



## Adult Learning

### Adult Literacy/Numeracy

Improve your basic skills to increase your chances of finding employment and to help your child with their learning.

### Incredible Years Parenting Programme

This course will help you to be more confident to manage the challenges of parenting with support to try out new ideas each week at home. Book at Children Centre.

### Parenting Workshops

We offer a range of parenting workshops e.g. toilet training, sleep, behaviour, first aid. Look out for advertising.



### ESOL with a crèche

This is a class teaching English as a second language. There is a chance to gain a qualification at the end of the course. To find out how to book a place contact one of the centres.

### City of London (CITY)

These classes are run at Golden Lane by The City of London Adult Skills and Education Service. They are open to everyone. For more information, come along to an enrolment session on 8th and 10th September 8:45-10:45am.

## Little Leaps

A structured 6 week course for children aged 30 months to 42 months and their parents. Run by a speech and language therapist aimed to boost language development. By referral or book at Centre.

## Downright Excellent

This is a registered charity offering speech and language therapy sessions to babies and children with Downs Syndrome. These sessions are combined with opportunities for play and peer support. By referral only, please contact 0207 700 6106.

## Childminders

### Childminders' Stay and Play

A session for registered child-minders and the children they look after. It provides an opportunity for children to socialise in a bigger group and childminders to meet to gain support and share ideas. It is also open to parents who would like to meet local childminders and get more info about the childcare they provide. Drop-in.

## Courses

### Family Learning:

### Learning through Play

A course which focuses on a different aspect of play each week. Book at Centre through Stay & Play staff.

please call for further information 020 7608 2753 or visit their offices at 99, Golden Lane.

## Parenting and Family Support

### Family Support

Our Family Support Workers can help families with a variety of issues, everything from children's behaviour and development, routines and sleep plus signposting for support with a wide range of family issues. We offer bi-lingual support in Somali and Turkish. Please speak to a member of staff for more information.

### Twins Club

Set up in response to demand from local parents with twins who are keen to support each other. The club is open to Finsbury Cluster residents. Please call the centre to about joining the club

### Parent consultations

Child Psychology. We have a clinical psychologist from Islington Child and Adolescent Mental Health Service.

Families can book one off appointments with her to discuss concerns about their child's behaviour, development or emotional wellbeing. Please ask a member of staff for more information.

### Respite crèche – Golden Lane Campus only

The respite crèche gives some support to families experiencing difficult family circumstances. Places are allocated according to need. Please speak to Stay & Play staff.



## Information and Advice Islington Working for Parents

IWP offers a free service for Islington parents to help get into employment. This includes finding

training to boost skills, helping to search and apply for a job and preparing for interviews. Maria Marsh is available at Golden Lane on Tuesdays 9-5pm and 3 Corners Learning Centre on Thursday and Friday 9-5pm. Call or text Maria on 0776 916 3319.

### Benefits

Please book an appointment with the centre to check you are getting the benefits you are entitled to.

### Housing

If you need advice, please contact us to book a session with the Housing Advisor.



## Autumn Term 2nd Sept – 23rd Dec

### Half Term 27th Oct – 31st Oct

*Golden Lane will be closed for staff training Monday 1st September*

*Moreland Children's Centre will be closed for staff training 1st and 2nd September*



**Collect free Healthy Start vitamins for children under 4, breastfeeding mums and mums-to-be from Golden Lane Children's Centre.**



