

# Branch Information

Here you will find information on the local services that your NCT branch provide.

Most of them are FREE; where a charge applies the money is used to keep the services running and available to all



We have a selection of books on Potty Training, recipe books, Toddler Taming and a St John Ambulance First Aid Video plus many more.

A list of books/magazines/CD's or DVD's is available. If you would like to donate any books etc, we can arrange collection. Contact us to borrow or donate.

**0844 243 6083**



Why not become a fan of our Facebook group- 'Cheshunt and Broxbourne NCT branch' Everyone is welcome.

**Sitting comfortably after giving birth?**



If it's painful to sit after giving birth, you don't need to suffer. The specially designed Valley Cushion from the NCT can ease the pain and discomfort caused by childbirth. To hire the cushion, please call Bethlyn on **0844 243 6083**

Led by qualified NCT antenatal teachers, **our antenatal classes** are renowned throughout the UK for providing parents with reliable information and choice.

Classes are small and informal. Everyone in the class will be expecting their babies around the same time. This creates a wonderful environment of shared experiences where many people make lifelong friends.

Each NCT Antenatal Course provides evidence-based information, backed by more than 50 years of NCT experience. They give you the opportunity to ask questions and make informed decisions about your labour and your baby's birth.

Most NCT antenatal courses include a session with a qualified breastfeeding counsellor. These friendly, practical sessions look at life with a new baby including breastfeeding and feeding choices.

**NCT courses are open to all parents and parents-to-be**, including young parents, women without a partner, same-sex couples and surrogacy couples. Women who are not attending with a partner are very welcome to bring someone else along to classes e.g. a friend or family member.

**Prices for courses start from just £20 depending on your circumstances.**  
**For more information: [bookings5h@nct.org.uk](mailto:bookings5h@nct.org.uk) 0844 2436895**



## LET'S DO COFFEE!

**Do you want to meet other local parents/parents-to-be? If you have a bump or a little one come along to one of our friendly coffees where there will be plenty of chatting, tea and biscuits!!**

Fridays 12.45 - 2.45pm at Lois' in Wormley  
Call Lois on 01992 450878 to get the address

You DO NOT have to be an NCT member to come to our coffees- EVERYONE is welcome!



## Monday Morning Meet-up @ Starbucks

A weekly Monday morning meet up for all Mums, Dads, carers and ladies with Bumps at Starbucks, **10-11am**. (Brookfield Park, in between Marks and Spencers and Tesco)



*Make a new friend.*  
**STARBUCKS COFFEE**

Why not pop into Starbucks to shake off the Monday morning blues, or before doing your shopping? A great chance to meet up with other local parents/pregnant ladies and chat with Bethany, an NCT volunteer, who will be there each week.



We have a number of volunteers in the branch that have had homebirths themselves and are happy to share their experiences. If you have a home-birth booked, or are considering it as an option, feel free to contact us for more info: [infonctcheshunt@googlemail.com](mailto:infonctcheshunt@googlemail.com)



## BREASTFEEDING SUPPORT

01992 623 835

[bethanybgreen@yahoo.co.uk](mailto:bethanybgreen@yahoo.co.uk)

Information, help, support or just a chat! Bethany Green is a fully trained NCT Breastfeeding Counsellor, available to support feeding mothers by phone or email.

Bethany is a volunteer and does not provide home visits, but is happy to meet at the Tuesday morning Baby Clinic at Arlesdene Children's Centre. Alternatively, the NCT Breastfeeding Line is available 7 days a week, 8am-10pm 0300 330 0771



## NEW BRA FITTING

Sarah is our trained bra fitter, making sure you are wearing the correct size and style during pregnancy and breastfeeding.

Call Sarah for your FREE fitting on **07912 055 800**



## NEW BREAST PUMP HIRE



We now have an electric breast pump for hire in our branch. If you are interested in using an electric breast pump, then call Sarah for more information on **07912 055 800**.



## TENS MACHINE HIRE

**0845 230 9737**

TENS machines are safe, effective, drug-free pain relief for labour and birth. Hire a BABYCARE TENS from the NCT and you'll help raise £5 for the charity. From only £22.95 for 30 days hire you get a soft carry pouch, 2 leads plus a spare, 4 large adhesive electrodes, battery plus a spare and easy to use instructions.

