

Woodberry Down  
Springpark Drive  
London N4 2NP  
T. 020 8815 3270



Clissold  
One O'clock Club



Hillside  
Children's Centre



Woodberry Down  
Children's Centre

# What's On!

Your guide to what's on  
at the children's centres in  
your neighbourhood

Spring/Summer 2012



the learning trust  
the future for education in Hackney

SureStart

Hackney Children's Centres

Working together to improve the lives  
of children and young people

# What is a children's centre?

Children's centres offer a wide range of free fun activities for all families with children under five. We offer an early years provision from 7.45am to 5.45pm to support you and your family with childcare and education, however charges will apply depending on your circumstances. We also offer family support and can provide you with easy access to family health services such as midwives, health visitors, speech therapists and dieticians.

This guide will take you through all the activities, services and courses that our children's centres provide. Most of the services are free, just call us on 020 8815 3270 for more information or to make an appointment if needed.



Clissold One O'clock Club



Hillside Children's Centre



Woodberry Down Children's Centre, Lilliput Building

## Diary Dates

### First Aid Parent and child resuscitation

To be held at the following venues:

#### 1 O'clock Club

Friday 20 April, 10.00am-11.00am

#### Hillside Children's Centre

Monday, 23 April 1.30pm-2.30pm

#### Hillside Children's Centre

Monday, 13 February, 1.30pm-2.30pm

#### 1 O'clock Club

Friday 17 February, 10.00am-11.00am

#### Woodberry Down Children's Centre

Wednesday 21 March 12.30pm-1.30pm

#### Woodberry Down Children's Centre

Wednesday 9 May, 10.00am-11.00am

#### Hillside Children's Centre

Monday 4 June, 1.30pm-2.30pm

#### 1 O'clock Club

Friday 29 June, 10.00am-11.00am



For more information or to book a place call 020 8815 3270

## News

### Short breaks

#### What is a short break?

A short break is any service that allows a disabled child or young person to have an enjoyable break away from their main carer, and gives their carer a break from their caring responsibilities. It includes any community activity that a disabled child can enjoy.

#### What is the Short Breaks Hit Squad?

The Hit Squad is staffed by an occupational therapist, physiotherapist, psychologist and speech and language therapist.

The team works with families to understand their child's needs and help support them into their chosen activities. We will visit the identified activity where appropriate to help support your child into the activity and handover specialist advice to staff to ensure they are able to meet your child's specific needs. We also train organisations to empower and upskill staff to work with your child.

For more information please call 020 7014 7025.

### Children and parents with disabilities

Children and parents with disabilities are welcome at all groups and activities. Please call if you would like to discuss which groups will best suit you and your child's needs or to request additional support to help you to attend.

### Have your say!

Would you like to have your say and help make decisions about the running of the centres? Then why not become a member of our advisory board at Hillside or Woodberry Down children's centres.

### Volunteers

Help us to help local families! If you are thinking of going back to work, this is a great way to build confidence and experience.

For more information call  
020 8815 3270

### Other midwifery activity in Area A

**Antenatal Clinic** by appointment only at: Abney House Medical Centre and Barretts Grove Surgery.

## Childcare vacancies

We currently have childcare vacancies in our early years settings at Woodberry Down and Hillside Children's Centres.

We believe children are active learners from birth. Our dedicated staff are committed to providing childcare and education of the highest standard, Children become independent learners able to work together to solve problems using an array of materials and equipment both indoors and out.

We work closely with parents by offering home visits and settling-in sessions to smooth the transition from home to setting. Regular parents' meetings ensure ideas from mums and dads support early years activities.

#### Who is eligible for a place?

- Any child aged between twelve weeks and five years.
- The child should not normally be attending any other childcare provision

#### What is the cost?

The amount you pay depends on the age of your child and your household income.

#### Who should I contact?

For more information and an application form call Woodberry Down Children's Centre on 0208 815 3270 or Hillside Children's Centre on 0208 800 7325. Alternatively go to The Learning Trust website.

