





September 2016 – July 2017

Simply fill in a registration form on your first visit. You can pick up a more detailed timetable of activities at each centre.

Venue	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Linden Children's Centre 86-92 Rectory Road, N16 7SH T. 020 7254 9939	Postnatal Community Clinic* 9.30am–12.30pm Breastfeeding Drop-in 10.30am–12.30pm New Beginnings* 11am–1pm 9 January, 13 February, 13 March, 10 April, 8 May, 12 June, 10 July, 12 September, 24 October, 21 November and 5 December Messy Play 1pm–3pm A play session for children Under 5 years Ways in to Work* 2pm–4.30pm Call the centre to book your appointment.	Community Baby Clinic 9.30am–11am (Drop-in) Every fortnight on a Tuesday starting 6 September First Steps* 9.30am–3pm Clinical Psychologists to help children with emotional and behavioural difficulties. Call 020 7683 4611. Stay and Play 9.30am–10.30am and 10.45am–12noon One Housing Advice Drop-in* 10am–12noon Fortnightly session. Call the centre to book your appointment. Henry 9.30am–12noon 4 October – 29 November 2016. Eight weeks, healthy eating programme. Free Crèche ESOL* 1pm–3pm By appointment only Young Parents Group 1pm–3pm weekly/term time German Parent and Child Group 3.15pm–5.15pm First Tuesday of the month.	Antenatal Clinic* 8.15am–5.15pm Talking Walk-in 9.30am–11am 21 September 2016, then every 3rd Wednesday of the month. Baby Club 10am–12pm Play session for children under 1 year.	Antenatal Clinic* 8.15am–5.15pm Dietician Clinic* 9am–5pm Call 020 7683 4267 to book an appointment. First Steps* 9.30am–12pm Childminders Drop-in 10am–12pm Term time only. ESOL Drop-in 1pm–2pm Term time only. To assess your level of English and discuss English classes in Hackney. Music and Movement 1pm–2.30pm A drop-in play session for children under 5 years. Sensory Play* 10am–12noon and 1pm–3pm Term time only. A targeted group for children with additional needs. Please call the centre for more information or to book appointment.	Antenatal Clinic* 8.15am–5.15pm Postnatal Community Clinic* 9.30am–12.30pm Citizen Advice Bureau (CAB)* 10am–1pm (Please call Linden CC to book an appointment) Toy Library and Healthy Cooking 10am–12pm A play session with the opportunity to borrow toys. ESOL* 1pm–3pm By appointment only.
Brook @ Pembury Community Centre Ground Floor, Atkins Square, London E8 1HL T. 020 3828 3500	First Steps* 9am–1pm Music and Movement (under 5s) 1pm–2.30pm ESOL* 1pm–3pm By appointment only	Messy Play (0–18 months) 9.30am–11am 	Training and employment sessions Please contact the centre for further information Family Support Drop in* 9am–12noon Venue: Brook Children's Centre	Stay and Play Health Lifestyles 9.30am–11am Antenatal and Postnatal Clinic 9am–1pm	First Steps* 9am–1pm Baby Club (Under 1 year old) 10am–12noon ESOL* 1pm–3pm By appointment only Antenatal and Postnatal Clinic 1pm–4pm
Comberton Children's Centre 10 Comberton Road, E5 9PU T. 020 8806 0680	Childminder Drop In 10am–12pm Tumble Tots 1.30pm–3pm For 6–24 months Soft play session for children aged 6 months – 2 years. Weekly. 	8/27 Months Health Reviews* 10am–12noon By appointment only. Please call Nightingale Clinic on 0207 683 4548. First Tuesday of each month. Stay and Play/Messy Movers (for 0–18 months) 9.30pm–11am 2nd, 3rd and 4th Tuesday of each month. Activities supporting children's development. Stay & Play/Physical and Healthy Living (For 0–4yrs old) 1.30pm–3pm Activities supporting children's development, weekly drop in session.	ESOL* 9.30am–11.30am By appointment only Music and Movement 1.30pm–3pm Fun and energetic music and movement session for 1–4 years, run by Hackney Play Bus. Weekly. 	Family Support* – By Appointment only. Supporting families who need support with any issues that are affecting their wellbeing. *Family Support is available by appointment only. Safeguarding and Child Protection Training for Parents. 9.30am–12.30pm 22 September–17 November 2016. (Term time only) FREE crèche. Henry 10am–12.30pm 4 May – 29 June 2017. An eight week healthy eating programme. Free crèche. Citizen Advice Bureau (CAB)* 10am–1pm Appointment only. Call the office to make an appointment. Toy Library 1.30pm–3pm Weekly	ESOL* 9.30am–11.30am By appointment only. Rhyme Time/Stay and Play (For 0–4 years) 1.30pm–3pm Songs and rhymes group which develops early communication and language skills. Session also incorporates play. 

* Indicates you need enrolment, a referral or an appointment – call the centre for information.

For 'drop-in' sessions just turn up during the time indicated, no appointment needed.