## Dates for your diary

### Every Monday, 10-11am

Monday morning meet-up at Starbucks, Brookfield Centre, Cheshunt. Shake off the Monday blues with coffee, cake and a chat. FREE and open to all.

### Every Friday, 12.30-2.30pm

Bumps and Babes at Lois's in Wormley. A chance to meet local parents and mums-to-be and build local support networks whilst chatting over coffee. It's FREE and open to everyone. Call Lois on 01992 450 878 to get the address.

### Every 3rd Wednesday, 8-10pm

NCT social evenings. An opportunity to get to know some of the volunteers that support the branch. Find out how your skills could be used to keep the branch running, or just come for a chat. The evenings are held in volunteers' homes or the pub! Visit our Facebook page or call 0844 243 6083 for more information. We always love seeing new faces, so please come along.

### The last Thursday of every month, 7.45-9.30pm

Pregnancy Information Evenings at Wolsey Hall, Cheshunt. A FREE event open to all pregnant ladies and their birth supporters. Get information on your birthplace options, what you 'really' need to buy for the baby and the chance to socialise over coffee to build local support networks. No need to book, just turn up.

### Nearly New Sales- Spring and Autumn

A chance to buy great 'nearly new' items at a fraction of the new price. Items for sale include pushchairs, cots, highchairs, maternity items, baby and toddler clothing, books, games, DVDs, toys, puzzles.....and so much more. There's also a chance to sit down and relax with a cup of tea and cake in the refreshment area.

If you have a house full of baby/children's items and would like to make a bit of extra cash, why not sell at the next sale? We hold sales in the Spring and Autumn every year- check out our Facebook page/website for dates.

**Your pull-out-and-keep guide to what's on in the local area. If you know of something that could be featured in this section, please do get in touch.**

## Children's Centres

A children's centre provides mums, dads and expectant families with local access to a growing range of services designed to help them during their child's first years.

Some of these services include:

1. Drop-in sessions and parenting classes
2. Support for fathers
3. Teaching about learning and development
4. Childcare – either on site or through partnership with private or voluntary providers, and links with childminders
5. Home visits
6. Early intervention for special needs
7. Maternity services and breastfeeding support
8. General health service
9. Groups for young parents
10. Job seeking and financial advice

### Allsorts Children's Centre

St Mary's CE High School,  
Lieutenant Ellis Way, EN7 5FB  
01992 633761  
[allsortscc@st-maryshigh.herts.sch.uk](mailto:allsortscc@st-maryshigh.herts.sch.uk)



### Arlesdene Nursery School and Children's Centre

Blindman's Lane, Cheshunt, Herts  
EN8 9DW  
01992 626879  
[deputy@arlesdene.herts.sch.uk](mailto:deputy@arlesdene.herts.sch.uk)



### Greenfield Children's Centre

Hurst Drive, Waltham Cross, Herts  
EN8 8DH  
01992 760779  
[admin@greenfield.herts.sch.uk](mailto:admin@greenfield.herts.sch.uk)



### High Trees Children's Centre

Hertford Regional College, Broxbourne Centre, Turnford, Herts EN10 6AE  
01992 411904  
[hightrees@hrc.ac.uk](mailto:hightrees@hrc.ac.uk)



### Longfield Children's Centre

Longfield Lane, Cheshunt, Herts EN7 6AG  
01992 901610



[mobleym@flamsteadend.herts.sch.uk](mailto:mobleym@flamsteadend.herts.sch.uk)

### The Ark Children's Centre

## Your day-by-day Baby and Toddler group information

### Monday

Mother and Toddler Club, Waltham Cross 0930-1100  
01992 626070

Little Fishes Baby and Toddler Group, Cuffley 1000-1130  
01707 876887

Dots and Tots Toddler Group, Hoddesdon 0930-1130  
01992 415371

Early Birds Toddler Group, Hoddesdon 1330-1445 (01920 870869)

