


**Barnet Children's Centres**  
**Summer Holiday Timetable**  
**20.07.20 – 28.08.20**  
**Activities offered weekly unless otherwise stated**

Face to Face	Facebook	ZOOM	TEAM	Telephone	BlueJeans
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**Facebook Pages:**  
 Barnet Childrens Centres – West Locality  
 Barnet Childrens Centres – South Locality  
 Barnet Childrens Centres – East/Central Locality



**\*\*Multiple Fun Activities Posted on Facebook Daily\*\***  
**Check out our pages @ 10am each day**

Sing-along	Baby Care	Arts & Crafts
Baby Massage	Fun Activity	Gardening
	Healthy Cooking	Rhyme Time
Boogie Mites	Story Time	Makaton

**Includes sessions in community languages**

**\*\*Please check Facebook for additional fun activities throughout the Summer\*\***

**Barnet Library Service**

Silly Squad Summer Reading Challenge is running throughout the summer. Sign up via the link and order your books via our Select and Collect service. Visit [www.barnet.gov.uk/libraries](http://www.barnet.gov.uk/libraries) for more information  
 All library events are listed at <https://www.barnet.gov.uk/libraries/library-events>  
 A wide range of library activities can be found on the 'Barnet Libraries for Children' playlist on the Barnet Council channel at [www.youtube.com](http://www.youtube.com)  
 The libraries early years team plan to start running some virtual baby groups over the summer. If you are interested in these or any other library events please contact us on [Bookstart@barnet.gov.uk](mailto:Bookstart@barnet.gov.uk)

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>To register your interest please contact the telephone number / email address identified under each activity</b>	<b>zoom</b>	
<b>Peter Walkers Developmental Baby Massage</b> 10 – 11.30am  £5 per session  To book a place please go to the website  <a href="http://www.thebabieswebsite.com">www.thebabieswebsite.com</a>	<b>Music &amp; Sparkles</b> 9.30am Weekly music class. Visit <a href="http://www.bookwhen.com/lu-cysparkles">www.bookwhen.com/lu-cysparkles</a> to book.  Full programme <a href="https://www.lucysparkles.com/find-a-class/live-online-classes/">https://www.lucysparkles.com/find-a-class/live-online-classes/</a>	<b>Ready Steady School</b> 10am 05/08/20 Help prepare your child to start primary school To book a place please email <a href="mailto:jholt@beya.org.uk">jholt@beya.org.uk</a>  or call Sandra 07754127822	<b>Bhumi Yoga &amp; Wellbeing</b> 8.15 – 9.30am £8-10 per session & Free to those on a low income  For more information please email:  <a href="mailto:beckie@bhumiyoogaandwellness.com">beckie@bhumiyoogaandwellness.com</a>	<b>Nursery Rhyme Singalong with David</b> 10.30am  Home-start  <a href="mailto:admin@homestartbarnet.org">admin@homestartbarnet.org</a>  07759 206012

