

Activities Timetable (17 April 2018 – 18 July 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
<p>Chatty Play 9.30 – 11.00am Developing language skills and communication. Birth — five years Free admission</p>	<p>Childminder's Stay and Play 9.30 – 11.00am Childminders with under eights. Free admission</p>	<p>Employment Advice 10am – 12noon Advice on training and support with employment By appointment 020 8359 3460 Call to book</p>	<p>Boogie Mites 9.15 – 10.00am Walkers Only Call to book</p>	<p>Child Development Reviews 9am – 12noon By appointment only via health visitor</p>
<p>Housing Navigator 10am – 12noon By Appointment Call to book</p>	<p>Midwifery 9.30 am – 12noon Post natal group By appointment with midwife.</p>	<p>Little Chefs 9.15 – 10.45am Fun healthy cooking with your child. Birth – five years £1.00 per child</p>	<p>Welfare Advice 10am – 2pm Advice on housing benefits, money matters and legal advice By appointment 020 8359 3460 Call to book</p>	<p>Midwifery Post Natal group 10am – 12noon By appointment with midwife.</p>
<p>Feeding Support 11am – 1pm Information & Support on breast feeding and weaning.</p>	<p>Messy Play 1.00 – 2.30pm Birth – five years £1.00 per child Please bring change of clothes for your child</p>	<p>ESOL 1 – 3pm Starting: 25/04/18 10 week course</p>	<p>Open Door 12.30 – 2.30pm Support Group for parents/Carers of children with additional needs. Just drop in!</p>	<p>Play and Learn: Stay and play 1.00 – 2.30 pm 6 week Programme By invitation only Starting: 20 April 2018</p>
<p>Play & Rhyme time 1.15 – 2.00pm Non-walkers only Free admission</p>	<p>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.</p>	<p>Crèche 12.45 – 3.15pm</p>	<p>Tummy Explorers 3 – 4pm This session is aimed at exploring sensory skills and learning about child development. Non-walkers Free admission</p>	<p>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</p>
		<p>Developmental Baby Massage 2 – 3pm 4 week course Call to book Six weeks – six months £2.00 per child</p>		

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	Stay and Play 12noon – 12.30pm Sessions from the 18 April – 23 May 2018 Essex Park Community Hall		

UPCOMING EVENTS

Super Saturday's – 10.00am – 12 noon
21 April, 19 May,
16 June, 21 July

Parent workshop
Risky Play – Date to be confirmed

East Finchley Festival
Cherry Tree Wood
Sunday 24 June 2018 – 12noon – 6pm

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:

Wednesday 23 May 2018
Wednesday 13 June 2018

Fixed Closures:

Newstead Children's Centre will have an Inset day on 20 July 2018
Centre will be open on Monday 23 July 2018
Newstead Children's Centre Fixed Closure: 28 – 31 August 2018

*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

