

## East/Central Activities Timetable 5<sup>th</sup> September – 22<sup>st</sup> December 2018

Underhill School & Children's Centre, Mays Lane, Barnet EN5 2LZ

Tel: 020 8449 2423

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Childminder's Stay and Play Group</b></p> <p>9.00am -10.30am Under 8's</p>	<p><b>Boogie Mites</b></p> <p>9.15am – 10am</p> <p>aged 0 – 5 years</p> <p><b>(Starts 18.09.18)</b></p>	<p><b>Wednesday Fun Session</b></p> <p>9.00am - 10.15am</p> <p><b>September</b></p> <p>12<sup>th</sup> Play &amp; Stay 19<sup>th</sup> Rhyme time 26<sup>th</sup> Boogie Mites</p> <p><b>October</b></p> <p>3<sup>rd</sup> Boogie mites 10<sup>th</sup> Rhyme time 17<sup>th</sup> Play &amp; stay 31<sup>st</sup> Boogie mites</p> <p><b>November</b></p> <p>7<sup>th</sup> Rhyme time 14<sup>th</sup> Play &amp; stay 21<sup>st</sup> Boogie mites 28<sup>th</sup> Play &amp; Stay</p> <p><b>December</b></p> <p>5<sup>th</sup> Boogie mites 12<sup>th</sup> Rhyme time 19<sup>th</sup> Boogie mites</p> <p>Session for children from Birth to five years Venue: <b>Whitings Hill Primary School</b> <b>Whitings Road, Barnet, EN5 2QY</b></p> <p><b>( Starts 12.09.18 )</b> <b>Please note: Boogie Mites and Rhyme Time will finish at 10.00am</b></p>	<p><b>Little Learners</b></p> <p>9.15am –11.00am</p> <p>A fun-filled session which brings together all your children's favourite activities. You will be encouraged to play with your children. Includes free nutritious snacks for the children. Please dress your children in old clothes aged 1 to 3 years</p> <p><b>Venue</b> <b>Grasvenor Infant school</b> Grasvenor Ave Barnet, EN5 2BY</p> <p><b>(Starts 13.09.18)</b></p>	<p><b>Locality Housing Navigator</b></p> <p>9.15am – 1.00pm</p> <p>By appointment Call to book 0208 449 2423</p>
<p><b>Vale Drive Health Clinic: Vale Drive, Barnet, EN5 2ED</b></p> <p><b>Baby Clinic</b></p> <p>9.30am – 11.00am</p> <p>A staff member will be available to provide advice and support regarding our community and outreach services</p>	<p><b>Victim Support</b></p> <p>Have you been the victim of a crime? Do you want to talk to someone about it in a safe and confidential environment? Call to book your free appointment on : 0208 220 4483</p>			<p><b>Good Start Great Start 6 Week programme</b></p> <p>9.15am – 11.15am</p> <p>Taster session 19.10.18 Course starts: 02.11.18 – 07.12.18</p> <p><b>Programme benefits:</b> Children – develop independence, social skills and make friends</p> <p>Parents – learn skills and techniques to enable them to support their child's learning</p> <p>Adult me time – parents build relationships with other parents and strengthen their relationship with staff at their child's nursery/school.</p> <p>Please call to book 0208 449 2423</p>
<p><b>Paediatric First Aid starting</b></p> <p>17.09.18 to 29.10.18 session will be held at</p> <p>9.15am to 11.15am Or 12.45pm to 14.45pm</p> <p>Please call to book 0208 449 2423</p>	<p><b>Messy Play session</b></p> <p>1.00pm – 2.30pm</p> <p>Come and enjoy creative activities with your child. Children can explore lots of different materials to make new things. Please dress your children in old clothes</p> <p>aged 0 to 5 years</p> <p><b>(Starts 18.09.18)</b></p>		<p><b>Rhyme Time</b></p> <p>1.30pm – 2.15pm</p> <p>Enjoy singing songs and rhymes with your child. Session led by Children's Centre staff</p> <p>0 – 5 years</p> <p><b>Venue</b> <b>Hope Corner Community Centre</b> Mays Lane Barnet EN5 2LZ</p> <p><b>(Starts 13.09.18)</b></p>	<p><b>Under 1s Stay &amp; Play</b></p> <p>10.00am – 12.00pm</p> <p>For parents/carers with babies under 1. There will be lots of fun activities, new and entertaining nursery rhymes and group discussions: <b>Oral health and Immunisation , Vitamin D &amp; Breastfeeding (Starts 14.09.18)</b></p>
<p><b>Teaching Assistant Child Care CACHE level 2 course held at Underhill School</b></p> <p>9.00am – 12.00pm</p> <p><b>17.09.18 –26.06. 19</b></p> <p>Please call to book 0208 449 2423</p>		<p><b>Communication Group</b></p> <p>11.00am - 3.00pm</p> <p>for children with Down's Syndrome</p>	<p><b>Incredible Years parenting programme</b></p> <p>12.30pm – 2.30pm</p> <p>Starts 20.09.18 – 13.12.18 For parents and carers of children aged 2.5 – 10yrs</p> <p><b>Programme benefits:</b></p> <p>The focus is building up a pyramid of support with a strong emphasis on play and interaction with children, encouraging and supporting children's development and understanding children's needs. Rewards, incentives, emotional regulation, problem solving and time out.</p>	<p><b>Breastfeeding Support Group</b></p> <p>11.30am – 1.30pm</p> <p>Drop in and speak to a midwife or peer support worker for advice and support. Advice is available for both parents</p>
<p><b>Welfare Rights</b> Fortnightly drop in</p> <p>Starting 17<sup>th</sup> September</p> <p>2.30pm – 4.00pm</p> <p>Advice on housing, benefits, money matters and legal advice</p>		<p><b>ESOL- English course for Speakers of Other Languages</b></p> <p><b>Beginnings course</b> 9.15am – 11.15am</p> <p><b>Intermediate course</b> 1.00pm – 3.00pm</p> <p>10 week course With Crèche</p> <p>Starts 12.09.18</p> <p>Please call to book 0208 449 2423</p>		<p><b>Art for Well Being Adult 12-week Course</b></p> <p>12.45pm – 2.45pm</p> <p>Starts 14/09/18 to 07/12/18 Come and join a therapeutic session. Drawing skills with simple colour theory exercises. Learn about colour relationships, through developing paint brush skills. <b>Call to book a place</b></p>

