

****Summer Timetable****

19.04.2021 – 28.05.2021

Activities offered weekly unless otherwise stated

Staying COVID-19 Secure in 2021

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 held either outside 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

Fun Activity

Baby Care

Gardening

Arts & Crafts

Baby Massage

Healthy Cooking

Rhyme Time

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



The Fairway, Mill Hill NW7 3HS
020 8359 3730
childrenscentre@fairwaycc.barnetmail.net



Silkstream Road, Edgware HA8 0DA
020 8905 7605
SilkstreamCC@barnet.gov.uk



C/O 0-19 West Hub
Barnet & Southgate College
7 Bristol Avenue, NW9 4BR
020 8359 3510
wingfield@barnet.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

Face To Face Sessions



Stay & Play

0 - 5 years
9.30 - 11am

Includes information about
Free Early Years
Education
(FEE2)

To register your interest
SilkstreamCC@barnet.gov.uk
or call
020 8905 7605

Childminders Group

0 - 5 years
9.30 - 11am

A group for registered
childminders and the
children in their care.

To register your
interest
childrenscentre@fairwaycc.barnetmail.net
or call
020 8359 3730

Stay & Play

0 - 5 years
9.30 - 11am

To register your
interest

childrenscentre@fairwaycc.barnetmail.net
or call
020 8359 3730

Family Time

0-5 years
9.30 - 11am

Invite only

Baby Group

Under 18 months
9.30 - 11am

To register your
interest

SilkstreamCC@barnet.gov.uk
or call
020 8905 7605

Timetable is correct at time of printing






Monday	Tuesday	Wednesday	Thursday	Friday
Baby Group Under 18 months 9.30 – 11am To register your interest childrenscentre@fairway.cc.barnetmail.net or call 020 8359 3730	Stay & Play Perinatal Group 1 – 2 pm Invite Only 06.04.21 20.04.21 04.05.21 18.05.21 Specialist Perinatal Mental Health Service	Kids Kitchen 2 – 5 years 11am – 12 noon 12.05.21 - 19.05.21 (2 week block) Fun, Healthy Cooking on a Budget To register your interest SilkstreamCC@barnet.gov.uk or call 020 8905 7605	Messy Play Workshop 0 – 5 years 1 – 2pm 20.05.21 To register your interest SilkstreamCC@barnet.gov.uk or call 020 8905 7605	Fun with Stories Stay & Play 2 - 5 years 10 – 11.30am Includes information about Free Early Years Education (FEE2) To register your interest childrenscentre@fairway.cc.barnetmail.net or call 020 8359 3730
Little Walkers Buggy – 5 years Silkstream & Montrose Park 1 – 2pm To register your interest please email wingfield@barnet.gov.uk or call 020 8359 3510	Let's Get Active Physical experience Outside & Soft Play 1 – 5 years 1 - 2.30pm To register your interest SilkstreamCC@barnet.gov.uk or call 020 8905 7605	Stay and Play Greentops Centre 0-5 years 12.30 - 2pm To register your interest please email wingfield@barnet.gov.uk or call 020 8359 3510	Baby Moves 6 – 12 months 1.30 – 2.30pm 06.05.21 – 27.05.21 (4 week block) To register your interest childrenscentre@fairway.cc.barnetmail.net or call 020 8359 3730	Little Babblers Greentops Centre Under 12 months 12.30-1.30pm To register your interest please email wingfield@barnet.gov.uk or call 020 8359 3510
	Family Links Programme Greentops Centre Invite Only 12.30pm – 2pm			Little Walkers Buggy Walk Buggy to 5 years Silkstream & Montrose Park 1 – 2pm 14.05.21 To register your interest SilkstreamCC@barnet.gov.uk or call 020 8905 7605
				Sunday Stay & Play 0 – 5 years 9.30 -11.30am 09.05.21 To register your interest SilkstreamCC@barnet.gov.uk or call 020 8905 7605

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Antenatal & Postnatal appointments arranged via your Midwife

Monday	Tuesday	Wednesday	Thursday	Friday
Midwifery @ Barnet & Southgate college Appointments only	Midwifery @ Barnet & Southgate college Appointments only	Midwifery @ Barnet & Southgate college Appointments only	Midwifery @ Barnet & Southgate college Appointments only	Midwifery @ Barnet & Southgate college Appointments only
Midwifery @ Silkstream Antenatal & Postnatal Clinic Appointments only	Midwifery @ Fairway Antenatal & Postnatal Clinic Appointments only	Midwifery @ Silkstream Antenatal & Postnatal Clinic Appointments only	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	Midwifery @ Silkstream Antenatal & Postnatal Clinic Appointments only