### Fun Splash 2012

Funsplash is a playscheme offering fun and exciting activities both indoors and outdoors for children aged between four and ten years.

**Dates:** Half term: 13th – 17th February 2012,  
Summer: 20th – 24th and 28th – 31st August 2012

**Time:** 9.00am to 5.30pm.

**Cost:** £10.00 per day for Hackney residents; (no sibling concessions)  
£15.00 per day for Non-Hackney residents

How to book: All bookings will be required to pay the full fees for each week booked in advance. Payments must be made by cash or cheque with guarantee card.

Booking will take place from 9th January for February playscheme at Woodberry Down Children's Centre, The Lilliput Building, Spring Park Drive, N4 2NP. Please bring proof of address to the booking session. For further information please call Gail on 020 8815 3270

Funsplash also offers respite places and can take professional referrals. A limited number of places are available. For further information please call Anna on 020 8815 3270

## Free activities for children aged 0-5

All activities are drop-ins unless marked with an asterisk (\*) which indicates that booking or registration is necessary.

These activities take place at various locations, please see the timetable for times and locations or call 020 8815 3270 for more information.

### Baby massage\*

Baby massage is suitable for babies aged 0 - 6 months old and is a relaxing experience for you and your baby. [Charges may apply for baby massage, but some free places are available.](#)

### Baby yoga\*

Baby yoga is suitable for babies aged 6 months - 1 year and is a great way for you to have fun and bond with your baby. [Charges may apply for baby yoga, but some free places are available.](#)

### Happy at Home

A drop-in parent and toddler group, with lots of ideas on how to have fun and encourage learning at home.

### Ihsan Children's Centre

North London Muslim Community Centre  
66-68 Cazenove Road, Stoke Newington  
London N16 6AA, Tel: 020 8806 1147  
The mother and toddler group operates from Monday to Friday, for mothers with children aged 0 - 5.

### One O'clock Club

A daily drop-in centre for parents and children to relax, play and meet others. Call the club directly on 020 8809 6700.

### Messy play

An activity group for children to have fun with new textures, colours and materials.

### Music and movement

Music, rhythms, singing and dancing for children aged 0 -4.

### Play bus is coming back in April

Drop in for activities on the fun-filled bus. The play bus can be found at the junction of Woodberry Down and Woodberry Grove, Near the Robin Redmond Centre.

### Toy library

Come and borrow toys to take home with you, or just drop in and play.

### Tummy Time

A group to help your baby learn to push up and crawl.

### Under 1's group

Play, chat or ask questions for babies aged 0 - 12 months.

## Free services for dad's and mum's -to-be

All activities are drop-ins unless marked with an asterisk (\*) which indicates that booking or registration is necessary.

These activities take place at various locations, please see the timetable for times and locations.

### Antenatal care

For details/dates on Parent Education sessions for pregnant women and their partner, please ask your midwife for dates or call Homerton Hospital on 020 8510 5555 and ask for the Antenatal Clinic.

### Breast feeding support

Trained staff and health professionals are available every week to answer queries as we know that breast feeding is not easy. Come to the group for expert advice and to meet new mums.

Also available at [Beis Brucha Mother and Baby Home, 208 Lordship Road, N16 5ES, 020 8211 8081. Weds from 10am-12pm \(except Jewish Holidays\).](#)

### Maternity helpline

For help and advice during pregnancy call 020 8510 5955, there will be a friendly midwife to give you advice and direction.

### Public health midwives\*

Children's centre midwives can provide extra support during pregnancy.

## Free health services

### 8 & 27 Month Review

When your child is 8 months and 27 months old, your health visitor will contact you for a health review.

### Child psychology from the "First Steps" service

First Steps offer a service for children who are experiencing emotional and behavioural difficulties.

We aim to tackle issues early on, before they become severe. Your child/family will need an appointment to meet us, call directly on 020 7683 4611 to self refer or ask your child's GP, teacher or health visitor to refer them.