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<div>Moreland</div> <div>Moreland St, EC1V 8BB</div> <div>To book call: 0207 527 3500 ext 1</div> <div>Activities start Thursday 4th Sept</div> <div>am pm</div>	<div>9am-12pm</div> <div>UCLH Antenatal Clinic Appointment only through UCLH</div>	<div>9:30-11:30am</div> <div>‘Chatterpillars’ Stay and Play aged 18 months to 4 years Term Time Only</div>	<div>9:30 – 11:30am</div> <div>Little Leaps Language Enrichment Groups. Please Book</div>	<div>10am-12pm</div> <div>Benefits Advice Please Book</div>	<div>11am-12pm</div> <div>Sing Along session and Toy Library Term time only</div>
	<div>9:30-11:15am</div> <div>Baby Stay and Play 0-18 mths</div>	<div>9:30-11:00am</div> <div>Stay and Play and Toy Library Term time only</div>		<div>9:15-11:30am</div> <div>Childminders’ Stay &amp; Play Term time only</div>	
<div>ESOL enrolment 9th &amp; 10th September 9:30am-4:30pm at 3 Corners Learning Centre for information call: 020 7527 5083</div>	<div>1-3pm</div> <div>Free ESOL Entry 1/2 with a crèche starts 22nd Sept</div>	<div>1-3pm</div> <div>Free ESOL Entry 1/2 with a crèche</div>	<div>1:00-3:00 pm</div> <div>Housing Advice every 4 weeks Please Book</div>	<div>1-3pm</div> <div>Breastfeeding Support</div>	<div>1-3pm</div> <div>Stay &amp; Play</div>
	<div>1-4pm</div> <div>UCLH Antenatal Midwifery Clinic appointment only through UCLH</div>	<div>1:00-2:30 pm</div> <div>Little Groovers at 3 Corners Adventure Playground. A physical play session with soft play, music &amp; dance. Drop-in Starts 23rd Sept Term time only</div>	<div>1:00-3:00pm</div> <div>Cook and Eat Stay and Play, Drop-in (£1 donation towards ingredients) Starts 10th September</div>	<div>1-3pm</div> <div>Child Health Clinic Drop in. Please bring your red book. You can play with your child while you wait</div>	<div>1-5pm</div> <div>UCLH Post Natal Clinic Appointment only through UCLH</div>

						Saturday
<div>Golden Lane Campus</div> <div>Whitecross St, EC1Y 8JA</div> <div>Entrance via Fortune Street Park between 8am – 4pm</div> <div>To book call: Tel: 020 7786 4800</div> <div>Activities start Tuesday 2nd Sept</div> <div>am pm</div>	<div>9:30-11:30am</div> <div>Stay and Play</div>	<div>9:30-10am</div> <div>Singalong Age 0-3 Drop in</div>	<div>9:30-11:30am</div> <div>Respite Crèche Please apply at Stay and Play</div>	<div>9:30am-12:30pm</div> <div>UCLH Midwife Antenatal Clinic Appointment only through UCLH</div>	<div>9:30-11:15am</div> <div>Stay &amp; Play</div>	<div>10-12pm</div> <div>Stay &amp; Play</div>
	<div>10:30am</div> <div>Tour of Centre 1st and 3rd Monday of the month term time only. (Meet in the foyer)</div>	<div>9:30-11:30am</div> <div>Childminders’ Stay and Play</div>	<div>9:30- 11:30am</div> <div>Free ESOL Entry 2 with crèche (City)</div>	<div>9:30-11:30am (CITY)</div> <div>Free Adult Numeracy with crèche</div>	<div>9am-1pm</div> <div>Downright Excellent Age 0 – 5 year olds Downs Syndrome Support Contact 020 7700 6106</div>	<div>9am-1pm</div> <div>Downright Excellent Age 5 – 9 year olds Downs Syndrome Support Contact 020 7700 6160</div>
<div>All (CITY) courses start Sept 16th. To find out more call:020 7608 2753 or visit our enrolment sessions at the children’s centre on 8th and 10th September 8:45 - 10:45am</div>	<div>1-3pm</div> <div>Learning through Play 18mths-3yrs Please book at Centre</div>	<div>9-12pm</div> <div>Ante &amp; Postnatal Psychology counselling (Referral only)</div>	<div>9:30 – 11:30am</div> <div>Sewing &amp; Textiles with crèche (City)</div>	<div>9:30-12:00</div> <div>Incredible Years Parenting Course (for parents with children age 18-36 mths) with crèche.</div>		<div>10am-11am</div> <div>Drop in Aerobic sessions £3 donation per session</div>
	<div>1-3pm</div> <div>Twins Club Finsbury Cluster residents only Call Centre to join club</div>	<div>9:30am-5pm</div> <div>Islington Working for Parents for appointment ring or text Maria Marsh on call 07769 163 319</div>	<div>1-3pm</div> <div>Chatterpillars Stay &amp; Play Age 18 mths-4 years</div>	<div>1-3pm</div> <div>Baby Stay &amp; Play for ages 0-18mths</div>	<div>1-3pm</div> <div>Toy Library</div>	<div>10am – 12pm</div> <div>Saturday Olympic Club Fun activities for Islington children aged 5 – 11 £1 per session</div>
<div>Looking for a Childminder...?</div> <div>Call Sandra Nicholson, Childminding Network Coordinator on: 07584370803</div>			<div>1-3pm</div> <div>Free ESOL Entry 1 with crèche (CITY)</div>	<div>1-3pm</div> <div>FREE Adult Literacy with crèche (City)</div>	<div>1:30-2:30pm</div> <div>Baby Massage Please book at Centre</div>	<div>11am-12:15pm</div> <div>Drop in Tai Chi sessions All levels welcome £3 per session</div>
			<div>1-3pm</div> <div>Free ESOL Entry 1 with crèche (CITY)</div>	<div>1-3pm</div> <div>FREE ESOL Entry 1 with crèche (City)</div>	<div>12-5pm</div> <div>Water Babies Teach your baby to swim Call to book 020 8989 4821</div>	

