

# Programme of Activities January - April 2019

## Monday



9.00 am - 11.30 am  
\*0-5 year olds

**First Steps**  
(Referral only)  
10 am - 6 pm



Entry 3 Extended Award in English Skills  
1pm - 3pm  
(Term Time Only)

### MUMS - TO - BE session



9.30 am - 11.00 am

From 34 weeks pregnant will receive a gift pack or sign up for one. Come along and find out about children centres and other services you can access

On the 1<sup>st</sup> Monday of each month, bring fresh fruits to share with others during our Messy play session.



Get advice about keeping your Child/ren aged 0-5 year olds safe. Please call Miza to check your eligibility and receive a free assessment on your home for Safety gates, Cupboard/Draw locks, Blind cord covers and Corner



Cushions. Please call Miza

## 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



With Michelle

\*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



(Referral only)

10.00 am - 3.30 pm

### 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](mailto:pdushi@learningtrust.co.uk)

[myyers@learningtrust.co.uk](mailto:myyers@learningtrust.co.uk)

## Wednesday



9.00 am - 11.30 am  
\*0-5 year olds



10.30 am - 1.30 pm

(Every 1<sup>st</sup> Wednesday of each month)

By appointment only

On the 2<sup>nd</sup> 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!

### Bookstart Corner



1.30 pm - 2.30 pm

For parents & their 12 - 24 months old children

Your child will receive a free book pack!

By appointment only

Are you receiving your



FREE Vitamins or  
Healthy Start vouchers?

If not speak to a  
Member of staff

## Thursday

Under 18 months  
Drop-in



9.00 am - 11.30 am

### Functional Maths LEVEL 1

9.30 am - 12.30 pm  
(Term Time Only)

Information, Advice & Guidance drop-in



10 am - 11.30 am

(Every 2<sup>nd</sup> Thursday of each month)



ESOL Classes

1.00pm - 3.00pm  
(Term Time Only)



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

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

## Friday



With Bouncy castle and soft play



9.00 am - 11.30 am  
\*0-5 year olds

### Nia Project

Referrals only  
10.00 am - 4.30 pm



ESOL Classes

1.00pm - 3.00pm  
(Term Time Only)

Incredible Years School Parenting Group

(For parents of children aged 5-12)

10am-12pm  
(Referral only)

Starts 18/01/19

On the 4<sup>th</sup> 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!



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



\*A £1 donation would be greatly appreciated