The welfare rights service provide advice to families about welfare benefits provide other advice services. They can help you complete forms, appeal against decisions, help you apply for other benefits, provide information on other benefits and offer money advice.

Ayesha.Feisal@barnet.gov.uk

Amina.Baadhio@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-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/>

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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

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

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 in Barnet affected by abuse;

- *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 will be running services virtually for most of our caseloads from September. We will 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 urgent and critical need by a Physiotherapist, Occupational Therapist, Speech and Language Dysphagia Therapist then face-to-face intervention will be provided. 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

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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