### Dietician

Discuss any concerns you have for yourself, your children or your partner's diet and eating. Please request a referral form from the children's centre and to book an appointment with one of our dieticians call 0207 683 4267.

[Dietetic clinic - Turkish only speaking\\* Hillside Children's Centre, The 2nd Wednesday of the month, 1.30pm - 5.00pm](#)

For anyone concerned about their family's diet. Booking required.

### Health visitor drop-in

Drop-in for your child's regular checks or to ask questions.

### Immunisations

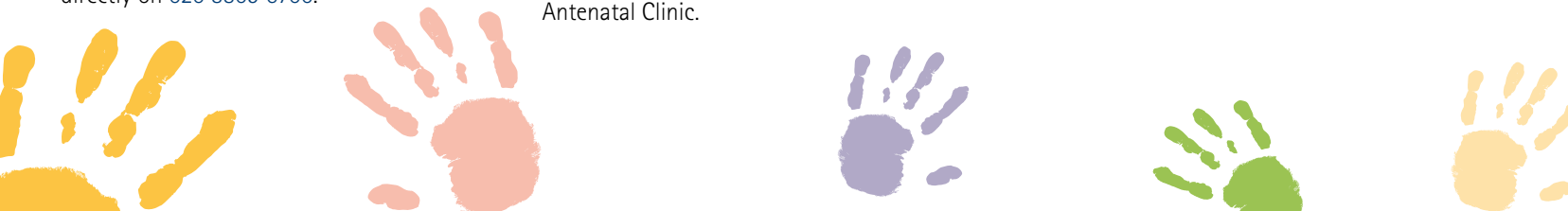
For all your children's immunisation needs.

### Speech and Language Therapy Service

If there are any concerns about a child's speech, language or communication skills, you are welcome to attend the Talking Walk-in drop-in assessment sessions for under 5s at: [John Scott Health Centre, Every 1st Monday of the month, 9.30am - 11am](#)

Please contact Speech and Language Therapy on 020 7683 4587 for further information. For children over 5, parents are advised to contact the school SENCO in the first instance.