Rye Park Carers and Toddlers Group, Hoddesdon 9.45am-11.15am & 1.15pm-2.45pm

01992 463820

### Tuesday

Mother and Toddler Club, Waltham Cross 0930-1100  
01992 626070

Sparklers, Cuffley 1300-1445  
01707 889012

Rye Park Carers and Toddlers Group, Hoddesdon 9.45am-11.15am

01992 463820

First Steps Baby & Toddler Group, St. Mary's Church, Churchgate, Cheshunt, Tuesdays during term-time 1:45-3pm  
01920 413 547

### Wednesday

Mother and Toddler Club, Waltham Cross 0930-1100  
01992 626070

Early Birds Toddler Group, Hoddesdon 1000-1115  
01920 870869

Rye Park Carers and Baby Group, Hoddesdon 1.15pm-2.45pm

01992 463820

### Thursday

Mother and Toddler Club, Waltham Cross 0930-1100  
01992 626070

Wormley Free Church, Wormley 1000-1130  
01992 423935

Parents and Toddlers, Hoddesdon 0930-1100  
01992 464180

Rye Park Carers and Baby Group, Hoddesdon 9.45am-11.15am

01992 463820

### Friday

Mill Lane Baby Club, Broxbourne. 10-11.30  
01992 465697

Little Fishes Baby and Toddler Group, Cuffley 1000-1130  
01707 876887

Dots and Tots Boundary Park, Hoddesdon 0930-1115  
01992 415371

Early Birds Baby Group, Hoddesdon 1000-1115  
01920 870869

# The Smalltalk Yellow Pages

## Story Time and Rhyme Time at the Libraries

**Baby Rhyme Time**  
Last Tuesday of every month at Cheshunt library, 1100-1130am

First Tuesday of every month at Hoddesdon library, 1030-1100am

**Story and Rhyme Time**  
Every Monday at Waltham Cross library 215-245pm

Every Tuesday at Hoddesdon library, 2-230pm

Every Wednesday at Cheshunt library, 215-245pm

Every Friday at Goffs Oak library, 230-3pm



### Cheshunt

- Appleby Street
- Cheshunt Park
- Claremont Road, Goffs Lane
- Clifton Close
- Dairyglen Avenue
- Dig Dag Hill
- Fairley House, Andrews lane
- Felton Close
- Flamstead End, Brookfield Lane
- Goffs Lane
- Grundy Park
- Landau Way
- Nightleys Playing Field, Mill Lane
- Penton Drive
- Rosedale Way

### Waltham Cross

- Holdbrook/Fishers Close
- Longcroft Drive
- Kings Road

## Playgrounds Where is your nearest one?

### Goffs Oak

- Goffs Lane
- Jones Road

### Hoddesdon

- Barclay Park,
- Bridleway South
- Gosse Close
- Highwood Road
- Isabel Christie, Whitely Rd.
- Meadway
- Morice Road
- Old Highway
- Paddick Close
- Pound Close
- Pitfields

### Wormley/Turnford

- Wormley Playing Fields, Church Lane
- Mulberry Close
- Huron Road
- Yukon Road

**freecycle**  
Cheshunt / Waltham Cross Freecycle is a yahoo group open to all who want to "recycle" items they no longer need, rather than throw them away. For more info visit:  
<http://groups.yahoo.com/group/heshuntandWalthamCrossFreecycle/>



