

### **East/Central Locality Activity Timetable**

Part of the 0-19 Early Help Services

## **Summer Term Timetable**

19.04.2022 - 22.07.2022

Inset Days: BEYA19.04.2022 - sessions start on 20.04.2022

Activities offered weekly unless otherwise stated

Separate half-term timetable for 30.05.2022 – 03.06.2022

Covid safety measures regarding the wearing of face coverings will be adopted and reviewed throughout the term in line with current government guidelines. Numbers at each session are capped to reduce the risk of overcrowding, rooms will be well ventilated and hand sanitiser will be encouraged.

Sessions are drop in unless otherwise stated.

FREE Early Years Education for 2 to 4 year olds



For more information, to check eligibility and obtain support in finding a suitable setting, please speak to Children's Centre staff or contact the Early Years Team on Tel: 020 8359 3052 Email: <a href="mailto:earlyyears@barnet.gov.uk">earlyyears@barnet.gov.uk</a>

Sing-along Healthy Cookir

Baby Care

**Makaton** 

Rhyme Time

**Baby Massage** 

**Story Time** 

**Fun Activity** 

**Arts & Crafts** 

Gardening

Boogie Mites

Includes sessions in community languages

\*\*Please check Facebook for additional fun activities, information and updates\*\*

Barnet Children's Centres – East Central Locality



### **East/Central Locality Children's Centres**

# BEYA A Sure Start Children's Centre

BEYA – Barnet Early Years Alliance Children's Centre

Brookhill Nursery School, EN4 8SD Hampden Way Nursery

School, N14 5DJ St Margaret's Nursery School, EN4 9NT

admincc@beya.org.uk

Coppetts Wood

Coppetts
Wood Children's Centre

(based at Coppetts Wood Primary School) Coppetts Road, London, N10 1JS

> childrenscentre@coppetts wood.barnetmail.net

Newstead
A Sure Start Children's Centre

Newstead Children's Centre 1 Fallows Close, East Finchley, N2 8LG

Newstead@barnet.gov.uk

Underhill
A Sure Start Children's Centre

Underhill School and Children's Centre

Mays Lane, Barnet, EN5 2LZ

info@underhillcc.barnetmail.net

### **Outreach Venues**

122 Oakleigh Road North N20 9EZ
Queenswell Infant and

Nursery School Sweets Way N20 0NQ Hollickwood Primary School Sydney Road

N10 2NL

**Summerside Primary School** 

Crossway N12 0QU Barnwood N2 Tarling Road N2 8HU Hope Corner Community
Centre

185 Mays Lane, EN5 2DY

#### **East / Central Early Help Hub**

- Providing help and support to children, young people and their families from birth, up to the age of 19 (or 25 if they have special educational needs or a disability).
- All families face challenges and sometimes need support. Early Help is about providing you with this at the right time.
- We operate from 3 geographical areas or 'hubs', which enable us to be closer to where families live.
- With our partners, we provide a range of services, some of which are accessible to everyone and others that are more targeted.

Newstead Children's Centre,

1 Fallows Close, East Finchley, N2 8LG

020 8359 3460

newstead@barnet.gov.uk

Covers the postcodes of: N2, parts of N3, parts of N10, N11, N12, parts of N14, EN4, EN5