For more information or to book a place call 020 8815 3270



Venue	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Woodberry Down Early Years</b>	<b>Childcare &amp; Education</b> 7.45am-5.45pm <b>Respite crèche</b> 9am - 12pm <b>Postnatal clinic*</b> : For new borns 9.30am - 12pm <b>Breast feeding drop-in</b> 9.30am-11.30am <b>Under 1's group</b> (term time only) 9.30am-11.30am	<b>Childcare &amp; Education</b> 7.45am - 5.45pm <b>Respite crèche</b> 9am - 12pm 	<b>Childcare &amp; Education</b> 7.45am- 5.45pm <b>Respite crèche</b> 9am - 12pm <b>Childminders drop-in</b> 9.45am - 11.45am <b>Antenatal booking clinic*</b> 9.30am- 4pm	<b>Childcare &amp; Education</b> 7.45am- 5.45pm <b>Messy play</b> (for 1-4 yr olds) 9.30am - 11.15am (term time only) 	<b>Childcare &amp; Education</b> 7.45am- 5.45pm <b>Postnatal clinic*</b> For new borns 9.30am - 12pm
<b>Woodberry Down Children's Centre</b>	<b>General Counselling*</b> 9am - 2.30pm <b>ESOL*</b> 1pm - 3pm 	<b>Child psychologist: First Steps*</b> 9am-5pm <b>SFSC - Strengthening Families, Strengthening Communities*</b> 10am-1pm (term time) Starts 6 Mar 2012 <b>Housing advice sessions</b> (2nd and 4th Tuesday) 9.30am - 1130am	<b>Child psychologist: First Steps*</b> 9am - 5pm 		<b>ESOL assessments drops-ins</b> 10am - 12pm <b>ESOL*</b> 1pm - 3pm
<b>One O'clock Club</b>	<b>Child psychologist First Steps drop-in</b> 9th Jan, 13th Feb, 12th Mar, 1.30pm-2.30pm <b>Drop-in and play</b> 1.30pm - 4pm <b>Parents space</b> 10am-11.30am (first Monday of the month)	<b>Under 1's group</b> (term time only) 9.30am-11.30am <b>Drop-in and play</b> 12.30pm - 4pm	<b>Drop-in and play</b> 12.30pm - 4pm 	<b>Drop-in and play</b> 12.30pm - 4pm	<b>Baby Rhyme Time</b> Speech & Language 10am-11am (term time only) <b>Drop-in and play</b> 12.30am - 4pm
<b>John Scott Health Centre</b>	<b>Speech and language: Talking Walk-in drop-in</b> (first Monday of the month) 9.30am - 11am	<b>Health visitor drop-in clinic immunisations</b> 9.30am-11.30am <b>Toy library</b> 9.30am - 11.30am <b>CAB</b> 10am - 12.30pm <b>Antenatal Clinic*</b> 9am-4pm	<b>Tummy Time</b> run by Child Physiotherapist 9.30am - 11.30am 8th Feb, 11th April, 13th June	<b>Immunisations</b> 1.30pm - 3.30pm 	<b>Toy library</b> 9.30am-11.30am 
<b>Barton House</b>	<b>Health visitor drop-in</b> 1.30pm - 3.30pm	<b>Antenatal follow up clinic*</b> 9.15-12pm <b>Antenatal booking clinic *</b> 1pm-3pm	<b>Antenatal booking clinic *</b> 9am-12pm <b>Postnatal clinic*</b> 9.30-12pm <b>Breast feeding support</b> 10am - 12pm <b>Antenatal follow up clinic*</b> 1pm- 4pm		
<b>Hillside Children's Centre</b>	<b>Childminders drop-in</b> 10am - 12pm 	<b>Baby yoga</b> 11am - 12.30pm <b>Baby massage</b> 1pm - 2.30pm	<b>ESOL*</b> 9.30am-11.30am <b>Happy at Home</b> (parent and toddler group) 1.15pm - 3.15pm <b>Dietetic clinic - Turkish only*</b> 1.30pm - 5pm (2nd Wednesday)	<b>Child psychologist: First Steps*</b> 9am - 5pm <b>Messy play</b> (for 1-5yrs old) 2pm - 3pm (term time only) 	<b>ESOL*</b> 9.30am - 11.30am <b>Music and movement</b> 2pm - 3pm (term time only) 
<b>St Matthias Church Hall</b>			<b>Toy library</b> 10am - 12pm 		

Please note one-to-one sessions are available with any member of our team by appointment.

\*Booking or registration is needed, please call us on 020 8815 3270 for more information.

## Support for your family

Family support aims to help families to deal with any issues that are affecting their family's wellbeing, such as isolation, depression, housing, and for mothers and fathers who are stressed or emotionally overwhelmed. There is one-to-one support and support groups. Family support workers can also help you deal with other services.

## For parents...

Here are a wide range of other services, courses and classes that parents or carers may find useful, to find out more information and to book an appointment just call us 020 8815 3270 unless otherwise stated.

### ■ Citizens Advice Bureau (CAB)

CAB gives advice, support and information to all families with children under 5 around welfare benefits, financial support, housing, immigration and childcare. The drop-in service is at: John Scott Health Centre Tuesdays, 10am – 12.30pm

### ■ Childminders drop-in

A drop-in group for childminders and the children in their care.

### ■ Childminders network

A supportive network for childminders and a self help group with drop-ins and activities.

### ■ Counselling services

When things are getting too much and you need to talk to someone, we provide a counselling service.

### ■ Crèche support – FREE

Free crèche services are provided for the following activities – ESOL and parenting courses.

### ■ English for Speakers of Other Languages (ESOL)\*

To attend an ESOL course you need to join a class that runs from September to June. We can assess your level of English and assign you to an appropriate class. A course consists of two lots of two hour classes per week during term times.

