

# FAMILY HUB

**\*\*SESSIONS CAN BE SUBJECT TO CHANGE\*\***

www.ccenfield.org

Tuesday 22nd April— Wednesday 30th April 2025

**IMPORTANT - To book a Stay and Play session  
please call- 020 8106 9996**

Mon-Thurs—8.30—4.30pm Friday 8.30– 4pm

<p><b>De Bohun</b> Green Road Southgate N14 4AD</p> <p><i>*PARKING RSTRCTIONS PLEASE THE NOTE OVERLEAF*</i></p>	<p><u>Let's Play</u> 9.30-10.30am By Invitation</p> <p><u>Let's Play</u> 11.00-12.00pm By Invitation</p>	<p><u>EPIP</u> By Appointment</p>	<p><u>Stay and Play (1-4 Years)</u> 9.15-10.30am <u>Stay and Play (1-4 Years)</u> 11.00-12.15 pm No session 29 April</p>	<p><u>Stay and Play Baby Group (0-1 Years)</u> 2.00-3.15pm No session 29 April</p>	<p><u>Antenatal Group (3rd Monthly)</u> By Appointment</p>		<p><u>2 Year Reviews By Appointment</u> <u>HENRY WORKSHOP</u> (2nd Monthly) By Appointment <u>Speech &amp; Language (1st Monthly)</u> By Invitation</p>	<p><u>Breastfeeding Support DROP IN</u> 1.30-3.00pm</p>	<p><u>Stay and Play (1-4 Years)</u> 9.15-10.30am</p> <p><u>Stay and Play (1-4 Years)</u> 11.00-12.15 pm</p>
<p><b>Eldon</b> St Peter's Road Edmonton N9 8JP</p> <p>For enquiries only - 020 8887 1965</p>	<p><u>Stay and Play (1-4 Years)</u> 10.00-11.30am</p> <p><u>Postnatal Checks</u> By Appointment</p> <p><u>2 Year Reviews</u> By Appointment</p>	<p><u>Healthy Child Clinic</u> DROP IN 1.15-3.15 pm</p> <p><u>2 Year Reviews</u> By Appointment</p> <p><u>EPIP</u> By Appointment</p>	<p><u>Stay and Play (1-4 Years)</u> 9.15-10.30am <u>Stay and Play (1-4 Years)</u> 11.00-12.15 pm</p> <p><u>Speech &amp; Language</u> By Appointment</p>	<p><u>Stay and Play Baby Group (0-1 Years)</u> 2.00-3.15pm</p>	<p><u>Stay and Play (1-4 Years)</u> 9.15-10.30am <u>Stay and Play (1-4 Years)</u> 11.00-12.15 pm</p> <p><u>Antenatal Check</u> By Appointment <u>Access &amp; Advice</u> By Invitation (2nd Monthly)</p>	<p><u>Stay and Play (1-4 Years)</u> 2.00-3.15pm</p> <p><u>Antenatal Check</u> By Appointment</p>	<p><u>FAMILY SUPPORT SURGERY 9-12pm</u> Call for Appointment <u>Let's Play</u> 9.30-10.30am &amp; 11.00-12.00pm By Invitation</p> <p><u>2 Year Reviews</u> By Appointment</p>	<p><u>Stay and Play Baby Group (0-1 Years)</u> 2.00-3.15pm</p> <p><u>2 Year Reviews</u> By Appointment</p>	<p><u>Stay and Play (1-4 Years)</u> 9.15-10.30am <u>Stay and Play (1-4 Years)</u> 11.00-12.15 pm</p> <p><u>Antenatal Checks</u> By Appointment</p>