Timetable is correct at time of printing

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Rhyme Time</b> with Rachel</p> <p>10.30 – 11am</p> <p>03/08/20 10/08/20 17/08/20 24/08/20</p> <p>To book a place please email</p> <p><a href="mailto:childrenscentre@fairwaycc.barnetmail.net">childrenscentre@fairwaycc.barnetmail.net</a></p>	<p><b>Kids Yoga with Lia</b> 10.30am for children aged 3 +</p> <p>Home-start Barnet</p> <p><a href="mailto:admin@homestartbarnet.org">admin@homestartbarnet.org</a></p> <p>07759 206012</p>	<p><b>Employment Support Workshops</b> 10am – 3pm</p> <p>15/07/20 Food Safety 22/07/20 Lone Working 29/07/20 Health &amp; Safety 05/08/20 Safeguarding 12/08/20 Money Matters1 19/08/20 Money Matters2</p> <p><b>in partnership with Paddington Development Trust</b></p> <p><i>*Registration is required*</i></p> <p><a href="mailto:neisha@pdt.org.uk">neisha@pdt.org.uk</a></p>	<p><b>Developmental Baby Massage</b> with Hayley &amp; Sandra 10.15 -11.15am FREE 23/07/20 – 13/08/20</p> <p>(4 week programme)</p> <p>To book a place please email <a href="mailto:childrenscentre@fairwaycc.barnetmail.net">childrenscentre@fairwaycc.barnetmail.net</a></p>	<p><b>Children's Oral Health Workshop</b> with Rachel Crosbie</p> <p>10.30 – 11.30am 14/08/20</p> <p>Find out more about children's oral health In partnership with CLCH</p> <p>To book a place please email</p> <p><a href="mailto:rachael.crosbie@nhs.net">rachael.crosbie@nhs.net</a></p>
<p><b>Storytelling Workshops</b> with Leah</p> <p>11-11.45am 03/08/20 – 24/08/20 4 week programme</p> <p>Limited spaces</p> <p>To book a place please email</p> <p><a href="mailto:SilkstreamCC@barnet.gov.uk">SilkstreamCC@barnet.gov.uk</a></p>	<p><b>Information Café</b> with Beverley 12 noon – 12.30pm</p> <p>21/07/20 21/07/20 28/07/20 04/08/20 11/08/20 18/08/20</p> <p>* weaning advice * toileting * parenting support Please call Beverley 07950791287</p>	<p><b>Kids Kitchen</b> 10.30am Cooking with your children</p> <p>Home-start Barnet</p> <p><a href="mailto:admin@homestartbarnet.org">admin@homestartbarnet.org</a></p> <p>07759 206012</p>	<p><b>Story time with Hayley</b> 10.30am for children aged 2+</p> <p>Home-start Barnet</p> <p><a href="mailto:admin@homestartbarnet.org">admin@homestartbarnet.org</a></p> <p>07759 206012</p>	
<p><b>Paediatric First Aid (2 part workshop)</b></p> <p>Part 1 17/08/20 1 – 2.30pm Part 2 24/08/20 1 - 3 pm</p> <p><b>Registration by 07/08/20 to allow packs of bandages to be dispatched</b></p> <p>To book a place please email</p> <p><a href="mailto:childrenscentre@fairwaycc.barnetmail.net">childrenscentre@fairwaycc.barnetmail.net</a></p>	<p><b>Ready Steady School</b> 1pm 28/07/20</p> <p>Help prepare your child to start primary school</p> <p>To book a place please email <a href="mailto:jholt@beya.org.uk">jholt@beya.org.uk</a></p> <p>or call Sandra 07754127822</p>	<p><b>Bhumi Yoga &amp; Wellbeing</b> 10.30 – 11.45am</p> <p>£8-10 per session &amp; Free to those on a low income</p> <p>For more information please email: <a href="mailto:beckie@bhumiyoogaandwellness.com">beckie@bhumiyoogaandwellness.com</a></p>	<p><b>Perinatal support group for Mums to Be</b> 2 -3pm</p> <p>Home-start Barnet</p> <p><a href="mailto:admin@homestartbarnet.org">admin@homestartbarnet.org</a></p> <p>07759 206012</p>	

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Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>Greek Cooking</b> with Maria 1 – 1.45pm</p> <p>22/07/20 05/08/20 19/08/20</p> <p>07718648305</p>	<p><b>Perinatal support group for New Mums</b> 3.10 - 4.10pm</p> <p>Home-start Barnet</p> <p><a href="mailto:admin@homestartbarnet.org">admin@homestartbarnet.org</a></p> <p>07759 206012</p>	
		<p><b>Virtual Baby Group</b> with Asja 1pm</p> <p>22/07/20 29/07/20 05/08/20 12/08/20</p> <p>To book a place please call Asja</p> <p>07917581560</p>		

