

**Summer Term Activities Timetable 17 April–20 July 2018**  
**Coppetts Wood Children's Centre N10 1JS 020 8883 2985**  
**childrenscentre@coppettswood.barnetmail.net**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ESOL</b> (delivered by Barnet & Southgate College)  9.15-11.15am  10week course  Crèche available	<b>Songs &amp; Rhymes</b>  9.30-10.15am  under fives  held at <b>Hollickwood</b> <b>Primary School</b> <b>N10 2NL</b> <b>020 8883 2985</b>  £1 per child please	<b>Stay &amp; Play</b>  9.15-10.45am  under fives  Blue Cabin  £1 per child please  Risky Play Workshop 18 April  S&LT Assistant in session 02 May	<b>Stay &amp; Play</b>  9.30-11am  under fives  held at <b>Summerside</b> <b>Primary School</b> <b>N12 0QU</b> <b>020 8883 2985</b>  £1 per child please	<b>Stay &amp; Play</b>  9.15-10.45am  under fives  <b>Blue Cabin</b>  £1 per child please
<b>Housing Navigator</b>  9am-12noon By appointment  held at <b>Newstead</b> <b>Children's Centre</b> <b>N2 8LG</b> <b>020 8359 3460</b>  Ring to book	<b>Baby Group</b>  9.30-11am non walkers  held at <b>Arts Depot</b> <b>5 Nether Street</b> <b>Tally Ho Corner</b> <b>N12 0GA</b> <b>020 8883 2985</b>  £1 per child please	<b>Midwives</b> <b>Post Natal Group</b>  9am-3pm  by invite only	<b>Locality Welfare Advice</b>  10am-2pm  held at <b>Newstead</b> <b>Children's Centre</b> <b>N2 8LG</b> <b>020 8359 3460</b>  Please call centre to book	<b>Baby Massage</b>  3 week course  10.30-11.30am  held at  £6 per course  Ring to book
	<b>Health Visitor</b> <b>Appointments</b>  10am-12noon  ring to book  020 8883 2985	<b>'Relationship</b> <b>Breakdown, Family</b> <b>and the Law'</b> <b>information and advice</b>  9.30am -12.30pm First & Second Wednesday of month by appointment  ring to book  020 8883 2985	<b>Money Smart</b>  10am–12noon 7 week programme  plus crèche  ring to book  020 8883 2985	
<b>Stay &amp; Play</b>  1.15-2.45pm  under fives  £1 per child please  S&LT Assistant in session 23 April 21 May	<b>Breastfeeding</b> <b>Support Group</b>  10-11.50am  Delivered by Barnet Breastfeeding Peer Support Group	<b>Locality Employment</b> <b>Advice</b>  10am-12noon  held at <b>Newstead</b> <b>Children's Centre</b> <b>N2 8LG</b>  ring to book 020 8359 3460	<b>Healthy Families</b>  1-2.30pm  under fives  £1 per child  Risky Play Workshop 10 May	<b>EMBRACE</b>  <b>Post Natal Support</b> <b>Group</b>  12.30-2.30pm  Drop in

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<p><b>Midwife Appointments</b></p> <p>1-4pm</p> <p><b>by invite only</b></p>	<p><b>Speech &amp; Language Therapy Appointments</b></p> <p>9.30am-12noon</p> <p><b>17 April 5 June</b></p> <p><b>By appointment</b></p>	<p><b>Woodland Walk</b></p> <p>1-2.30pm</p> <p>under fives</p> <p><b>Second Wednesday of the month</b> 9 May, 13 June, 11 July <b>meet on site at 1pm</b> <b>020 8883 2985</b></p> <p><b>Donations please</b></p>	<p><b>Breastfeeding Support</b></p> <p>1-2.30pm</p> <p><b>Drop in or ring for info</b></p>	<p><b>Baby Play with advice and support</b></p> <p>non walkers 1-2.30pm</p> <p><b>£1 per child please</b></p>
<p><b>Mind Matters (formerly IAPT)</b></p> <p>This service provides quick, easy access to psychological therapies for people experiencing depression and anxiety. For referrals please speak to a member of staff.</p>	<p><b>Family Play</b></p> <p>3.15-4.45pm</p> <p><b>£1 per child please</b></p>	<p><b><u>East &amp; Central Locality Children’s Centres</u></b> <b>We work in partnership with other Children’s Centres in our locality to offer a range of services:</b></p> <p><b>BEYA Children’s Centre, Hampden Way, Southgate, London N14 5DJ 020 8449 5466</b></p> <p><b>BEYA Children’s Centre, Margaret Road, New Barnet EN4 9NT 020 8449 5466</b></p> <p><b>Newstead Children’s Centre, 1 Fallows Close, off Tarling Road, East Finchley, N2 8LG 020 8359 3460</b></p> <p><b>Underhill Children’s Centre, Mays Lane, Barnet EN5 2LZ 020 8359 3440</b></p> <p><b><u>Regular Services available:-</u></b> <b>Advice and support available regarding:</b></p> <ul style="list-style-type: none"><li>• weaning</li><li>• toilet training</li><li>• behaviour management</li><li>• sleep</li><li>• fussy eating</li><li>• Healthy Start and Foodbank vouchers</li><li>• smoking cessation</li></ul> <p><b>plus any other parenting issues</b></p>		
	<p><b>Family Links</b> <b>Welcome to the World Parenting Programme</b></p> <p>6-8pm</p> <p>Ring for more info</p> <p><b>Debbie on 020 8449 2423</b> <b>Sandra on 020 8883 2985</b></p>			
<p><b>INSET Day - Monday 16 April</b></p>				
<p><b>Please note:</b> Timetable correct at time of print – please contact the centre directly for up to date information. All charges are a voluntary request and fees can be negotiated.</p>				