

Autumn Term Activities Timetable 5 September–21 December 2018
Coppetts Wood Children's Centre N10 1JS 020 8883 2985
childrenscentre@coppettswood.barnetmail.net

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ESOL (delivered by Barnet & Southgate College)</p> <p>9.15-11.15am</p> <p>10week course</p> <p>Crèche available</p> <p>Ring for more info</p>	<p>Songs & Rhymes</p> <p>9.30-10.15am</p> <p>under fives</p> <p>held at Hollickwood Primary School N10 2NL</p> <p>£1 per child please</p>	<p>Stay & Play</p> <p>9.15-10.45am</p> <p>under fives</p> <p>Blue Cabin</p> <p>£1 per child please</p>	<p>Stay & Play</p> <p>9.15-10.45am</p> <p>under fives</p> <p>held at Summerside Primary School N12 0QU</p> <p>£1 per child please</p>	<p>Stay & Play</p> <p>9.15-10.45am</p> <p>under fives</p> <p>Blue Cabin</p> <p>£1 per child please</p>
<p>Housing Navigator</p> <p>9am-12noon by appointment</p> <p>held at Newstead Children's Centre N2 8LG 020 8359 3460</p> <p>Ring to book</p>	<p>Baby Group</p> <p>9.45-11.15am non walkers</p> <p>held at Arts Depot 5 Nether Street Tally Ho Corner N12 0GA</p> <p>£1 per child please</p>	<p>Midwives Post Natal Group</p> <p>9am-3pm</p> <p>by invite only</p>	<p>Locality Welfare Advice</p> <p>10am-2pm</p> <p>held at Newstead Children's Centre N2 8LG 020 8359 3460</p> <p>Please call centre to book</p>	<p>Baby Massage</p> <p>3 week course</p> <p>10.30-11.30am</p> <p>held at</p> <p>£6 per course</p> <p>020 8883 2985 Ring to book</p>
	<p>Health Visitor Appointments</p> <p>10-11.50am</p> <p>by appointment</p> <p>020 8883 2985 Ring to book</p>	<p>Locality Employment Advice</p> <p>10am-12noon</p> <p>held at Newstead Children's Centre N2 8LG</p> <p>Ring to book 020 8359 3460</p>	<p>Cook with your Child</p> <p>1-2.30pm</p> <p>under fives</p> <p>£1 per child</p>	
<p>Stay & Play</p> <p>1.15-2.45pm</p> <p>under fives</p> <p>£1 per child please</p>	<p>Breastfeeding Support Group</p> <p>10-11.50am</p> <p>Delivered by Barnet Breastfeeding Peer Support Group</p> <p>Drop in or ring for info</p>	<p>Good Start, Great Start</p> <p>1-3pm</p> <p>by invite</p> <p>6week programme starting October 2018</p>	<p>Breastfeeding Support</p> <p>1-2.30pm</p> <p>Drop in or ring for info</p>	<p>EMBRACE</p> <p>Post Natal Support Group</p> <p>12.30-2.30pm</p> <p>Drop in</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Midwife Appointments</p> <p>1-4pm</p> <p>by invite only</p>	<p>Family Play</p> <p>3.15-4.45pm</p> <p>£1 per child please</p>	<p>Nursery Show Round</p> <p>Come and see our Early Years provision</p> <p>1pm</p> <p>Ring to book 020 8883 2985</p>		<p>Baby Play with advice and support</p> <p>non walkers 1-2.30pm</p> <p>£1 per child please</p>
<p>‘Relationship Breakdown, Family and the Law’ information and advice</p> <p>Free consultation</p> <p>Ring to book 020 8883 2985</p>	<p>Speech and Language Therapy</p> <p>If you find your child is having difficulties with speech and/or language development please speak to a member of staff who will be able to help or to signpost you to further support</p>	<p><u>East & Central Locality Children’s Centres</u> We work in partnership with other Children’s Centres in our locality to offer a range of services:</p> <p>BEYA Children’s Centre, Hampden Way, Southgate, London N14 5DJ 020 8449 5466</p> <p>BEYA Children’s Centre, Margaret Road, New Barnet EN4 9NT 020 8449 5466</p> <p>Newstead Children’s Centre, 1 Fallows Close, off Tarling Road, East Finchley, N2 8LG 020 8359 3460</p> <p>Underhill Children’s Centre, Mays Lane, Barnet EN5 2LZ 020 8359 3440</p>		
<p><u>Women’s Support Group</u> <u>We can offer you help and support through:</u></p> <ul style="list-style-type: none"> • 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. <p><u>IAPT Counselling</u> 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.</p>		<p><u>Regular services available:-</u> Advice and support available regarding:</p> <ul style="list-style-type: none"> • weaning • toilet training • behaviour management • sleep • fussy eating • Healthy Start vouchers • foodbank vouchers • smoking cessation • free nursery education for 2 and 3 year olds <p>plus any other parenting issues</p>		
<p>INSET Days – Monday 3 September and Tuesday 4 September</p>				
<p>Please note: 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>				