<p><b>Carterhatch</b> Autumn Close Enfield EN1 4JY</p> <p>For enquiries only - 020 8804 6912</p>	<p><u>Stay and Play (1-4 Years)</u> 9.15-10.30am <u>Stay and Play (1-4 Years)</u> 11.00-12.15 pm</p> <p><u>2 Year Reviews</u> By Appointment <u>Speech &amp; Language (1st Monthly)</u> By Invitation</p>	<p><u>Stay and Play Baby Group (0-1 Years)</u> 2.00-3.15 pm</p> <p><u>Speech &amp; Language (3rd Monthly)</u> By Invitation</p>	<p><u>Stay and Play (1-4 Years)</u> 9.15-10.30am <u>Stay and Play (1-4 Years)</u> 11.00-12.15 pm</p> <p><u>Access &amp; Advice (2nd Monthly)</u> By Invitation <u>FAMILY SUPPORT SURGERY 9-12pm</u> Call for Appointment</p>	<p><u>Stay and Play (1-4 Years)</u> 1.45-3.00 pm</p> <p><u>2 Year Reviews</u> By Appointment</p> <p><u>6/8 week Reviews</u> By Appointment</p>	<p><u>Enfield Talking Therapies</u> By Appointment</p>	<p><b>FIRST TIME PARENTS GROUP</b> 1.45-3.00pm 30th April-28th May</p> <p><u>Stay and Play (1-4 Years)</u> 1.45-3.00 pm No session 30th April</p>	<p><u>Stay and Play (1-4 Years)</u> 9.15-10.30am <u>Stay and Play (1-4 Years)</u> 11.00-12.15 pm</p> <p><u>Breastfeeding Support</u> By Appointment <u>Antenatal Checks</u> By Appointment</p>	<p><u>Stay and Play Baby Group (0-1 Years)</u> 2.00-3.15pm</p> <p><u>2 Year Reviews</u> By Appointment <u>Antenatal Checks</u> By Appointment</p>	<p><u>Healthy Child Clinic</u> DROP IN 9.30-11.30am</p> <p><u>2 Year Reviews</u> By Appointment</p>
<p><b>Raynham</b> Woolmer Road N18 2JJ</p>	<div> <p><u>HENRY Starting Solids Workshop</u></p> <p>Ponders End Youth &amp; Family Hub</p> <p>Monday 19th May 2025 1.00- 3.00 pm</p> <p>CALL 020 8106 9996 TO BOOK</p> </div>						<p><u>Stay and Play (1-4 Years)</u> 9.15-10.30am No session 24 April <u>Stay and Play (1-4 Years)</u> 11.00-12.15 pm No session 24 April</p>	<p><u>Stay and Play Baby Group (0-1 Years)</u> 2.00-3.15pm No session 24 April</p>	
<p>Ponders End Youth &amp; Family Hub, South Street, Enfield EN3 4PX</p>	<p><u>Stay and Play (1-4 Years)</u> 9.15-10.30am <u>Stay and Play (1-4 Years)</u> 11.00-12.15 pm</p>	<p><u>Stay and Play Baby Group (0-1 Years)</u> 2.00-3.15pm</p>	<p><u>Fizzy Gyms</u> By Invitation only</p>		<p><u>EPIP</u> By Appointment 9.30-10.30am</p>		<div> <p><b>*FIRST TIME PARENTS PROGRAMME*</b> <b>*For babies 2-4 months*</b> <b>5 week course</b></p> <p>Eldon Family Hub</p> <p>Starts Thursday 5th June - 3rd July 2025</p> <p>1.45-3.00pm</p> <p>CALL 020 8106 9996 TO BOOK</p> </div>		<p><u>Let's Play</u> 9.30-10.30am By Invitation <u>Let's Play</u> 11.00-12.00pm By Invitation</p>
<p>Craig Park Youth &amp; Family Hub, 2 Lawrence Rd, Edmonton N18 2HN</p>				<p><b>FIRST TIME PARENTS GROUP</b> 1.45-3.00pm 25 March-22 April <u>Stay and Play Baby Group (0-1 Years)</u> 2.00-3.15pm Starts 29 April</p>					<p><u>Stay and Play (1-4 Years)</u> 9.15-10.30am <u>Stay and Play (1-4 Years)</u> 11.00-12.15 pm</p>

