

Activities Timetable (05 September 2017 – 20 December 2017)

Newstead Children Centre, 1 Fallows Close, Off Tarling Road, E Finchley, N2 8LG

Tel: 020 8359 3460 /3463 E-mail: newstead@barnet.gov.uk

Monday	Tuesday	Wednesday	Thursday	Friday
Family Links Parenting Programme 9.30am – 12noon 9 weeks Booking required Please contact centre Starting 11 Sept Crèche 9.15am – 12.15pm	Child Development Reviews 9am – 12noon By appointment only via health visitor Childminder's Stay and Play 9.30 – 11.00am Childminders with under eights. Free admission	Employment Advice 10am – 12pm Advice on training and support with employment By appointment 020 8359 3460 Call to book FEE2 Advice & Support 10 – 11 am Do you require support accessing Free Early Education for two year olds? A member of our outreach team will be able to offer you free support with this. Little Chefs 10.30 – 11.30am Fun healthy cooking with your child. Birth – five years £1.00 per child	Welfare Advice 10am – 2pm Advice on housing benefits, money matters and legal advice By appointment 020 8359 3460 Call to book Open Door 12.30 – 2.30pm Support Group for parents/Carers of children with additional needs. Just drop in! Tummy Explorers 2.30 – 3.30pm This session is aimed at exploring sensory skills and learning about child development. Non-walkers Free admission Family Support Drop-in 4 – 5pm Advice, guidance on the range of services available through the Centre and via partner agencies, as-well as practical support to access them. No appointment required	Child Development Reviews 9am – 12noon By appointment only via health visitor Chatty Play 9.30 – 11.00am Developing language skills and communication. Birth — five years Free admission Midwifery Post Natal group 10am – 12noon By appointment with midwife. Conversation Café 11.30am – 12noon This session is aimed at developing English for Adults through conversation. Birth – five years Free admission Midwifery 1 – 3pm Antenatal parenthood education. Play and Learn Stay and Play 1.00pm – 2.30pm 18 months – two years Preparing for pre-school and early education, advice and support sessions. Free admission
Feeding Support 12noon – 2pm Information & Support on breast feeding and weaning.	Midwifery 9.30 am – 12noon Post natal group By appointment with midwife.	ESOL 12.30 – 2.30pm (Pre-assessment to be completed) Starting 20/09/17 Assessment day: 13/09/17 Course starts: 20/09/17 Crèche 12.15 – 2.45pm Jumpers and Movers 3.45 – 4.30pm Physical activity session Walkers – three years Free admission		
Play & Rhyme time 1.00 – 1.45pm Non-walkers only Free admission	Toddler Read and Rhyme time 11.30am – 12noon Walkers – two years Free admission			
First Time Parents Workshops 2.30 – 3.30pm 4 week Topics: Week 1 – Health Visitor support Week 2 – baby massage taster session Week 3 – treasure baskets Week 4 – Celebration event Birth – six months Free admission	Messy Play 1.00 – 2.30pm Birth – five years £1.00 per child Please bring change of clothes for your child Developmental Baby Massage 1 – 2pm 4 week course Call to book Six weeks – six months £2.00 per child			

Other Children's Centres in the East and Central network:

Coppetts Wood Children's Centre N10 1JS,
 BEYA Children's Centre's Hampden way, N14 5DJ
 St Margaret's Children's Centre, Margaret Rd, New Barnet, London EN4 9NT
 Underhill Children's Centre EN5 2LZ.

Information and Advice Surgeries Services include:

- Welfare Rights Advice
- Speech and Language Sessions
- School Transitions
- SENCO Surgeries
- Counselling services by referral
- Community Coffee Mornings

Additional activities provided from our link venues

Coppetts Wood Children's Centre, Coppetts Road, N10 1JS, Oak Lane Clinic, Oak Lane, N2 8LT, Osidge Library, Brunswick Park Road, N11 1EY, Brookhill Nursery, Brookhill Road, EN4 8SD

Monday	Tuesday	Wednesday	Thursday	Friday
	Stay and play 9 – 10am Holy Trinity primary School, Eagans Close East Finchley London N2 8GA		Child Health Clinic 1.30pm – 3.30pm Oak Lane Clinic	Child Development Reviews (with health visitor) 1pm – 3.30pm <i>By appointment only Via health visitor.</i> Oak Lane Clinic
	Torrington Park Clinic 1.30pm – 3.30pm Torrington Park Health Centre 16 Torrington Park, North Finchley N12 9SS	Stay and Play 12noon – 12.30pm Sessions the following dates: 13.09.2017 27.09.2017 11.10.2017 8.11.2017 22.11.2017 6.12.2017 Essex Park Community Hall	Tummy Time 2.15 – 3.15 pm This session is aimed at exploring sensory skills and learning about child development. Non-walkers Free admission Moss Hall Nursery School	

UPCOMING EVENTS

Super Saturday's – 10.00am – 12 noon
16 September, 14 October,
18 November, 16 December

Locality Parents Lunch – 12 noon – 2.00pm
Come and join us and help in decision making

Monday 13 November 2017
 St Margaret's Children's Centre

Healthy Start and Food Bank Vouchers

We can provide advice and support on Healthy Start and food bank vouchers.

Healthy Vitamins

Come and collect your vitamin drops from Newstead
 Collection times: **Tuesday and Thursdays 11am – 1pm**
 (please bring your healthy start voucher)

Breastfeeding and feeding support

We have trained practitioners that can support breastfeeding and feeding advice.

Job Centre Plus

We work in partnership with Job Centre Plus who offers one to one advice in job searching and career choices.

Family Support and Outreach Services

Our Family Support Team provides a range of Stay and Play activities. We also offer advice and support for all families around a range of issues either in the centre, home visits or within the wider community.

Welfare Rights Advice

For parents who want to find out how the welfare reform affects their family.

Speech and Language Therapy surgery

If you find your child is having difficulties with speech and/or language development please call and book an appointment with our Speech and language therapist. On 020 8359 3460.

Dates: Monday 27 November 2017

Women's Support Group

We can offer you help and support through:

- A parenting course to promote safer relationships, raise your self-esteem and increase your understanding of conflict.
- Understanding your child's needs and improving behaviour.
- Stay and Play sessions with supportive staff where you will get the chance to meet other parents and have fun with your children.
- One-to-one and family counselling.

IAPT Counselling

IAPT is a service that provides quick, easy access to psychological therapies for people experiencing depression and anxiety.
 For referrals please speak to a member of staff.

Fixed Closures:

Dates: Friday 22 December – Monday 1 January 2018
Newstead Children's Centre will have Inset day on Tuesday 2 January 2018
Centre will be open on Wednesday 3 January 2017

***Please note: Timetable correct at the time of going to print. Please contact the Centre directly for up to date information or visit Our website www.barnet.gov.uk**