

Wentworth Children's Centre - Autumn term 2017



Morning

Afternoon

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>9am-5pm Antenatal Clinic</p> <p>9.30am-11.30am Stay & Play for under 5s, their dads, mums and other carers</p> <div style="border: 1px solid green; padding: 5px;"> <p>FREE vitamins and/or Healthy Start Vouchers for all Hackney families with children under 4. Ask our friendly staff about this.</p> </div>	<p>9.30am-12.30pm Development Reviews</p> <p>12th Sept-17th Oct 9.30am-11.30am Jam Making with crèche</p> <p>7th Nov-12th Dec, 9.30am-11.30am Family Cook & Eat</p> 	<p>9.30am-11.30am Tiny Tots Time for little ones under 18 months, their dads, mums and other carers</p> <p>10am-11am Bookstart Corner</p> <div style="border: 1px solid purple; padding: 10px; text-align: center;"> <p>Activities are FREE!</p> </div>	<p>9am-12.45pm Antenatal Clinic</p> <p>9.30am-11.30am Childminders Group</p> <p>14th Sept and 19th October, 10am-11am Prenatal breastfeeding preparation workshop</p> <p>21st Sept-12th Oct 10am-11am Baby massage</p>	<p>9.30am-11.30am Stay & Play for under 5s, their dads, mums and other carers</p> <p>9am-1pm Women's Trust Counselling Sessions</p> <p>27th Oct, 9.30am-3pm Trip to Kew Gardens</p> 	
<p>18th Sept-18th Dec 12.30pm-3pm Strengthening Families, Strengthening Communities <i>By referral only</i></p> <p>3.30pm-4.30pm Tiny Tots Time for little ones under 18 months, their dads, mums and other carers.</p> <div style="border: 1px solid pink; padding: 5px;"> <p>There is more information about the sessions at the back of the page.</p> </div>	<p>1pm-3pm Stay & Play for under 5, their dads, mums and other carers. No session on 19th Sept.</p> <p>1pm-3pm Family Support Advice</p> <p>19th Sept, 1.30pm-3pm Story & Rhyme at Homerton Library</p> <p>12th Sept-14th Dec 1pm-3pm English for Adults- Entry level 1</p>	<p>13th Sept-13th July 1pm-3pm ESOL Entry Level 2</p> <p>13th Sept-13th Dec 1.15pm-2.15pm Exercise Class for adults</p> <p>25th Oct, 1pm-3pm Stay & Play for under 5s, their dads, mums and other carers</p> <div style="border: 1px solid purple; padding: 5px;"> <p>We get messy! Please don't bring your child/ren in their best clothes, and please bring spare clothes for your child, just in case.</p> </div>	<p>1pm-3pm Stay & Play for under 5s, their dads, mums and other carers. No session on 28th Sept and 14th Dec</p> <p>28th Sept, 1pm-3pm Autumn walk in Vicky Park</p> <p>14th Dec, 1pm-3pm Christmas Party</p> <p>12th Sept-14th Dec, 1pm-3pm English for Adults - Entry level 1</p> <p>1.30pm-4pm Postnatal Clinic</p>	<p>13th Sept-13th July 1pm-3pm ESOL Entry Level 2</p> <div style="border: 1px solid purple; padding: 10px;"> <p style="text-align: center;">Wentworth Children's Centre Granard House, Bradstock Road Hackney, E9 5BN</p>  <p style="text-align: center;">T: 020 8985 3491 #2 M: 0790 542 1548</p> </div>	

Appointments/invitation only

Booking essential

Drop-in sessions

Information is correct at the time of printing

Information about the activities...

Drop in activities

Tiny Tots Time: For early learning and development. Access to a range of carefully planned, stimulating resources and activities. A place for grown-ups to meet and share parenting experiences.

Stay and Play: Support your child/ren's early learning by playing, talking, singing, and sharing activities in a safe and stimulating environment. A place for grown-ups to meet and share parenting experiences. *Last entry 45 minutes before end of session.*

Mini Library: An opportunity to borrow one book at a time from our Mini Library. Books must be returned within 2 weeks.

Childminders Group: For Hackney registered childminders and children in their care **ONLY**. Parents/carers looking for a childminder may be invited. Please contact Grace Opon on 020 8986 7441 or 07768 348 360.

Appointments/Invitations only activities

Family Support Clinic: 30min one to one support sessions twice a month. Offers practical and emotional support dealing with problems such as managing a budget, improving confidence, managing children's behaviour and more.

Development reviews: Important 8-10 month and 27 month development check-up. Get your child's **FREE** Bookstart and **FREE** Oral health pack.

Parenting Advice: First Steps offers support in areas such as: eating, sleeping, crying, behaviour, toilet training, relationships and emotional issues, and more. Please phone the First Steps team on 020 7683 4611 to book an appointment.

Antenatal Clinic: By appointment **ONLY**.

Postnatal Clinic: For babies between 10-28 days old.

Strengthening Families, Strengthening Communities: A 13 week parenting group, supported with crèche.



**Wentworth
Nursery School
and Children's Centre**
Granard House
Bradstock Road
Hackney, E9 5EX
T: **020 8985 3491 #2**
M: **07905421548**



For further information about our activities please either look at our website: <http://www.wentworth.hackney.sch.uk/>
Or give us a call on: **020 8985 3491, option 2**

Opening times:
Mon-Thurs: 9am-5pm
Friday: 9am-4pm

Booking essential activities

Women's Trust Counselling Sessions: Woman's Trust is a support and mental health service for women affected by domestic violence. Call the Women's Trust to book on: 020 7034 0303/0304

ESOL: English for speakers of other languages entry level 2. September 2017 - July 2018. Term time only. Crèche provided

English for Adults: 12 week Entry Level 1 course.

Bookstart Corner: A three week course supporting children and their parents to develop a love of stories, books and rhymes. A free book bag is gifted to families that attend all sessions.

Jam making: During the 6 weeks you will learn different techniques of making jams and preserving food, from the very basic ones to a more advanced ones. You will learn about different jam ingredients and how maths is a key factor in jam making.

Family Cook & Eat: A 6 week cooking course focusing on healthy and fresh home make cooking involving the children in the preparation.

Baby Massage: A rewarding experience aimed to teach parents/carers gentle stimulating techniques to use at home. This 1 hour session encourages parent/baby bonding and helps to relieve and/or soothe your baby throughout its early development. Limited spaces.

Exercise Classes: Weekly 1 hour exercise classes. Each session includes core strengthening, cardio and resistance exercise.

Prenatal breastfeeding preparation workshop: Whether you're a first time mother, expecting twins, need an opportunity to work through a previous breastfeeding experience, going to have an elective caesarean birth, then this session may be just what you need to help you have a positive start to breastfeeding.

Story & Rhyme at Homerton Library: meet us at the centre at 1.30pm or at 2pm at the library for an hours session of story and rhyme. Please all us to reserve a place.



Ways into Work is at the Children's Centre at Gainsborough every Friday from 9am-1pm.
Free employment support for Hackney residents.
For appointments please phone: 020 8525 9020.



Citizens advice bureau is at Daubeney Children's Centre every Tuesday morning.
For appointments please phone: 020 8525 7040