

South 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, hand sanitiser is available and adult social distancing is to be respected







Monday Tuesday Wednesday Thursday Friday

Face To Face Sessions



Antenatal & Postnatal appointments arranged via your Midwife

Midwife Services	Midwife Services	Midwife Services	Midwife Services	Midwife Services
At Parkfield	At Parkfield	At Parkfield	At Parkfield	At Parkfield
9am – 3pm	9am – 3pm	9am – 3pm	9am – 3pm	9am – 3pm
Appointments only	Appointments only	Appointments only	Appointments only	Appointments only
Every Child a Talker	Vitamin Collection	Buggy Walk	Baby Massage	Let's Get Physical
At Parkfield	Bring your Healthy Start	At Parkfield	At Parkfield	At Parkfield
9.30am-10.30am	vouchers to collect vitamins	11:00-11:45	Starting 9 th Sep	
Invite Only	from the centre		10:30am —11.30pm	Walkers - 5's
		Hendon Park		
Speech based session	Monday/Thursday and	Non-walkers	Invite only	9.45am- 11.00am
	Friday	Email	From 8 weeks on wards	Email
Call outreach team at	51 11 1	info.parkfieldcc@barnet		info.parkfieldcc@barnet
Parkfield for more	Phone the centre for a	gov.uk	3 week rolling programme	gov.uk
Information	collection appointment	or call the outreach team		or call the outreach team
		to book		to book
Vitamin Collection	Stay & Play	Sensory Baby	Healthy Lifestyle	Food Bank Vouchers
Bring your Healthy Start	10.15 – 11.45am	10 – 11am	Session	Please email
vouchers to collect vitamins	Play session with messy		At Parkfield	
from the centre	play and singing for under	Sensory play for	3 week rolling programme	
	fives	Non-walking babies.	1: 30- 2: 30pm	Info.parkfieldcc
Monday – Thursday	Drop-in		1. 50- 2. 50pm	@barnet.gov.uk
		Weekly information on a	Ages between 2-4 yrs	@barriet.gov.uk
Phone the centre for a	Starting 22 September	range of topics including	only.	for more info
collection appointment	T- b11	Vitamin collection and	y .	ioi more imo
	To book a space please contact the centre	tummy time	Starting 9th Sep	Dhana tha Canton fan a
	contact the centre	Starting 23 September		Phone the Centre for a
		Starting 25 September	Invite only	collection appointment
		To book a space please		
		contact the centre	3 weeks rolling	
			programme	
	_			
Monday	Tuesday	Wednesday	Thursday	Friday

Timetable is correct at time of printing





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

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Developmental Baby Massage 10.30 – 11.30am 19 October 2020 5 Week Course For babies after six-week check until crawling only To book a space please contact the centre Buggy Walk & Talk 11-11.45am 28 September 2020		Parent Workshops 1.30 – 2.30pm Importance of Routine 23 September 2020 Safety In The Home 14 October 2020 To book a space please contact the centre	ESOL 9.15 – 11.15am To book a space please contact the centre Food Bank Vouchers Please come and speak to a member of staff at	
& 12 October 2020			the centre	
For non-walkers			Monday – Thursday	
			Phone the Centre for a	
To book a space please contact the centre			collection appointment	
Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday Virtual Sessions	Thursday	Friday
Monday	Tuesday		Thursday	Friday
Microsoft Teams		Virtual Sessions	oom	Friday
	Tuesday Practice Talking in English	Virtual Sessions Z Information and Advice on Feeding and	oom	
Parenting support by telephone, including	Practice Talking in	Virtual Sessions Z Information and Advice on Feeding and Weaning	Stop Smoking Support 10 – 12 noon	
Microsoft Teams Parenting support	Practice Talking in English 11am-12noon	Virtual Sessions Information and Advice on Feeding and Weaning 2- 4pm Information and advice	Stop Smoking Support 10 – 12 noon To book a space please contact the centre	
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Children's Centres Addresses





Bell Lane Children's Centre:

Bell Lane, Hendon NW4 2AS 020 8203 3115 The Hyde Children's Centre:

Hyde Ćrescent, Colindale, NW9 7EY Tel: 020 8200-2959

info.hydecc@bar net.gov.uk Parkfield Children's Centre:

44 Park Road, Hendon NW4 3PS

info.parkfieldcc@b arnet.gov.uk

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

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 newborn 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

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 Children Centre's.

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 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 have personal, lived experience of PND and anxiety. Talking to someone who understands what you are experiencing can help enormously in your

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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://wwc.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 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 – 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 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)

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Parkfield Children's Centre:

44 Park Road, Hendon NW4 3PS info.parkfieldcc@barnet.gov.uk

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 continue to triage new referrals. We will offer video and telephone consultations for assessment 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 a face-to-face intervention will be provided. If parents of any children known to Barnet Children's Integrated Therapies would like some advice on how to support their child at home then please contact:

0300 3001821

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 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