Grundy Park Leisure Centre, Cheshunt  
01992 623345

John Warner Sports Centre, Hoddesdon  
01992 445375

Waltham Abbey Swimming Pool, Waltham Abbey  
01992 718733

Hartham Leisure Centre, Hertford  
01992 584000

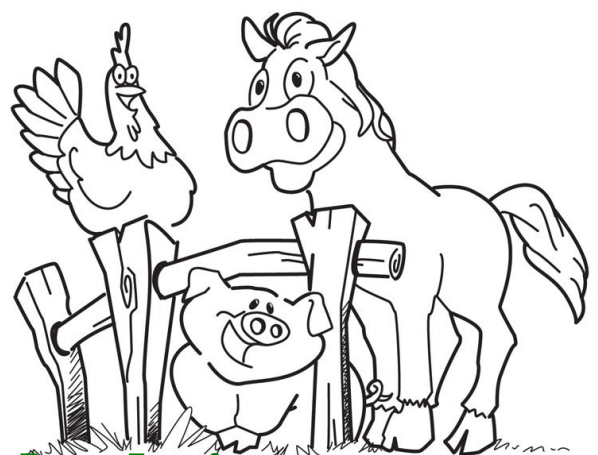
<h2>SOFT PLAY CENTRES</h2>	<p><b>The Firehouse, Waltham Abbey</b> 01992 788119</p>	<p><b>Scrambles, John Warner Sports Centre, Hoddesdon</b> 01992 445375</p>	<p><b>Wild n Wacky, Harlow</b> 07532 449279</p>	
	<p><b>Cheeky Monkeys, Cheshunt</b> 01992 628422</p>	<p><b>Mama Bellis, Harlow</b> 01279 212162</p>	<p><b>Paradise Wildlife Park, Broxbourne</b> 01992 470490</p>	
	<p><b>Adventure Castle, Hertford</b> 01992 509510</p>			

## Car Seat Safety

Throughout the year, Hertfordshire County Council Road Safety Unit arranges free child seat checking days at local retailers where you can just drop in and have your child's seat checked.

You can also make an appointment to go to County Hall, Hertford, or sometimes it may be possible for them to meet you at a suitable location if a Road Safety Officer is in your area.

For help or information please contact the Road Safety Unit on 01992 556 814 or email [barbara.crane@hertsc.gov.uk](mailto:barbara.crane@hertsc.gov.uk).



## Farms, Zoos & Wildlife Centres

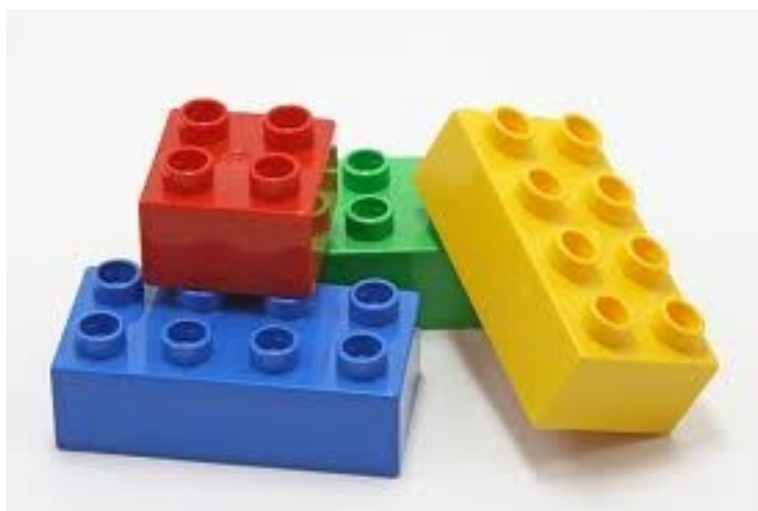
Paradise Wildlife Park  
Broxbourne  
01992 470490

Van Hage Garden Centre,  
Ware  
01920 870811

Pets Corner, Harlow  
01279 422790

Pets Corner, Cedars Park,  
Theobalds Grove, Cheshunt

Lea Valley Park Farm, Waltham Abbey



## Toy Libraries

- Arlesdene Children's Centre: Fridays 11:30-4
- High Trees Children's Centre, : Mondays 09:30-11
- Greenfield Children's Centre: Every day 11:15-11:45 and 12:30-1pm
- Longfield Children's Centre:

Borrow, rather than buy for a few pence a week.  
Perfect!

If you know of any other toy libraries in the local area, please get in touch so that we can let all the readers of Small Talk know!

## Cheshunt Urgent Care Centre

Urgent Care Centres form a new layer of health service offering immediate treatment for cuts that may or may not need stitching, suspected broken arms, legs, fingers, etc. scalds caused by skin contact with hot liquids and surfaces and minor infections and illnesses.



They are not an alternative to a GP surgery but designed to treat around 65 per cent of patients who would otherwise have gone to a typical accident and emergency department.

The centres also include diagnostic services such as x-rays and blood tests along with treatment areas for wound stitching, sprains and plastering minor fractures.