 <b>Face to Face Services</b>			<b>Telephone Services</b> 	
<p><b>Midwifery @ Underhill</b> Antenatal &amp; Postnatal Clinic Appointments only</p>	<p><b>Midwifery @ Silkstream</b> Antenatal &amp; Postnatal Clinic Appointments only</p>	<p><b>Buggy Walk</b> 11 – 11.45am</p> <p>Hendon Park</p> <p>Invite Only</p>	<p><b>Midwifery @ Silkstream</b> Antenatal &amp; Postnatal Clinic Appointments only</p>	<p><b>Midwifery @ Fairway</b> Antenatal &amp; Postnatal Clinic Appointments only</p>
<p><b>Midwifery @ BEYA</b> Antenatal &amp; Postnatal Clinic Appointments only</p>	<p><b>Midwifery @ Parkfield</b> Antenatal &amp; Postnatal Clinic Appointments only</p>		<p><b>Telephone Counselling</b> with Maria To book an appointment please call 07718648305</p>	<p><b>Midwifery @ Newstead</b> Postnatal Clinic Appointments only</p>
<p><b>Baby Group at Friary Park</b> with Asja 1pm 20/07/20 27/07/20 03/08/20 10/08/20</p> <p>To book a place please call Asja</p> <p>07917581560</p>	<p><b>Midwifery @ Underhill</b> Antenatal &amp; Postnatal Clinic Appointments only</p> <p><b>Midwifery @ Fairway</b> Antenatal &amp; Postnatal Clinic Appointments only</p>		<p><b>Buggy Walk</b> 10 – 10.45am</p> <p>Victoria Park</p> <p>Invite Only</p>	<p><b>Oral Health Advice</b> with Rachel Crosbie 10.30am – 12noon 29/7/20 12/08/20</p> <p>Support and advice about your child's oral health In partnership with CLCH To book an appointment please email <a href="mailto:rachael.crosbie@nhs.net">rachael.crosbie@nhs.net</a></p>

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Midwifery @ Barnet &amp; Southgate college</b>  Appointments only	<b>Midwifery @ Barnet &amp; Southgate college</b>  Appointments only	<b>Midwifery @ Barnet &amp; Southgate college</b>  Appointments only	<b>Midwifery @ Barnet &amp; Southgate college</b>  Appointments only	<b>Midwifery @ Barnet &amp; Southgate college</b>  Appointments only
<b>Buggy Walk</b> with Asja 2pm 20/07/20 Friary Park 29/07/20 Oak Hill Park 05/08/20 Friary Park 12/08/20 Oak Hill Park  To book a place please call Asja  07917581560	<b>Midwifery @ BEYA</b> Antenatal & Postnatal Clinic Appointments only  <b>Midwifery @ Newstead</b> Postnatal Clinic Appointments only	<b>Buggy Walk</b> 10 – 10.45am  29/07/20 19/08/20  Silkstream & Montrose Park To book a place please email  <a href="mailto:SilkstreamCC@barnet.gov.uk">SilkstreamCC@barnet.gov.uk</a>	<b>Parenting support</b> 11am - 12noon by telephone, including toilet training and Sleep routines  To book an appointment please email  <a href="mailto:info.parkfieldcc@barnet.gov.uk">info.parkfieldcc@barnet.gov.uk</a>	<b>Buggy Walk</b> 10.30 – 11.30am  14/08/20 28/08/20  Moat Mount To book a place please email  <a href="mailto:childrenscentre@fairwaycc.barnetmail.net">childrenscentre@fairwaycc.barnetmail.net</a>
	<b>Practice Talking in English</b> 11am -12noon 1-1 Conversation Session over the telephone.  To book an appointment please email  <a href="mailto:info.parkfieldcc@barnet.gov.uk">info.parkfieldcc@barnet.gov.uk</a>			<b>Telephone Counselling</b> with Nicola To book an appointment please email  <a href="mailto:SilkstreamCC@barnet.gov.uk">SilkstreamCC@barnet.gov.uk</a>
 <b>Blue Jeans</b>		<b>To register your interest please contact the telephone number / email address identified under each activity</b>		
	<b>Infant Feeding Support Group</b> 10 – 11am In partnership with CLCH  <b>07815 717 055</b> <a href="mailto:CLCHT.breastfeeding.support@nhs.net">CLCHT.breastfeeding.support@nhs.net</a>	<b>Antenatal Infant Feeding Classes</b> 10.30 – 11.30am (Fortnightly) In partnership with CLCH  <b>07815 717 055</b> <a href="mailto:CLCHT.breastfeeding.support@nhs.net">CLCHT.breastfeeding.support@nhs.net</a>	<b>Health Promotions Workshops</b> with Leah & Rachel  Dates and times to be confirmed  In partnership with CLCH  To book a place please email <a href="mailto:childrenscentre@fairwaycc.barnetmail.net">childrenscentre@fairwaycc.barnetmail.net</a>	