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East and Central Locality Children Centres	
<p><b>Underhill:</b> EN5 2LZ (020 8 449 2423)</p> <p><b>Newstead:</b> N2 8LG (020 8 359 3460)</p> <p><b>Coppetts Wood:</b> N10 1JS (0208 883 2985)</p> <p><b>BEYA :</b> EN4 9NT 020 8449 5466</p>	
ADVICE & SUPPORT	
<p><b><u>Family Support &amp; Outreach</u></b></p> <p>Do you feel you need some additional support with parenting, for example, boundaries, family dynamics and routines, etc. We offer an ongoing free support service for parents with children under 5 years old in your own home.</p> <p><b>For more information please call: 020 8449 2423</b></p>	
<p><b><u>FEE2 Advice &amp; Support</u></b></p> <p>Do you require support accessing Free Early Education for two year olds? A member of our outreach team will be able to offer you freesupport with this.</p> <p><b>Please call 020 8449 2423</b></p>	
<p><b><u>Want to give-up smoking?</u></b></p> <p>Do you want free one-to-one advice on how to quit smoking? <b>For more information please call: 020 8449 2423</b></p>	
<p><b><u>Extended services</u></b></p> <p>We also offer a Breakfast &amp; Tea Club provision for children attending Underhill Children's Centre Day Care and Underhill School.</p> <p>Please call: 020 8 449 2423 to enquire about availability.</p>	
<p><b><u>Invite Only Sessions</u></b></p> <p><b>Monday</b> - 9.00 am – 12.30pm Midwife EN5 Postnatal Clinic</p> <p><b>Monday</b> - 12.30pm – 3pm Midwife EN4 Postnatal Clinic</p> <p><b>Tuesday</b> - 9.30am – 3.30pm Midwife appointments</p> <p><b>Tuesday</b>- 9.00am – 4.00pm Health Visitor Clinic</p> <p><b>Wednesday</b> - 12.00 pm – 3.30pm Down syndrome health check</p> <p><b>Wednesday</b> - 9.00am – 3.00pm Conversational session for Down Syndrome Children</p> <p><b>Thursday</b> - 9.30am – 12.30pm Child Development &amp; EYFS Assessment checks</p> <p><b>Thursday</b> -10.am - 12pm Midwife EN5 Parenthood Classes</p> <p><b>Thursday</b> - 11.15 am - 1.15pm Midwife EN4 Parenthood Classes</p> <p><b>Thursday</b> – 2pm – 4pm Midwife EN5 Postnatal clinic</p> <p><b>Friday</b> - 9.00am – 12pm Midwife EN5 Antenatal session</p> <p><b>Friday</b> -1.30pm – 3pm Midwife Postnatal discharge clinic</p>	
<p>Courses at BEYA Children Centre</p> <p><b>Baby Massage at BEYA:</b> Age: 6 weeks (if premature, 8 weeks) – 4 months old Please call to book a place on 020 8449 5466 Option 5</p>	
<p><b><u>Food bank Vouchers available :</u></b></p> <p>Please call 020 8 449 2423 or speak to our family support and outreach team</p> <p><b>Healthy Start :</b> 9am – 3pm Pick up your free vitamin drops/tablets (bring your healthy start voucher)</p> <p><b>Underhill school and Children centre</b></p>	