

Programme of Activities for Summer 2012 (16th April - 19th July)



MONDAY

Comet Stay & Play
9.30-11.40
Arrive early to avoid disappointment.



Family Music *
9.15-10.00 5 (0-2 yrs)
10.15-11.00 (2-4 yrs)



Employment Support with Reed in Partnership
9.00 - 12.00
8th May, 21st May, 11th June, 25th June, 9th July
Please speak with Grace for more info



Healthy Mondays
1.00-3.00



Parent & Baby Wellbeing session *
Weekly 1.00-2.00



Support Group for Parents with New Babies *
Weekly 2.00-3.30

8-10 month old reviews
28th May, 25th June, 2nd July

27 month old reviews
14th May, 11th June, 9th July

Deaf Parents Support Group
12.30 - 2.30
16th April, 21st May, 18th June, 16th July



Please see reverse for info on our sessions

TUESDAY

Comet Stay & Play with Toy Library *
9.30-11.40
Arrive early to avoid disappointment.



Family Support Surgery
9.15 - 12.00
Please book at reception



Housing Support Drop-in
9.30-11.40
1st May and 3rd July
Please book at reception



Comet Stay & Play
1.00-2.45

Messy Play Sessions
1.00-2.45
24th April, 22nd May and 3rd July
We provide aprons and please wear old clothes

New families need to complete a short registration form before using our services.

Midwifery services run from here between Wednesday and Friday. Please call for more information.
***Term-time only**

WEDNESDAY

First Aid for Parents with young children
27th June
9.30 - 12.30
With a crèche



Citizen's Advice Bureau
10.00 - 1.00
2nd May, 6th June, 4th July
Please book at the reception



ESOL Advice Sessions
1.00 - 3.00pm
25th April, 30th June.
No crèche but you're welcome to bring children



Comet Family Forum
1.30pm - 2.30pm
2nd May and 11th July
Please come if you want to help shape what we do at Comet. No crèche but you're welcome to bring children

Important dates!
Services begin - from 16th April
Half Term - 4th June - 8th June
End of school - 20th July

All stay & play registers go up 15 minutes before the sessions

THURSDAY

Boot Camp in the Park *
From 19th April
9.45-10.45
Meet at Comet for 9.30am and please wear trainers



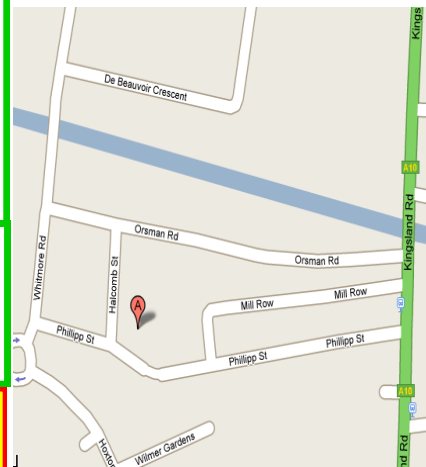
Comet Food & Family *
9.30-11.40
Course dates:
19th April - 31st May
You pay a £5 deposit which is returned on completion of the course



Adult Literacy Advice session
1.00 - 4.00
7th June, 5th July
No crèche but you're welcome to bring children

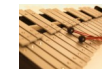


How to find us



FRIDAY

Family Music *
9.15-10.15
Arrive early to avoid disappointment



Family Power Walk
From 20th April
9.30 - 10.30
Please wear trainers for this session



Comet Stay & Play
1.00 - 2.45
Arrive early to avoid disappointment.



Introduction to Computers
1.00 - 3.00
Open days on 4th and 11th May. Course starts 18th May for 7 weeks
There is no crèche with this class



Health Trainer Surgery
20th April, 18th May, 15th June
2.00 - 4.00
Call to book an appointment



All services and activities are for under 5's and FREE!

Comet Nursery School & Children's Centre

20 Halcomb Street, London, N1 5RF
Tel: 0207 749 9850 Email: admin@comet.hackney.sch.uk



SureStart

Hackney Children's Centres

Working together to improve the lives of children and young people

Here is some more information about our activities & services

Health & Well-being sessions

Parent & Baby Wellbeing session *

This session, promotes good health and well-being for parent and baby. Baby Massage is included and you can get support from other parents too.

Support Group for Parents with New Babies

This is for you whether you breast or bottle feed, or have little or now experience. You are welcome to come along to anyone of these information filled sessions. A trained advisor is on hand to talk through any issues.

Comet Food & Family *

These are fun sessions that introduce children under five and their parents to tasty healthy foods, suitable for the whole family.

Support Group for Deaf Parents

This is for parents who are either deaf or hearing impaired. If you live in Hackney, are pregnant or have a child under 5, this group is for you. Facilitated by Deaf Parents UK.

Healthy Mondays

Come to these specialist session to see how your child is developing and speak to Health Visitors.

Healthy Living Sessions

Whether you want to keep fit, meet new people or get advice on how to live a healthier lifestyle, these sessions may help. Experienced Health Trainers will help you to set goals and help you stick to them.

Contact us

If you would like to contact us about any of the information on this programme please get in touch by:

Tel: 0207 749 9850

Email: admin@comet.hackney.sch.uk

Website: www.cometnurseryandcc.co.uk

Information Advice & Guidance for Families

Citizen's Advice Bureau

CAB advise and help parents with Tax Credits and benefits as well as debts. Facilitated by Hackney CAB

Please book at reception

Housing Support Drop-in one housing group

Hackney Support can offer you housing advice and support with things such as rent arrears or debt. For people with general tenancies. They can also signpost to other organisations

No need to book

Family Support Surgery

Parents can come and talk to a Family Support worker about children and family issues, immigration and other legal matters. You may also be able to receive one to one support.

Please book at reception

Courses for Parents *

This is for parents who want to gain skills in developing literacy, numeracy while learning more about using computers and the internet. Get qualified from Entry Level 1 to Level 2.

Please book at reception

Ways into Work programme with

If you've never worked or have been out of work for more than a year and would like to kick start a career or change one this is for you. We will look at things such as gaining confidence, further training and planning you career path. If anyone in your household is 16 or over and claiming an out-of-work benefit they can join this programme for employment advice.

Speak to Grace for more info

Stay & Plays and other services

Comet Stay and Play

This is a very popular drop-in session where you can stay and play with your children. A great place to meet other families.

Comet Toy Library *

This is a stay and play session where children can borrow toys for up to two weeks.

Family Music *

Come and shake rattle and roll learn rhythms and rhymes while having a good time.

Strengthening Families Strengthening Communities Course *

This is a course that encourages parents to talk about bringing up their own children.

Comet Parents Forum

Come and share views on what's happening in the Children Centre and how you can get involved in shaping its future. Speak to Grace for more information

OTHER CHILDREN'S CENTRES IN OUR AREA

Sebright Children's Centre

Haggerston Park
E2 8NP



Minik Kardes

53-55 Balls Pond Road
N1 4BW

