

Programme of Activities September - December 2017

Monday



9.00 am - 11.30 am
*0-5 year olds



With Sensory or soft play

1.00 pm - 3.00 pm
*0-5 year olds

First Steps
(Referral only)
10 am - 6 pm

Baby Massage



*0-Pre-crawling (5 weeks course)
2.30 pm - 3.30 pm
(Please book a space)

ZUMBA

With Viktoria



4.30 pm - 5.30 pm (5 weeks course)
(Please book a space, crèche available for
6 months - 5 year olds)
(Please book a space)

parentgym
FOR PARENTS WHO CARE

9.30 am - 11.30 am
Starts 2/10/17 (6 weeks)
Please book a space, crèche available for
6 months - 5 year olds

Tuesday



With Sing & Sign session
9.00 am - 11.30 am
*0-5 year olds



Early Bird Programme
9.00 am - 12.45 pm
By Referral Only



*0-30 months from 1.00 pm - 1.45 pm
*30 months - 5 year olds from
2.00 pm - 2.45 pm
Snack time from 1.45 pm - 2.00 pm

Are you receiving your
**FREE Vitamins or
Healthy Start vouchers?**
If not speak to a
Member of staff

Mapledene & Queensbridge Children's Centre

54, Mapledene Road, Hackney E8 3LE
Tel: 020 7249 8139

If you or your family require any
additional support or advice please
contact Pamela or Miza at the centre
on 0207 249 8139 or
pdushi@learningtrust.co.uk
mmyers@learningtrust.co.uk

Wednesday



9.00 am - 11.30 am
*0-5 year olds



Citizens Advice Bureau
10.30 am - 1.30 pm
(Every 1st Wednesday)
By appointment only

Let's get healthy with HENRY



9.30 am - 12.00 pm
Starts on 27/9/17 (8 weeks)
Please book a space, crèche available
for 6 months - 5 year olds

On the 2nd Wednesday of each
month, come along to have a chat
with our Family support Practitioner.



9.30am - 11.00am

Evaluation

Have you attended more than three
services in Cluster F?
If you have, we would love to know
your views and ideas. Please see any
member of staff to book an
evaluation session.

Remember... your views do matter!



Are you having difficulty providing
food for your family?
If so speak to a member of staff

Thursday

Under 18 months
Drop-in



9.00 am - 11.30 am

Job Search Skills

Drop in



(Term time only)
10.00 am - 12.00 noon

Information, Advice & Guidance
drop-in

10 am - 11.30 am

(Every 2nd Thursday)



ESOL Classes

1.00pm - 3.00pm
(Term Time Only)

To use our services you must
have a child under five years
of age and be a Hackney
Resident. You will also be
asked to register.

*A £1 donation would be
greatly appreciated

Friday



With Bouncy castle and soft play



9.00 am - 11.30 am
*0-5 year olds

Getting Ready for School



Early Literacy Workshops

9.00 am - 10.00 am
For parents & their 3-4 year olds
children

Nia Project

Referrals only
10.00 am - 4.30 pm



ESOL Classes

1.00pm - 3.00pm
(Term Time Only)

Come along on the 1st Friday of each
month, to our Road safety awareness
event.



On the 4th Friday of each month,
come along to our Clothes Swap and
you won't be able to stop. Bring in
your unwanted clothes and swap them
for items you love!

