

Ihsan Children's Centre Calendar November 2017

These services are generally FREE!
Simply fill in a registration form on your first visit

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HENRY Healthy Exercise and Nutrition for the really Young. 9:30—11.30</p> <p><u>30th October - Week 7:</u> Let's focus on feelings and the way forward</p> <p><u>6th November - Week 8:</u> Celebrating Success</p> <p>Anneler Grubu Turkish Breakfast</p> <p>20th November 10.00 - 11.30</p> <p>Inviting all Turkish speaking mother's and carers to join us for our Classic Turkish Breakfast *</p>  <p>Road Safety Awareness Activities at Ihsan Children's Centre all week</p>	<p>Stay and Play 9:15 -11:30 Drop in play sessions for children aged 0-8.</p> <p>Messy Play 7th: Autumn nature bucket 14th: Toothpaste painting 21st: Magic glowing mud 28th: Bugs in pumpkin jelly</p> <p>Diabetes Awareness 14th November 9.30 - 11.30</p> <p>Many people are not aware of the causes of Type 2 diabetes or their risk of developing it. Come along to our awareness session and find out if you are at risk.</p> 	<p>Stay and Play 9.15 - 11.30 Drop in play sessions for all children aged 0-8.</p> <p>My Journey Mornings 9.30 - 11.00 Collect a free folder and free arts and craft materials to track your child's progress and development.</p> <p>Toy Library Every Wednesday 12-1pm</p> <p>By referral only please speak to a member of staff.</p>  <p>How to help children brush their teeth properly 15th November 9.30 - 11.30 Come and meet our Oral Health expert about toothpaste tips, tooth brushing tips, taking your child to the dentist and common dental Q&A's. Collect a free toothbrush for your child!</p>	<p>Stay and Play 9:15 -11:30 Drop in play sessions for children aged 0-8.</p>  <p>Little Chefs: 10:00 - 11:00</p>  <p>Big cooks: little cooks cooking & preparing healthy food using fun & easy recipes</p> <p>9th November: Avocado and chocolate mousse</p> <p>23rd November: Falafel and mixed herb salad</p>	<p>Stay and Play - Ready, Steady, Go! 9:15 -11:30 Helping children develop confidence and physical ability with exercise. Using a wide variety of kids gym equipment.</p>  <div data-bbox="1451 853 2175 1169" style="border: 2px solid green; padding: 5px;"> <p>RECEPTION YEAR 2018 If your child is born between 1 September 2013 - 31 August 2014 then you need to apply for Reception Year class. This can be done using E-admissions. If you would like support with the Application process, please book an appointment with one of our staff members.</p> </div>
<p>Onwards & upwards For support and guidance in searching for training, jobs, volunteering opportunities & completing CV's Please book appointment: 15th November 28th November</p>	 <p>Breastfeeding helpers available to support you at the Ihsan CC, please speak to a member of staff.</p>	<p>Information advice and guidance Support on parenting, career development, housing, benefit, immigration, ESOL & other needs</p>	<p>Baby Health Clinic 30th November 2017 9.30-11.30 Please bring your red books WEIGHT AND HEALTH REVIEWS</p>	<p>2 year funding eligibility check Drop-In to see whether your 2 year old is eligible for 15 hours a week of free childcare</p>

* Requires enrolment/appointment—Please call the centre for information For 'Drop-in' sessions please turn up during the time indicated