

## West Locality Activity Timetable

Part of the 0-19 Early Help Services

**Autumn Timetable**  
**07.09.20 - 23.10.20**  
**(First 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. 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  
 Baby Massage      Fun Activity      Gardening      Rhyme Time  
 Boogie Mites      Healthy Cooking      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**

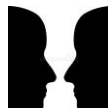
**Tuesday**

**Wednesday**

**Thursday**

**Friday**

### Face To Face Sessions



Antenatal & Postnatal appointments arranged via your Midwife

Midwifery @ Barnet & Southgate college	Midwifery @ Barnet & Southgate college	Midwifery @ Barnet & Southgate college	Midwifery @ Barnet & Southgate college	Midwifery @ Barnet & Southgate college
Appointments only	Appointments only	Appointments only	Appointments only	Appointments only
<b>Midwifery @ Silkstream</b> Antenatal & Postnatal Clinic Appointments only	<b>Midwifery @ Fairway</b> Antenatal & Postnatal Clinic Appointments only		<b>Midwifery @ Silkstream</b> Antenatal & Postnatal Clinic Appointments only	<b>Midwifery @ Fairway</b> Antenatal & Postnatal Clinic Appointments only

Timetable is correct at time of printing

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Midwifery @ Silkstream</b> Antenatal & Postnatal Clinic  Appointments only		<b>Midwifery @ Fairway</b> 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

<b>Baby Group</b> Under 18 months 10 – 11.30am <b>**Starting 14.09.20**</b>  To register your interest  <a href="mailto:childrenscentre@fairway.cc.barnetmail.net">childrenscentre@fairway.cc.barnetmail.net</a> or call 020 8359 3730	<b>Coffee Morning</b> 9.30 -11.30am Hearing impaired pre-schoolers and their parents Delivered by the Hearing Impairment Team  To register your interest  <a href="mailto:Ann.East@Barnet.gov.uk">Ann.East@Barnet.gov.uk</a> or call Ann East 07771613496	<b>Stay &amp; Play</b> 0 - 5 years 9.30 – 11am <b>**Starting 16.09.20**</b>  To register your interest  <a href="mailto:childrenscentre@fairway.cc.barnetmail.net">childrenscentre@fairway.cc.barnetmail.net</a> or call 020 8359 3730	<b>Toddler Moves</b> 2 – 3 years 10 – 11am  01.10.20 – 22.10.20 (4 weeks)  To register your interest  <a href="mailto:childrenscentre@fairway.cc.barnetmail.net">childrenscentre@fairway.cc.barnetmail.net</a> or call 020 8359 3730	<b>Little Walkers</b> Buggy to 5 years Stoneyfields Park 10.30 – 11.30am 18/09/20 25/09/20 02/10/20 09/10/20  To register your interest <a href="mailto:childrenscentre@fairway.cc.barnetmail.net">childrenscentre@fairway.cc.barnetmail.net</a> or call 020 8359 3730
<b>Stay &amp; Play @ One Stonegrove</b> 0- 5 years 10.30 – 12noon  To register your interest <a href="mailto:wingfield@barnet.gov.uk">wingfield@barnet.gov.uk</a> or call 020 8359 3510	<b>Let's get Active</b> Physical experience in Silkstream park  1 - 2.30pm  To register your interest  <a href="mailto:SilkstreamCC@barnet.gov.uk">SilkstreamCC@barnet.gov.uk</a> or call 020 8905 7605	<b>Little Walkers</b> Buggy to 5 years Silkstream & Montrose Park 10 – 11am  To register your interest <a href="mailto:SilkstreamCC@barnet.gov.uk">SilkstreamCC@barnet.gov.uk</a> or call 020 8905 7605	<b>Family Time</b> Invite Only  9.30 – 11am	<b>Little Walkers</b> Buggy to 4 years Silkstream & Montrose Park 10 – 11am  To register your interest <a href="mailto:wingfield@barnet.gov.uk">wingfield@barnet.gov.uk</a> or call 020 8359 3510
<b>Stay &amp; Play</b> 0- 5 years 1 – 2.30pm  To register your interest <a href="mailto:SilkstreamCC@barnet.gov.uk">SilkstreamCC@barnet.gov.uk</a> or call 020 8905 7605		<b>Stay &amp; Play@ Greentop</b> 0- 5 years 12.30 – 2pm  To register your interest <a href="mailto:wingfield@barnet.gov.uk">wingfield@barnet.gov.uk</a> or call 020 8359 3510		<b>Baby Group</b> Under 18 months 10 – 11.30am  To register your interest <a href="mailto:SilkstreamCC@barnet.gov.uk">SilkstreamCC@barnet.gov.uk</a> 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](mailto:childrenscentre@fairwaycc.barnetmail.net)

### Silkstream Children's Centre

Silkstream Road, Edgware HA8 0DA  
020 8905 7605  
[SilkstreamCC@barnet.gov.uk](mailto:SilkstreamCC@barnet.gov.uk)

### Wingfield & Stonegrove Children's Centre

Mercury, The Concourse, Grahame Park, NW9 5XN  
020 8359 3510  
[wingfield@barnet.gov.uk](mailto: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



