

East/Central Activities Timetable 4th January - 29th March 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>Boogie Mites</p> <p>9.15am – 10am</p> <p>Book on only - please call 020 8449 2423</p> <p>aged 0 – 5 years</p> <p>FREE Group</p>	<p>Wednesday Fun Session</p> <p>9.00am - 10.15am</p> <p>January</p> <p>10th Boogie Mites 17th Story time 24th Rhyme time 31st Play & Stay</p> <p>February</p> <p>7th Boogie mites 21st Story Time 28th Rhyme time</p> <p>March</p> <p>7th Play & Stay 14th Boogie mites 21st Story Time 28th Rhyme time</p> <p>Session for children from birth to five years</p>	<p>Little Learners 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>Park visit last Thursday of the month</p> <p>Venue Grasvenor Infant school Grasvenor Ave Barnet, EN5 2BY</p>	<p>Locality Housing Navigator</p> <p>9.15am - 4 pm</p> <p>By appointment Call to book 0208 449 2423</p>
<p>IAPT session</p> <p>9.30am - 11.00am</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>March</p> <p>7th Play & Stay 14th Boogie mites 21st Story Time 28th Rhyme time</p> <p>Venue: Whitings Hill Primary School Whitings Road, Barnet, EN5 2QY</p> <p>FREE Group</p>	<p>Rhyme Time 1.30pm – 2.15 pm</p> <p>Enjoy singing songs and rhymes with your child. Session led by Children's Centre staff</p> <p>0 – 5 years</p> <p>Venue Hope Corner Community Centre Mays Lane Barnet EN5 2LZ</p>	<p>Under 1s Stay & Play</p> <p>10.00am – 12.00pm</p> <p>For parents/carers with newborn babies. There will be lots of fun activities, new and entertaining nursery rhymes and group discussions: Oral health and Immunisation , Vitamin D & breastfeeding</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>Family Links Welcome to the world 10am – 12pm</p> <p>For parents expecting a baby who are 22+ weeks pregnant. What does it mean to become a parent and prepare for a new life with a baby? Meet other parents-to-be. Come along with a friend or partner, or come on your own 4 week course For more information and to book your place 0208 449 2423</p>	<p>Communication Group</p> <p>for children with Down's Syndrome</p> <p>11am - 3.00pm</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>Baby Massage 1 off sessions</p> <p>For babies aged 6 weeks to 6 months Learn to massage your baby. Find out how it helps with their sleeping, digestion and colic. Get to know other mums and ask for help and advice Bring your own towel and oil to use on your baby.</p> <p>To book your one off session please telephone 0208 449 2423 (This is a popular group so only one session can be booked per baby)</p>
<p>Paediatric First Aid starting</p> <p>05.02.18 to 19.03.18 session will be held at 9.15 to 11.15 Or 12.45 to 14.45 please call to book 0208 449 2423</p>	<p>Messy Play session 1.15pm – 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 3 years</p>	<p>ESOL- English course for Speakers of Other Languages Starts 10.01.18</p> <p>1.00pm – 3.00pm</p> <p>10 week course With Crèche</p>	<p>Locality Family Links 10 week Parenting puzzle</p> <p>10am-12pm Starts 12/01/18 to 23/03/18 Please call to book a place</p> <p>held at Underhill school Barnet EN5 2LZ</p> <p>FREE crèche</p>	<p>Dad's coffee shop</p> <p>Come and meet other dad's for a coffee and a chat</p> <p>11.30pm – 1.30pm</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>Welfare Rights Fortnightly drop in</p> <p>Starting 15th January</p> <p>2.30pm – 4.00pm</p> <p>Advice on housing, benefits, money matters and legal advice</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>
ADVICE & SUPPORT
<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 Maria 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> <p>Monday - 9.00 am – 12.30pm Midwife EN5 Postnatal Clinic</p> <p>Monday - 12.30pm – 3pm Midwife EN4 Postnatal Clinic</p> <p>Tuesday - 9.30am – 3.30pm Midwife appointments</p> <p>Thursday - 9.30am – 12.30pm Child Development & EYFS Assessment checks</p> <p>Thursday -10.am - 12pm Midwife EN5 Parenthood Classes</p> <p>Thursday - 11.15 am - 1.15pm Midwife EN4 Parenthood Classes</p> <p>Thursday – 2pm – 4pm Midwife EN5 Postnatal clinic</p> <p>Friday - 9.00am – 12pm Midwife EN5 Antenatal session</p> <p>Friday - 1.30pm – 3pm Midwife Postnatal discharge clinic</p>
<p><u>Event's for your Diary</u></p> <p><u>E-Safety</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>