

Wentworth Children's Centre - Autumn term 2017



Morning

Afternoon

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	9am-5pm Antenatal Clinic 9.30am-11.30am Stay & Play for under 5s, their dads, mums and other carers <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>	9.30am-12.30pm Development Reviews 12th Sept-17th Oct 9.30am-11.30am Jam Making with crèche 7th Nov-12th Dec, 9.30am-11.30am Family Cook & Eat 	9.30am-11.30am Tiny Tots Time for little ones under 18 months , their dads, mums and other carers 10am-11am Bookstart Corner <div style="border: 1px solid purple; padding: 10px; text-align: center;"> <p>Activities are FREE!</p> </div>	9am-12.45pm Antenatal Clinic 9.30am-11.30am Childminders Group 14th Sept and 19th October, 10am-11am Prenatal breastfeeding preparation workshop 21st Sept-12th Oct and 2nd-23rd Nov, 10am-11am Baby massage	9.30am-11.30am Stay & Play for under 5s, their dads, mums and other carers. No S&P on 22nd Sept 22nd Sept, 1pm-3pm Autumn walk in Vicky Park 9am-1pm Women's Trust Counselling Sessions 27th Oct, 9.30am-3pm Trip to Kew Gardens 
Afternoon	18th Sept-18th Dec 12.30pm-3pm Strengthening Families, Strengthening Communities <i>By referral only</i> 3.30pm-4.30pm Tiny Tots Time for little ones under 18 months , their dads, mums and other carers. <div style="border: 1px solid pink; padding: 5px;"> <p>There is more information about the sessions at the back of the page.</p> </div>	1pm-3pm Stay & Play for under 5, their dads, mums and other carers. No session on 19th Sept and 17th Oct 1pm-3pm Family Support Advice 19th Sept and 17th Oct, 1.30pm-3pm Story & Rhyme at Homerton Library 12th Sept-14th Dec 1pm-3pm English for Adults- Entry	13th Sept-13th July 1pm-3pm ESOL Entry Level 2 13th Sept-13th Dec 1.15pm-2.15pm Exercise Class for adults 25th Oct, 1pm-3pm Stay & Play for under 5s, their dads, mums and other carers <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>	1pm-3pm Stay & Play for under 5s, their dads, mums and other carers. No sessions on 2nd, 9th, 16th, 23rd, 30th Nov and 7th, 14th Dec 2nd Nov-7th Dec, Music with Corin 1pm-1.45pm (18 mths to 3 yrs) 2pm-2.45pm (under 18 mths) £6 for the course. 14th Dec, 1pm-3pm Christmas Party 12th Sept-14th Dec, 1pm-3pm English for Adults, entry level 1 1.30pm-4pm Postnatal Clinic	13th Sept-13th July 1pm-3pm ESOL Entry Level 2 <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 45minutes 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**
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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 call us to reserve a place. £6 for the course.

Music with Corin: This six week course will consist of music and singing to support your child's development and communication skills. Guaranteed fun and will get you singing and dancing.



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