**zoom**



### Paediatric First Aid (2part workshop)

**28.09.20 & 05.10.20**  
10 - 11.30am &  
10am - 12noon

To book a place  
please email

[childrenscentre@fairwaycc.barnetmail.net](mailto:childrenscentre@fairwaycc.barnetmail.net)

or call

020 8359 3730

**In partnership with  
Vital Workplace  
Training**

Adult Learning  
Workshops  
with Leah  
10 – 11am

**08.09.20** - The  
importance of messy  
play

**15.09.20** – Exploring  
creative and  
imaginative play

**29.09.20** – Supporting  
SEND

**13.10.20** – The  
benefits of outdoor  
play

**20.10.20** – Supporting  
fussy eaters

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

or call

020 8905 7605

### Employment Support Workshops

**\*\*Times Vary\*\***

**16.09.20** Safeguarding  
Level 2

**23.09.20** Lone  
Working Level 2

**30.09.20** Health &  
Safety Level 2

**In partnership with  
Paddington  
Development Trust**

\*Registration is  
required and  
for further information  
[neisha@pdt.org.uk](mailto:neisha@pdt.org.uk)

### Developmental Baby Massage

**8 weeks- 18 weeks old**  
1 – 2pm

**FREE**

**24.09.20 – 22.10.20**

(5 week programme)

To book a place  
please email

[childrenscentre@fairwaycc.barnetmail.net](mailto:childrenscentre@fairwaycc.barnetmail.net)

or call

020 8359 3730

### Telephone Counselling with Nicola

To book an  
appointment please  
email

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

or call

020 8905 7605

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Ryme Time with Rachel</b> 1.30 – 2pm 14.09.20 21.09.20 28.09.20 05.10.20 12.10.20 19.10.20</p> <p>To register your interest 020 8359 3730 <a href="mailto:childrenscentre@fairway.cc.barnetmail.net">childrenscentre@fairway.cc.barnetmail.net</a> or call 020 8359 3730</p>	<p><b>Health Promotions Workshops</b> with Leah &amp; Rachel</p> <p><b>Dates to be confirmed</b></p> <p>In partnership with CLCH</p> <p>To book a place please email <a href="mailto:childrenscentre@fairway.cc.barnetmail.net">childrenscentre@fairway.cc.barnetmail.net</a> or call 020 8359 3730</p>	<p><b>Children's Oral Health Workshop</b> with Rachel Crosbie 10.30 – 11.30am</p> <p><b>30.09.20</b></p> <p>Find out more about children's oral health In partnership with CLCH</p> <p>To book a place please email <a href="mailto:rachael.crosbie@nhs.net">rachael.crosbie@nhs.net</a></p>	<p><b>Employment Support Workshops</b> **Times Vary**</p> <p><b>17.09.20</b> Safeguarding Level 2 <b>24.09.20</b> Lone Working Level 2 <b>01.10.20</b> Health &amp; Safety Level 2 <b>15.10.20</b> Money Matters (Part 1) <b>22.10.20</b> Money Matters (Part 2)</p> <p><b>In partnership with Paddington Development Trust</b> *Registration is required and for further information <a href="mailto:neisha@pdt.org.uk">neisha@pdt.org.uk</a></p>	<p><b>Oral Health Advice</b> with Rachel Crosbie 10.30am – 12noon</p> <p><b>18.09.20</b> <b>16.10.20</b></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>
	<p><b>Employment Support Workshops</b> **Times Vary**</p> <p><b>15.09.20</b> Mission Motivation <b>15.09.20</b> Self Employment <b>22.09.20</b> Capture your Confidence <b>22.09.20</b> Self Employment <b>29.09.20</b> Goals for Gains <b>29.09.20</b> Self Employment <b>06.10.20</b> Typical Timing <b>06.10.20</b> Self Employment <b>13.10.20</b> Serious Self Care <b>13.10.20</b> Self Employment <b>20.10.20</b> Self Employment</p> <p><b>In partnership with Paddington Development Trust</b> *Registration is required and for further information <a href="mailto:neisha@pdt.org.uk">neisha@pdt.org.uk</a></p>		<p><b>Paediatric First Aid (2 part workshop)</b></p> <p><b>01.10.20 &amp; 08.10.20</b> 10 - 11.30am &amp; 10am - 12noon</p> <p>To book a place please email <a href="mailto:childrenscentre@fairway.cc.barnetmail.net">childrenscentre@fairway.cc.barnetmail.net</a> or call 020 8359 3730</p> <p><b>In partnership with Vital Workplace Training</b></p>	

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# 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](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 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](mailto:CLCHT.breastfeedingsupport@nhs.net)

Instagram: BarnetBreastfeedingSupport

## 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**

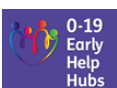
[www.barnetwellbeing.org.uk](http://www.barnetwellbeing.org.uk)

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

## 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.

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## 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. From next week Select and Collect Service for books, DVDs and CDs will be available from eight libraries and pre-booked computers are now available at selected times at four libraries. Please visit [www.barnet.gov.uk/libraries](http://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](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 – 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/>

## 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)

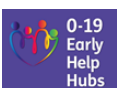
[boostbarnet.org](http://boostbarnet.org)

## 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**

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

### 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 NW, part of NW9

## 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)

## 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](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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