

Activities Timetable (4 September 2018 – 14 December 2018)

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
Paediatric First Aid 9.15 – 11.15am Starting: 17 September 2018 6week Course No crèche available	Childminder's Stay and Play 9.30 – 11.00am Childminders with under eights. Free admission	Employment Advice 10am – 12noon Advice on training and support with employment By appointment 020 8359 3460 Call to book	Chatty Play 9.30 – 11.00am Developing language skills and communication. Birth — five years Free admission	Child Development Reviews 9am – 12noon By appointment only via health visitor
Housing Navigator 10am – 12noon By Appointment Call to book	Midwifery 9.30 am – 12noon Post natal group By appointment with midwife.	Little Chefs 9.30 – 11.00am 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	Midwifery Post Natal group 10am – 12noon By appointment with midwife.
Feeding Support 11.30am – 1.30pm Information & Support on breast feeding and weaning.	Messy Play 1.00 – 2.15pm Birth – five years £1.00 per child Please bring change of clothes for your child	ESOL 1 – 3pm Starting: 19 September 2018 12 week course Crèche 12.45 – 3.15pm	Open Door 12.30 – 2.30pm Support Group for parents/Carers of children with additional needs. Just drop in!	Tummy Explorers 2 – 3pm This session is aimed at exploring sensory skills and learning about child development. Non-walkers Free admission
Play & Rhyme time 2.00 – 2.45pm Non-walkers only Free admission	FEE2 Advice & Support 3 – 4pm 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.		Developmental Baby Massage 3 – 4pm 4 week course Call to book Six weeks – six months £2.00 per child	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

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
			Child Health Clinic 1.30pm – 3.30pm Oak Lane Clinic	Child Development Reviews (with health visitor) 1pm – 3.30pm By appointment only Via health visitor. Oak Lane Clinic
	Torrington Park Clinic 1.30pm – 3.30pm Torrington Park Health Centre 16 Torrington Park, North Finchley N12 9SS	Torrington Park Clinic 1.30pm – 3.30pm Torrington Park Health Centre 16 Torrington Park, North Finchley N12 9SS		

UPCOMING EVENTS

Super Saturday's – 10.00am – 12 noon
22 September 2018, 20 October 2018,
17 November 2018

Parent workshop

Risky Play – Date to be confirmed

Have your say

Wednesday 24 October 2018

Come and have your say, help us shape future services
With stay and play

Christmas Parties

Monday 17 December – Under 1's
Tuesday 18 December – Over 1's

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.

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.

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.

FEE2 Advice & Support

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.

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:

Thursday 25 October 2018

Fixed Closures:

Newstead Children's Centre Fixed Closure: 25 December 2018 – 1 January 2019
Newstead Children's Centre will have an Inset day on Wednesday 2 January 2019
Centre will be open on Thursday 3 January 2019

**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*



@NewsteadChildren'sCentre