

# February Half Term!

*Daily from; 10.00-12.15*

**Monday 12th Feb**

**Crazy arts & crafts**

**Tuesday 13th Feb**

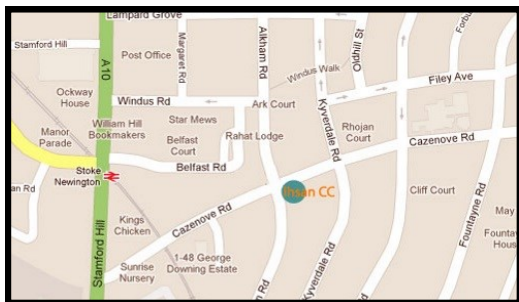
**Messy play bonanza**

**Wednesday 13th Feb**

**Ready, steady, cook**

**Thursday 14th Feb**

**The tiger who came for tea  
Pyjama Party**



Ihsan Children's Centre,  
66-68 Cazenove Road,  
London, N16 6AA  
020 8806 1147 ext 3  
admin@ihsancc.org.uk

**Ihsan Children's Centre**  
**January & February 2024**



Our Activities and sessions are open to  
All Hackney Mothers & Female Carers only

## STAY & PLAY

9th - 12th Jan

New Year New Me



16th -19th Jan

Post Office - Postman Pat

23rd - 26th Jan

Hibernation - Brown Bear



30th Jan - 2nd Feb

Lets get Active - Healthy Heart

6th - 9th Feb

Random Acts Of Kindness - Feelings

12th-15th Feb

Tiger Who Came For Tea



**IHSAN CLOSURES**

**Half term closure - Friday 16th February 2024**

# Ihsan Children's Centre January & February 2024

## Daily Sessions - Term Time Only

These services are generally FREE!  
Simply fill in a registration form on your first visit  
**\*Sign up & Enrolment necessary**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Tiny Tots adventure for our mini adventures (0-18 months) 10.00am to 11.15am	Messy and Sensory Play Everyone Welcome! 9.15am to 11.30am	Stay and Play with Bengali story & rhyme times Everyone Welcome! 9.15am to 11.30am	Stay and Play with Hindi story & rhyme times Everyone Welcome! 9.15am to 11.30am	Stay and Play with soft play Everyone Welcome! 9.15am to 11.30am
 Solihull Parenting Programme with crèche * 10 weeks Course 9.15am to 11.30am	 <b>ENROLMENT WEEK</b> 9th - 11th Jan 2024 Sewing Pattern cutting Solihull Parenting First Aid Knitting for beginners Please kindly bring your NI number & £5 registration fees	10 week Sewing Course * 9.30am to 12.00pm  AND 10 week Pattern Cutting Course * 12.30pm to 3.00pm	 <b>Baby Clinic</b> Meet our friendly, local Health Visitors in a fun environment at Ihsan Children's Centre. Children can enjoy a variety of educational activities and toys whilst meeting the Health Visitor.  Check your child's physical growth & development, Get support with Infant feeding & Explore our journey birth-five.  Receive a FREE gift for your child  Contact team Ihsan to book your appointment. Baby Clinic run on the last Thursday of every month 9.15-12.00	 Tai-Chi, Graceful movements & breathing, helping to reduce stress, improve balance, lower blood pressure, and enhance mental and physical well-being. 9.15am to 10.45am Start date: 12th Jan 2024 *
Community Gentle Exercises * 10 week course 12.30pm to 1.30pm	Entry level 3 childcare * Every Tuesday 9.30am to 11.45am	Ihsan SEND Coffee Morning For parents and carers of children with additional needs with crèche *  Wednesday 21st February 2024 9.15am to 10.45am		 <b>THE LITTLE BIG CHEF</b>
ICT course Entry Level 3 Every Monday 12.30pm to 3.00pm	 <b>Baby Party</b> 0-18 months Meet the Ihsan team, enjoy baby sensory & have some yummy snacks  Tuesday 20th Feb 1pm-3pm Sign up necessary	 Baby Massage 4 sessions Starting from 24th Jan 2024 12.30pm to 1.15pm * 	Sister Club - Chill and Chat 8TH February 2024 1.00pm - 2.00pm Explore: support available for small at home businesses in Hackney	Children's Healthy Cooking 18th January 1st and 15th February 10.30am to 11.15am
 Turkish speaking mums and carers Bring a dish brunch session * Monday 29th Jan 12.30pm to 2.00pm		<b>Available daily</b> • Healthy start vitamins • Oral health packs • Toy library swap & exchange • Breast feeding support • My development journey folder	 <b>THE FELIX PROJECT</b> Helping towards no-one going hungry and good food never going to waste. Deliveries to Ihsan CC usually arrive on Thursdays but we advise you to please call on Thursday morning to find out timing information.	<b>Other Services</b> 0 - 3 year old Provisions: • Toy Library • Stories and Rhyme Time • 2 & 3 year old nursery spaces • HENRY - healthy lifestyles • Infant feeding support