Virtual Sessions

				
Little Explorers 11 am 'Barnet Childrens Centres – West Locality' Facebook page Every Monday we will giving you a new and exciting activity to try at home, helping your children become Little Explorers. This session will be a mix of step by step guides and videos.	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	Sing, Sign and Story Time 0 – 5 years 9.30 – 10am To register your interest please email silkstreamcc@barnet.gov.uk or call 020 8905 7605	Handy Hints 11am 'Barnet Childrens Centres – West Locality' Facebook page 13.05.21 School Readiness	Toddler Music, Dance & Action Songs 1 - 5 years 2 – 2.30pm 23.04.21 07.05.21 21.05.21 To book a place please email childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730
	Oral Health Advice with Rachael 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.uk	11 O' Clock Question Time 11am 'Barnet Childrens Centres – West Locality' Facebook page Answering your questions around parenting Please email your questions to wingfield@barnet.gov.uk	Oral Health Advice with Rachael 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	

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Monday	Tuesday	Wednesday	Thursday	Friday
		Oral Health Advice with Rachael 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.uk	Development Baby Massage 8 – 18 Weeks old 10.30 -11.30am 29.04.21 – 20.05.21 (4 week block) To register your interest Please email childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730	
		Fun Activities 1.30 – 2pm Making Play Dough 28.04.21 Planting at Home 12.05.21 To register your interest Please email childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730		
		Child Immunisations Workshop 1.30 – 2pm 28.04.21 Find out more about children's vaccinations In partnership with Central London Community Healthcare CLCH To book a place please email childrenscentre@fairwaycc.barnetmail.net or call 020 8359 3730		

Children's Centre Services

Healthy Start Vitamins

Are you pregnant or have children under the age of four? You could qualify free Healthy Start vitamins if you are on benefits, or if you are 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's Centres.

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Toy Library

'Call and Collect Service'

A service that enables you to borrow toys and enjoy them in the comfort of your own home.

To find out more information please contact:

Silkstream Children's Centre

Email: SilkstreamCC@barnet.gov.uk **Phone:** 020 8905 7605

Silkstream Road, Edgware HA8 0DA

Fairway Children's Centre

Email: childrenscentre@fairwaycc.barnetmail.net **Phone:** 020 8359 3730

The Fairway, Mill Hill NW7 3HS

Citizen Advice Barnet @ Silkstream Children's Centre

- * Call **020 8905 7605** and book an appointment at Silkstream Children's Centre.
- * The Children's Centre has a laptop, access to Wi-Fi and outreach staff that can help whilst you have a virtual appointment with a CAB Advisor
- * All in the comfort of the Children's Centre
- * FREE tea or coffee provided at each appointment

Sangam Advice Service @ Silkstream Children's Centre

Silkstream is hosting online sessions for parents needing support with all areas of Social Welfare Law, Debt and Immigration with Sangam's dedicated advice team. The Children's Centre has a laptop, access to Wi-Fi and outreach staff who can help whilst you have a virtual appointment with one of Sangam's advisors

Free tea and coffee is provided at each appointment

For a full list of Sangam's support and area of expertise, please visit www.sangamcentre.org.uk ,

To book an appointment please make enquiries with Silkstream staff or call the Children's Centre on **020 8905 7605**

Healthy Lifestyle Advice

Outreach staff are available throughout the week to support families with healthy lifestyle queries. Subjects can include:

- Healthy eating
- Physical activity
- Oral health
- Breastfeeding support
- Introduction to solids
- Immunisations
- Sleep routines
- Toileting
- Parenting support

Please contact your local Children's Centre to book an appointment

Timetable is correct at time of printing

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

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

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-Friday 9-5pm.

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, 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

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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-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

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 464 512

Jenny Boyce jenny.boyce@barnet.gov.uk Tel: 07720 203 945

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

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

Solace

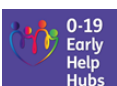
A free and confidential service for women and men who are at risk of domestic abuse and live in the Borough of Barnet

- *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 and guidance around mixing of bubbles within education settings. 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 .

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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