

East/Central Easter Activities Timetable 3rd April to 13th April 2018

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

Tel: 020 8449 2423

Email: info@underhillcc.barnetmail.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Childminder's Stay and Play Group</p> <p>9.30am -11.30am under eights</p>	<p>Victim Support</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>Wednesday Fun Session</p> <p>10.00 am - 12.00 pm</p> <p>4th April 1st Birthday Party If you have a child born between 1st Jan 2017 to 31st March 2017 come along to a birthday party stay and play session. Lots of fun.</p>	<p>Stay & Play</p> <p>10.00 am -11.30am</p> <p>Age: Under fives</p> <p>Cost: £1 per family</p> <p>Held at BEYA St Margaret's Nursery School, EN4 9NT</p>	<p>Locality Housing Navigator</p> <p>9.15am - 3 pm</p> <p>By appointment Call to book 0208 449 2423</p>
<p>Vale Drive Health Clinic: Vale Drive, Barnet, EN5 2ED</p> <p>Baby Clinic 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>Stay and Play</p> <p>1.00pm -2.30 pm</p> <p>Age: Under fives</p> <p>Held at BEYA St Margaret's Nursery School, EN4 9NT</p>	<p>If you would like more information about the session call 0208 449 2423</p>	<p>Baby group</p> <p>1.00 pm -2.30pm</p> <p>£1 per family</p> <p>Age: Non Walkers</p> <p>Pregnant women welcome</p> <p>Held at BEYA St Margaret's Nursery School, EN4 9NT</p>	<p>Under 1s Stay & Play</p> <p>10.00am – 12.00pm</p> <p>For parents/carers with new born babies. There will be lots of fun activities, new and entertaining nursery rhymes and group discussions: Oral health Immunisation Vitamin D breastfeeding Safe sleeping</p>
<p>Introduction to Solid Food</p> <p>Advice and guidance on how and when to introduce solid food to your baby, as per current NHS guidelines Run by Children's Centre Staff Call to book an appointment 0208 449 2423</p>	<p>Family Fun session 10.00 am - 12.00 pm 10th April</p> <p>Come and join us for a Easter egg hunt and art session</p> <p>Session for children from Birth to Eight years If you would like more information about the session call 0208 449 2423</p>	<p>Baby Massage (including breastfeeding support and advice)</p> <p>10.30-11.30 am</p> <p>6 weeks (if premature, 8 weeks) – 4 months old</p> <p>Cost: £8.00 for the 4 week course</p> <p>Held at All Saints Church Hall, 122 Oakleigh Road North, London, N20 9EZ</p>		<p>Breastfeeding Support Group</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>Welfare Rights Fortnightly drop in</p> <p>Starting 19th March 2.30pm – 4.00pm</p> <p>Advice on housing, benefits, money matters and legal advice</p>	<p>Family Friendly advice drop in</p> <p>Drop in for parenting, boundary setting, sleep routines, toilet training, and childcare and fee 2 advice and support.</p> <p>9.00 am – 1.00 pm</p> <p>Held at BEYA St Margaret's Nursery School, EN4 9NT</p>	<p>Please call to book a place on 020 8449 5466 Option 5</p>		
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East and Central Locality Children Centres																	
<p>Underhill: EN5 2LZ (020 8 449 2423)</p> <p>Newstead: N2 8LG (020 8 359 3460)</p> <p>Coppetts Wood: N10 1JS (0208 883 2985)</p> <p>BEYA : EN4 9NT 020 8449 5466</p>																	
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<p><u>Family Support & Outreach</u></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>For more information please call: 020 8449 2423</p>																	
<p><u>FEE2 Advice & Support</u></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 free support with this.</p> <p>Please speak to Debbie on 020 8449 2423</p>																	
<p><u>Want to give-up smoking?</u></p> <p>Do you want free one-to-one advice on how to quit smoking?</p> <p>For more information please call: 020 8449 2423</p>																	
<p><u>Extended services</u></p> <p>We also offer a Breakfast & 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><u>Invite Only Sessions</u></p> <table border="0"> <tr> <td>Monday - 9.00 am – 12.30pm</td><td>Midwife EN5 Postnatal Clinic</td></tr> <tr> <td>Monday - 12.30pm – 3pm</td><td>Midwife EN4 Postnatal Clinic</td></tr> <tr> <td>Tuesday - 9.30am – 3.30pm</td><td>Midwife appointments</td></tr> <tr> <td>Thursday -10.am - 12pm</td><td>Midwife EN5 Parenthood Classes</td></tr> <tr> <td>Thursday - 11.15 am - 1.15pm</td><td>Midwife EN4 Parenthood Classes</td></tr> <tr> <td>Thursday – 2pm – 4pm</td><td>Midwife EN5 Postnatal clinic</td></tr> <tr> <td>Friday - 9.00am – 12pm</td><td>Midwife EN5 Antenatal session</td></tr> <tr> <td>Friday - 1.30pm – 3pm</td><td>Midwife Postnatal discharge clinic</td></tr> </table>		Monday - 9.00 am – 12.30pm	Midwife EN5 Postnatal Clinic	Monday - 12.30pm – 3pm	Midwife EN4 Postnatal Clinic	Tuesday - 9.30am – 3.30pm	Midwife appointments	Thursday -10.am - 12pm	Midwife EN5 Parenthood Classes	Thursday - 11.15 am - 1.15pm	Midwife EN4 Parenthood Classes	Thursday – 2pm – 4pm	Midwife EN5 Postnatal clinic	Friday - 9.00am – 12pm	Midwife EN5 Antenatal session	Friday - 1.30pm – 3pm	Midwife Postnatal discharge clinic
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<p><u>Event's for your Diary</u></p> <p><u>Family Links 10 week Parenting program</u></p> <p><u>Family Links Talking Teens 4 week Parenting program</u></p> <p><u>Family Links 22+ Antenatal parenting program</u></p> <p><u>Please call to find out more information 0208 449 2423</u></p>																	
<p><u>Food bank Vouchers available</u></p> <p>Please call 020 8 449 2423 or speak to our family support and outreach team</p> <p><u>Healthy Start</u> 9am – 3pm Pick up your free vitamin drops/tablets (bring your healthy start voucher) Underhill school and Children centre</p>																	