# DESCRIPTION OF SERVICES

<p><b><u>Baby Group</u></b> (0-1 years) <b>Call 0208 106 9996 to book</b></p> <p><b>Stay and Play</b> sessions for parents &amp; babies who are not yet walking to share experiences, meet new friends and gain information</p> <p><b><u>Stay and Play</u></b> (1- 4 year olds) <b>Call 0208 106 9996 to book</b></p> <p><b>Stay and Play</b> sessions that will enrich your child's knowledge and development through play, helping your children explore their creativity and language</p> <p><b>**PLEASE NOTE these sessions are INDOOR &amp; OUTDOOR **</b></p>	<p><b><u>FAMILY SUPPORT SURGERY</u></b> <b>Call to Book an appointment</b></p> <p>A Family Support Worker will be available to talk things through &amp; offer guidance and support. No problem is too big or small .</p> <p><b><u>ENFIELD TALKING THERAPIES</u></b> <b>By appointment only</b></p> <p>NHS psychological therapy service supporting wellbeing in parenthood and those with depression, stress and anxiety.</p> <p>Contact –07392 192740 <a href="http://www.barnetandenfieldtalkingtherapies.nhs.uk">www.barnetandenfieldtalkingtherapies.nhs.uk</a></p>	<p><b><u>Speech &amp; Language</u></b> <b>By Appointment only</b></p> <p>To book an appointment with a Speech &amp; Language therapist— <b><u>call 020 45537784</u></b></p> <p><b><u>Access &amp; Advice</u></b> <b>By Invitation Only</b></p> <p>A Speech &amp; Language triage service which identifies childrens' language and communication needs. Referrals to this service are made via our Family Hub staff</p> <p><b><u>Let's Play</u></b> <b>By Invitation Only</b></p> <p>Language &amp; Communication Group for children Invited by the Speech &amp; Language team</p>	<p><b><u>BREASTFEEDING SUPPORT DROP-IN</u></b> <b>NO Appointment needed! Drop-in</b></p> <p>Run by the Breastfeeding Network Enfield providing advice &amp; support – all welcome</p> <p><b><u>HENRY Starting Solids Workshop</u></b> <b>Call to Book a place on waiting list</b></p> <p>For parents ensuring babies have a healthy start in life</p> <p><b><u>HENRY –Healthy Families Workshop</u></b> <b>By Appointment</b></p> <p>Fussy eating &amp; understanding children's behaviour. Available to families with children aged under 5 years . To refer into this service <b>Call: 020 3988 7300</b></p>
<p><b><u>HEALTHY CHILD CLINIC</u></b> <b>DROP IN—no need to make an appointment – PLEASE ATTEND EARLY TO ENSURE THAT YOU ARE SEEN</b></p> <p><b>Call: 020 3988 7300 for any Health enquiries or concerns</b></p> <p>A Health Visitor led baby &amp; child 1-4 years weighing clinic</p> <p><b><u>Two Year Reviews</u></b> <b>By Invitation Only</b></p> <p>A Health Visiting Team led service <b>Call: 020 3988 7300 for any Health enquiries or concerns</b></p>	<p><b><u>EPIP</u></b> <b>By Appointment only</b></p> <p>Service for parents-to-be and parents with babies up to 18 months. Are you finding things more difficult than you anticipated? Have you been feeling low or depressed? Are you feeling concerned that you haven't formed a bond?</p> <p><b>Contact Jane Davies on 0208 702 6828 for further information</b></p>	<p><b><u>Antenatal Group</u></b> <b>Invitation only by Midwifery Team</b></p> <p>This appointment takes place between 28-36 weeks of pregnancy to introduce the Health Visitor Team</p> <p><b><u>BABY &amp; US</u></b></p> <p>An 9 week course run by trained local parents for local parents. Learn how to bond with your baby understand their needs, look after your wellbeing &amp; meet new friends– suitable for parents/carers of babies 0-9 months</p> <p><b>To book or for more information please contact : Katrina Bray 07719 324861</b></p>	<p><b><u>First Time Parents Programme</u></b> <b>Call to Book a place</b></p> <p>For first time parents with babies aged 2 to 4 months- The program covers parents' well-being, early communication, weaning and sleeping and it's a great opportunity to meet local parents.</p>

**All Sessions are FREE for families with children under 5**

**\*\*NO MOBILES TO BE USED ANYWHERE ON SITES\*\***  
**Please refer to our website for up to date information- [www.ccenfield.org](http://www.ccenfield.org)**  
You can also find our privacy policy on <https://www.ccenfield.org/privacy-policy/>

**\*\*PRAMS & BUGGIES WILL NEED TO BE LEFT IN THE BUGGY PARKS PROVIDED AT ALL S**