## Exciting News!

Moreland Children’s Centre and Moreland Primary School are being rebuilt so by September 2016 we will moving into a brand new building. Whilst the new building is being built we will be moving into a newly refurbished space in Moreland Primary School. We will be providing an information leaflet letting you know about the date of the move and any changes to our timetable.



### Maternity, health & babies

#### Ante natal clinic

These clinics are run by UCLH midwifery team. Please book an appointment with your midwife.

#### Post natal clinic

This clinic is arranged by your midwife at UCLH who will invite new parents to come in after your baby is born so you and your baby can both be checked.

#### Ante natal and Post natal Psychology Counselling Service

A service to support parents to adjust to the challenges of parenthood. Referral

#### Breastfeeding Support

The group is run by mothers who have also breastfed and been trained to support others. Drop-in.

#### Baby Stay and Play (0-18 months)

A stimulating environment for your baby and a chance for you to meet other new parents. Drop-in.

#### Baby Massage

A course where you will learn a range of techniques to soothe your baby, relax and develop your relationship. Book at Centre through Stay & Play staff.

#### Child Health Clinic

A clinic run by Health Visitors where you can have your baby weighed and ask any questions you have about your baby’s health, development and immunisations. Please bring your red book. There is a play room where you can wait and play with your child. Drop-in.

### Family Activities

#### Stay and Play

These sessions are for you to come and play with your child, have fun and pick up tips on how you can support your child’s learning and development. Come and meet other parents and find out about other services available at your local children’s centre. Drop-in.



#### Little Groovers

Lots of fun - Held at 3 Corners Adventure Playground this is a physical play session with soft play, music and dance. Drop-in.

#### After School Stay and Play

An after school play session for children aged five and under. Drop-in.

#### Cook and Eat Stay and Play

Come and cook healthy food with your child and other families. Recipes to take away! Drop-in

#### Play and Information

Information session with play

activities for children. These sessions are run by a Family Support and Outreach Worker who is available to give information and advice on a range of topics. Each week has a theme chosen by parents e.g. toilet training, sleep routines and children’s behaviour. Drop-in.

#### Sing Along session

A fun singing session to help develop your child’s language and communication through songs, rhymes and signs. Drop-in.

#### Toy Library

Parents, carers and childminders are welcome to bring children to try out and borrow our high quality and stimulating toys. The toys have been chosen with young children including those with special needs and disabilities in mind. Drop-in.

#### Language Development Chatterpillars (18 months to 4 years old)

Chatterpillars is a session which focuses on developing children’s communication skills. Run by the centre staff with support from a speech and language therapist.

Each week there is a top tip, a group activity and song time to boost children’s language development. A drop-in however, because of the nature of the activities that take place in the session we have to restrict numbers to ensure the quality of children’s experience.