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Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Infant Feeding Support Group</b> 2 – 3pm In partnership with CLCH <b>07815 717 055</b> <a href="mailto:CLCHT.breastfeeding.support@nhs.net">CLCHT.breastfeeding.support@nhs.net</a>	

## 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 09:00 – 17:00

[clcht.childhealthinformation@nhs.net](mailto: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 22:00 – 08:00

**07773 579529**

### Breastfeeding Support

Telephone support available from a qualified practitioner. Parents can leave a message and a support worker will call back. Support includes Infant feeding through Facebook messenger, email and video conference calling

**07775 115045 07815 717055**

[clcht.breastfeedingsupport@nhs.net](mailto:clcht.breastfeedingsupport@nhs.net)

### 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 3449088**

[www.barnetwellbeing.org.uk](http://www.barnetwellbeing.org.uk)

[info@barnetwellbeing.org.uk](mailto:info@barnetwellbeing.org.uk)

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## 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**

## 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](mailto:Ayesha.Feisal@barnet.gov.uk)

[Amina.Baadhio@barnet.gov.uk](mailto: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 – 4:00pm, Wednesday 9:30am – 7:30pm

If you need help claiming Universal Credit please call: **0800 144 8444 (Freephone)** – Monday-Friday 8:00am – 6:00pm.

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/>

## 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 4568365**)

- Twining Enterprise (**0300 1237059**)

- National Careers Service (**0800 100900**)

**020 8359 2442**

[boost@barnet.gov.uk](mailto:boost@barnet.gov.uk)

[boostbarnet.org](http://boostbarnet.org)

## 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)

### Parkfield Children's Centre

44 Park Road, Hendon NW4 3PS

**020 8359 3590**

[Info.parkfieldcc@barnet.gov.uk](mailto:Info.parkfieldcc@barnet.gov.uk)

Covers the postcodes of: part of NW2, NW3, part of NW4, part of NW7, part of NW9, part of N3

### Newstead Children's Centre

1 Fallows Close, East Finchley, N2 8LG

**020 8359 3460**

[Newstead@barnet.gov.uk](mailto:Newstead@barnet.gov.uk)

Covers the postcodes of: N2, parts of N3, parts of N10, N11, N12 parts of N14, EN4 and EN5.

### Wingfield & Stonegrove Children's Centre

Mercury, The Concourse, Grahame Park, NW9 5XN

**020 8359 3510**

[wingfield@barnet.gov.uk](mailto:wingfield@barnet.gov.uk)

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](mailto:Barnet.advocacy@solacewomensaid.org)

## Speech & Language

Barnet Children's Integrated Therapy Team will continue to triage new referrals. The Service has updated its digital service and will offer virtual and telephone consultations as a first point of contact for children and young people, schools and families. Where there is an identified clinical need as described above, for direct intervention by a Physiotherapist / Occupational Therapist / Speech and Language Dysphagia Therapist for high risks cases, then a face-to-face intervention will be provided.

**0300 3001821**

[nem-tr.barnetcit@nhs.net](mailto: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 9:00 - 17:00, Monday to Friday.

**0300 3032866**

[Barnet.info@cgl.org.uk](mailto:Barnet.info@cgl.org.uk)

[www.changegrowlive.org/barnet](http://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](mailto: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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