### Health Centres

Health Centre, Stanhope Road,  
Waltham Cross, Herts EN8 7DJ  
01992 621613

Opening times:

Monday to Thursday 8.45am - 5.00pm

Friday 8.45am - 4.30pm

Health Centre, High Street,  
Hoddesdon, Herts EN11 8BE  
01992 471818

Opening times:

Monday to Thursday 9.00am (8.30am for blood tests only) - 5.00pm

Friday 9.00am (8.30am for blood tests only) - 4.45pm

## Accident and Emergency Services



### DAY TIME

If a child in your care, aged under 16, is sick or injured between 8am and 8pm, every day both the children's A&E department at the QEII and the new unit at Lister are open.



### NIGHT TIME

Between 8pm and 8pm, you should take any sick or injured children to the new specialist children's A&E at the Lister hospital in Stevenage. The Children's A&E at the QEII is closed at these times.

## NCT NATIONAL HELPLINES

Pregnancy and birth line  
0300 33 00 772

Breastfeeding line  
0300 33 00 771

Enquiries line  
0300 33 00 770

We're here.

Dial 0845 4647

Whenever you need health advice and information

**NHS**  
Direct

Is there something that you would like to see included in the Yellow Pages?

Do you know a great place to go locally and want to share it? If so, please get in touch.

Small Talk is produced entirely by local volunteers, donating their time and skills to the NCT for free. If you see an error or a mistake in some of the information listed in the newsletter please accept our apologies – we are only human after all! Please do drop the Editor a quick note so that it can be put right for the next edition.

# The Smalltalk Yellow Pages



Rainbow Pre-School, Cheshunt 01992 638866	New Nightleys Pre-School, Cheshunt 01992 629528	Mill Lane Pre-School, Broxbourne 01992 465697
Cygnets Pre-School, Waltham Cross 01992 763939	Meadows Pre-School Group, Cheshunt 01992 629598	Cuffley Pre-School, Cuffley 01707 872642
Greenfields Children's Centre, Waltham Cross 01992 760779	Littlefields Pre-School, Cheshunt 01992 633195	Four Corners Pre-School, Cuffley 07947 438232
Tiny Toons Pre-School Nursery, Cheshunt 01992 628912	Goffs Oak Pre-School, Goffs Oak 01707 873235	Nazeing Pre-School, Nazeing 01992 893684
Puddleducks Pre-School, Wormley 07852 240798	Bright Sparks, Cheshunt 01992 623065	St Mary's Preschool, Dewhurst St. Mary's School, Cheshunt 01992 628912



## Free Home Fire Safety Check

(We can't promise that it will be him that does it though!)

Hertfordshire Fire and Rescue Service is offering you the opportunity to have a FREE Fire Safety Check of your home, carried out by fire-fighters from your local station. Visits are by appointment only, pre-arranged with you. The fire-fighters that call will be in uniform (always a bonus!), use an agreed password and show an ID card.

The assessment will look at all areas of accident and fire risk within your home. We will advise you on the installation and maintenance of smoke alarms (and where necessary we will supply and fit one free of charge).

We will also give advice and information on how to stay safe from fire, including kitchen hazards, safe disposal of smoking materials, candles, heaters, electric blankets and dangers from harmful substances. Finally, we will help you to make an **escape plan** to prepare you, should a fire occur in your home.

Please call one of the numbers below to arrange your free appointment:

Freephone 0800 587 3347

01923 471399 or 01438 737399

Minicom (Textphone) users 0300 123 4041 - charged at normal rates

***It won't cost a penny and it could save your life!"***

## The Annual NCT Christmas Party

Saturday 10h Dec

2-4pm

United Reform Church, Mill Lane, Broxbourne



Our ever popular Christmas party is back. As always we will have Santa in his grotto, refreshments, children's entertainer Mr Tiz, baby corner, a fantastic tombola where every ticket is a winner and lots more.....



**For tickets or more info, please contact: 0844 243 6083, option 1  
[infonctcheshunt@googlemail.com](mailto:infonctcheshunt@googlemail.com)**

### **TICKET PRICES**

Adults and under 1's = £1.50

Over 1's = £5

Family ticket (2 adults and up to 2 children) = £10

Every child receives a gift from Santa

**You DO NOT need to be a member to buy party tickets or to attend any of our events.**

**EVERYONE IS WELCOME**