ALL sessions will have limited spaces. Sessions marked with "require booking in advance Please contact host Children's Centre for more information or booking at Coppetts Wood 0-5 years 15-10.46am 15	Monday	Tuesday	Wednesday	Thursday	Friday	
Sessions marked with "require booking in advance Please contact host Childran's Centre for more information or booking  Stay and Play at Coppetts Wood 0 - 5 years 9.15 - 10.45am 2.15 - 10.45am 0 - 5 years 9.15 - 10.45am 0 - 5 years 9.30 - 11am 0 - 5 years 1 - 10.5 years 1 - 10.5 years 1 - 10.5 years 1 - 10.5 years 1		Face	e To Face Sessions			
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Introduction to Solid Foods   at Underhill   1 - 5 years   1 - 2pm   1.15 - 2.15pm   1.30am - 12.30pm   06.06.2022   04.07.2022   To book text Beverley   07950 791287     Messy Stay and Play   at Underhill   Regulate   at Underhill   at St Margaret's   Nursery School   0 - 5 years   3.45 - 5pm   3.45	Stay and Play at Underhill 9.30 – 11.30am Registered Childminders only  Movement and Drama* at Coppetts Wood 2 – 5 years 10 – 10.30am  Jumpers and Movers at Newstead Walkers Only	Stay and Play at Hampden Way Nursery Community Garden 1 - 2.30pm Registered Childminders only Baby Play at Coppetts Wood 0 - 12 months 1.15 - 2.15pm  Baby Massage* at Underhill 8 weeks - 4 months 1 - 2pm  To book text Saydie	at All Saints Church Hall Non-walkers 10 - 11.30am  Spanish Lessons at Coppetts Wood 10 - 10.30am Booked Directly with Lingotot £5 per child  Baby Stay and Play at Underhill Non-walkers 10.30am - 12noon	at Coppetts Wood  0 – 12 months  1.15 – 2.15pm  Rhyme Time at Hope Corner Community Centre  0 – 5 years  1.30 – 2.15pm  Starts 28.04.2022  Indoor Stay and Play (Health and wellbeing information available) at St Margaret's Nursery School	at Coppetts Wood 0 – 12 months	
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Stay and Play	Stay and Play	Physical Stay and Play	Nursery Show	
at Underhill	at Newstead	lead by Better Gym	Around*	
0 – 5 years	0 – 5 years	at St Margaret's	at St Margaret's	
1.15 – 2.15pm	1.30 – 2.30pm	Nursery School	Nursery School	
Starts 25.04.2022		0 – 5 years	from 3.45pm To book call <b>020 8449</b>	
Starts 25.04.2022		1.30 – 2.30pm		
			5466 option 3 or email	
			admincc@beya.org.uk	
Baby Play	Indoor Stay and Play	Baby Massage*	adminice@beya.org.dk	
at Coppetts Wood	at St Margaret's	at All Saints Church		
0 – 12 months	Nursery School	Hall	Winterel Telepho	na Casalana
1.15 – 2.15pm	0 – 5 years	2 months – 6 months	Virtual Telepho	ne Sessions -
1.10 2.10pm	1 – 2.30pm	To book call <b>020 8449</b>	Thurs	davs
	1 2.00β/11	<b>5466 option 3</b> or email		
		jholt@beya.org.uk		
Baby Massage*		Baby Play		
at Newstead		at Coppetts Wood		
6 weeks – 6 months		0 – 12 months		
2 – 2.45pm		1.15 – 2.15pm	Welfare	Advice
To book email			with Nev	
Newstead@barnet.gov.uk				
Stay and Play		Baby Stay and Play	To boo	k call
at Brookhill Nursery		with baby self-weigh in	020 835	9 3460
and Garden		at Newstead		
0 – 5 years		Non-walkers		
3.45 – 5pm		2 – 3pm		
·		·		
Nursery Show Around		Shake, Rattle & Roll		
at Brookhill Nursery		Music*		
School*		at Coppetts Wood	Welfare	Advice
From 3.45pm		0 – 5 years	with Un	
To book call		2.30 – 3pm	With On	uciiiii
020 8449 5466 option 3		Outdoor Stay and Play	To boo	k call
or email		at Brookhill Nursery	020 844	
admincc@beya.org.uk		and Garden	020 077	- 1-0
		0 – 5 years		
		3.45 – 5pm		
		If-Weighing Service		
	carers to weigh their bal			under 1 years)
Baby Weighing*		Baby Weighing Drop-in	Baby Weighing*	
at Underhill		at St Margaret's Nursery	at Underhill	
9.15 – 11.30am		School	9.15 – 11.30am	
To book text Maria		9.30am – 12.30pm	To book text Maria	
07718 648305			07718 648305	
			Baby Weighing*	
			at Newstead	
			1 – 4pm	
			To book email	
			Newstead@barnet.gov.uk	





	Adult Learni	ng and Parenting	Programmes		
Monday	Tuesday	Wednesday	Thursday	Friday	
Paediatric First Aid* at Underhill 9.15 - 11.15am 6 week course To book text Maria 07718 648305  Starts 25.04.2022	Family Links Parenting Puzzle* at Underhill 9.45am – 12.15pm 10 week course  To book text Saydie 07718 648300 or Beverly 07950 791287  Starts 26.04.2022	ESOL* with Underhill in partnership with Barnet and Southgate College 9.15 – 11.15am  To book text Maria 07718 648305  Starts 27.04.2022  Strengthening Families, Strengthening Communities Parenting Programme* at Newstead 10am – 1pm 12 week course  To book call 020 8359 3460  Starts 27.04.2022	Family Links Parenting Programme at Coppetts Wood 9.30 – 11.30am 10 week course  To book email droberts- whiley@coppettswood .barnet.sch.uk  Starts: 6 May 2022  Being a Parent (bring up confident, happy, and co-operative children) at St Margaret's Nursery School 9.30 – 11.30am 8 week course  To book email EYPH@barnet.gov.uk  Starts: 21.04.2022	Solicitor Drop-In Sessions at Underhill  First Friday of each month  10am – 1pm  BOOST Sessions at Underhill Last Friday of each month 10am – 12pm Do you need help to upskill or obtain employment? BOOST offer free support including: -career guidance -job searching -training -cv training -interview skills	
		Michaelforna		To book text Maria 07718 648305	
		Midwifery			
Monday	Tuesday	Wednesday	Thursday	Friday	
Face To Face Sessions  Antenatal & Postnatal appointments arranged via your Midwife					
Midwifery at Underhill Appointments only	Acacia Midwifery at Underhill Appointments only	Midwifery at Coppetts Wood Appointments only	Midwifery at Underhill Appointments only	Midwifery at Underhill Appointments only	
Midwifery at Coppetts Wood Appointments only	Midwifery at Newstead Appointments only			Midwifery at Newstead Appointments only	
Service Directory – Useful Contacts					
Community Health Hub – 020 3633 4049 / 0800 772 3110 Barnet Breastfeeding Support – 0800 246 1127 Barnet Wellbeing Service (Mental Health Service for Adults) – 0333 344 9088 Barnet Integrated Clinical Service (BICS) (Mental Health Service for Young People) – 07926 085495 Citizens Advice Bureau – 0808 250 5708 BOOST (Employment Support) – 0208 359 2442 Free Early Years Education for 2/3/4 year olds – 0208 359 3052 SOLACE Women's Aid (Domestic abuse support) – 0203 874 5003 Somali and Bravanese Centre– 0207 018 6560					