ESOL Assessments drop-in  
Woodberry Down Children's Centre  
Every Friday 10am–12pm

ESOL Entry 1/Level 3\* (Creche provided)  
Woodberry Down Children's Centre  
Mondays & Fridays 1–3pm

ESOL Entry 2\* (No Creche)  
Hillside Children's Centre  
Wednesdays & Fridays 9.30–11.30am

### ■ First aid courses\*

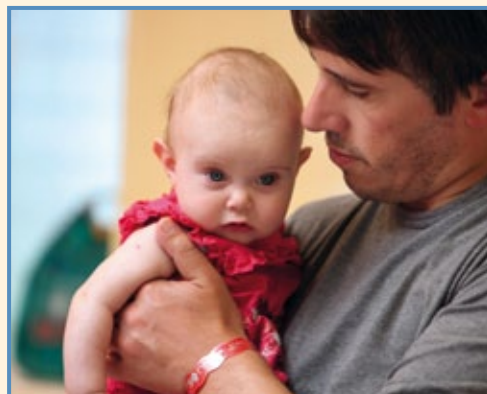
Contact us to book a course.

### ■ Ihsan Children's Centre

#### Fathers' forum

A range of activities for fathers, some for children too.

North London Muslim Community Centre  
66-68 Cazenove Road, Stoke Newington  
London N16 6AA, Tel: 020 8806 1147



### ■ IT

Basic computer skills training coming soon. Call to register your interest.

### ■ Safety equipment loan scheme

Safety equipment is available and can be fitted in your home depending on your need.

### ■ Vitamins for you & your family

Healthy start vitamins are now available at Hillside and Woodberry Down Children's Centres.

If you are pregnant, or have a child under 4, you can get tablets for you; drops for your baby or child. Helping them to grow healthy and strong.

You can redeem your healthy start vouchers via the reception at the Lilliput Building, Woodberry Down Children Centre, or Hillside.



### ■ Parenting Programmes

Strengthening Families, Strengthening Communities\*

Woodberry Down Children's Centre  
(Starting 6 March 2012)

Tuesday 10.00am–1.00pm

A 13-week programme helping parents make the most of family life. Groups encourage discussion to create a rich learning environment. Topics include behaviour management, building positive relationships and child development stages.

### Incredible Years Parenting Programme Coming soon!

The Incredible Years are research-based, proven effective 12 week programmes for reducing children's aggression and behaviour problems and increasing social competence at home and at school. Call reception to register.

### One housing advice sessions

Woodberry Down Children's Centre

Every 2nd & 4th Tuesday, 9.30 am– 11.30 am

Housing advice, support on applying for benefits, dealing with rent arrears, practical living skills, developing skills and training to obtain work, arranging repairs and more. For families living in Hackney with children under 5.

### Parents Space

Coming soon!

A drop-in session for parents and carers to discuss issues facing their families.

### ■ Volunteers

If you wish to build your confidence, learn new skills, or simply help out please contact us.

For more information or to book a place call 020 8815 3270

\*Booking or registration is needed, please call us on 020 8815 3270 for more information.

# Where to find us

**Woodberry Down  
Early Years Centre**  
Springpark Drive  
London N4 2NP  
T. 020 8815 3250

**John Scott  
Health Centre**  
Green lanes  
London N4 2NU  
T. 020 7683 4700

**Clissold  
One O'clock Club**  
Clissold park  
Stoke Newington Church Street  
London N16 NHJ  
T. 020 8809 6700

**Playbus**  
Corner of Woodberry  
Grove coming April 2012

**Woodberry Down  
Lilliput Building**  
Springpark Drive  
London N4 2NP  
T. 020 8815 3270

**Hillside  
Children's Centre**  
1 Leatherhead Close  
Holmleigh Road  
London N16 5QR  
T. 020 8800 7325

**Barton House  
Health Centre**  
Albion Street  
London N16 9JT  
T. 020 7249 5511

**St Matthias  
Church Hall**  
Wordworth Road  
London N16 8DD  
T. 020 7254 6272

