

**Spring Half Term Activities Timetable 12-16 February 2018**  
Coppetts Wood Children's Centre N10 1JS 020 8883 2985  
childrenscentre@coppettswood.barnetmail.net

Newstead Children's Centre N2 8LG 020 8359 3460/3461 newstead@barnet.gov.uk

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Chatty Play</b></p> <p>10-11.30am</p> <p>Birth-five years</p> <p>held at <b>Newstead Children's Centre N2 8LG</b> <b>020 8359 3460</b></p> <p><b>Free admission</b></p>	<p><b>Childminders Stay &amp; Play</b></p> <p>9.30-11am</p> <p>Childminders with under eights</p> <p>Free admission</p> <p>held at <b>Newstead Children's Centre N2 8LG</b> <b>020 8359 3460</b></p>	<p><b>Stay &amp; Play</b></p> <p>9.15-10.45am</p> <p>under fives</p> <p>held at <b>Coppetts Wood Children's Centre N10 1JS</b> <b>020 8883 2985</b></p> <p><b>£1 per child please</b></p>	<p><b>CHILDREN'S CENTRES CLOSED FOR STAFF TRAINING</b></p>	<p><b>Childminders Drop In</b></p> <p>9.30-11am</p> <p>held at <b>Coppetts Wood Children's Centre N10 1JS</b> <b>020 8883 2985</b></p> <p><b>Donations please</b></p>
<p><b>Housing Navigator</b></p> <p>10am-12noon</p> <p>By appointment</p> <p>held at <b>Newstead Children's Centre N2 8LG</b> <b>020 8359 3460</b></p> <p><b>Ring to book</b></p>	<p><b>Baby Play</b></p> <p>non walkers</p> <p>9.30-11am</p> <p>held at <b>Coppetts Wood Children's Centre N10 1JS</b> <b>020 8883 2985</b></p> <p><b>£1 per child please</b></p>	<p><b>Midwives Post Natal Group</b></p> <p>9am-3pm</p> <p>held at <b>Coppetts Wood Children's Centre N10 1JS</b> <b>020 8883 2985</b></p> <p><b>by invite only</b></p>		<p><b>Child Development Reviews</b></p> <p>9am-12noon</p> <p>by appointment only via health visitor</p> <p>held at <b>Newstead Children's Centre N2 8LG</b> <b>020 8359 3460</b></p>
<p><b>Play &amp; Rhyme Time</b></p> <p>1-1.45pm</p> <p>non walkers only</p> <p>held at <b>Newstead Children's Centre N2 8LG</b> <b>020 8359 3460</b></p> <p><b>Free admission</b></p>	<p><b>Boogie Mites</b></p> <p>1-1.45pm</p> <p>Walkers only</p> <p>held at <b>Newstead Children's Centre N2 8LG</b> <b>020 8359 3460</b></p> <p><b>Call to book</b></p>	<p><b>Valentine's Arts &amp; Crafts</b></p> <p>10-11.30am</p> <p>Birth-five years</p> <p>held at <b>Newstead Children's Centre N2 8LG</b> <b>020 8359 3460</b></p> <p><b>£1 per child</b></p>		<p><b>EMBRACE Post Natal Support Group</b></p> <p>12.30-2.30pm</p> <p>held at <b>Coppetts Wood Children's Centre N10 1JS</b></p>
<p><b>Stay &amp; Play</b></p> <p>1.15-2.45pm</p> <p>under fives</p> <p>held at <b>Coppetts Wood Children's Centre N10 1JS</b> <b>020 8883 2985</b></p> <p><b>£1 per child please</b></p>	<p><b>Family Play</b></p> <p>2.15-3.45pm</p> <p>held at <b>Coppetts Wood Children's Centre N10 1JS</b> <b>020 8883 2985</b></p> <p><b>£1 per child please</b></p>	<p><b>Locality Employment Advice</b></p> <p>10am-12noon</p> <p>held at <b>Newstead Children's Centre N2 8LG</b> <b>020 8359 3460</b></p> <p><b>Ring to book</b></p>		<p><b>Baby Play</b></p> <p>non walkers</p> <p>1-2.30pm</p> <p>held at <b>Coppetts Wood Children's Centre N10 1JS</b> <b>020 8883 2985</b></p> <p><b>£1 per child please</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Midwife Appointments</b></p> <p>1-4pm</p> <p>held at <b>Coppetts Wood Children's Centre N10 1JS</b></p> <p>by invite only</p>	<p><b>CYP Wellbeing</b></p> <p>4.15-5.15pm</p> <p>held at <b>Newstead Children's Centre N2 8LG</b> <b>020 8359 3460</b></p>	<p><b>Woodland Walk</b></p> <p>1-2.30pm</p> <p>under fives</p> <p>meet at <b>Coppetts Wood School at 1pm</b> <b>020 8883 2985</b></p> <p>Donations please</p>		<p><b>Midwifery</b></p> <p>1-3pm</p> <p>Antenatal parenthood education</p> <p>held at <b>Newstead Children's Centre N2 8LG</b> <b>020 8359 3460</b></p>
<p><b>East &amp; Central Locality Children's Centres</b> We work in partnership with other Children's Centres in our locality to offer a range of services:</p> <p><b>BEYA Children's Centre, Hampden Way, Southgate, London N14 5DJ 020 8449 5466</b></p> <p><b>BEYA Children's Centre, Margaret Road, New Barnet EN4 9NT 020 8449 5466</b></p> <p><b>Underhill Children's Centre, Mays Lane, Barnet EN5 2LZ 020 8359 3440</b></p> <p><b>Regular Services available:-</b> Advice and support available regarding:</p> <ul style="list-style-type: none"> <li>weaning</li> <li>toilet training</li> <li>behaviour management</li> <li>sleep</li> <li>fussy eating</li> <li>Healthy Start and Foodbank vouchers</li> <li>smoking cessation</li> </ul> <p>plus any other parenting issues</p>		<p><b><u>Healthy Start and Food Bank Vouchers</u></b> <i>We can provide advice and support on Healthy Start and food bank vouchers.</i></p> <p><b><u>Breastfeeding and feeding support</u></b> <i>We have trained practitioners that can support breastfeeding and feeding advice.</i></p> <p><b>Barnet Breastfeeding Support 07815 717055</b></p> <p><b>National Breastfeeding Helpline 0300 100 0212</b></p> <p><b><u>Job Centre Plus</u></b> <i>We work in partnership with Job Centre Plus who offer one to one advice in job searching and career choices.</i></p> <p><b><u>Family Support and Outreach Services</u></b> <i>Our Family Support Team provides a range of Stay and Play activities. We also offer advice and support for all families around a range of issues either in the centre, home visits or within the wider community.</i></p>		<p><b>First Aid for Babies and Children</b></p> <p>Ring to express an interest and put your name on the waiting list</p> <p><b>020 8883 2985</b></p>
<p><b><u>Women's Support Group</u></b> <i>We can offer you help and support through:</i></p> <ul style="list-style-type: none"> <li>A parenting course to promote safer relationships, raise your self-esteem and increase your understanding of conflict.</li> <li>Understanding your child's needs and improving behaviour.</li> <li>Stay and Play sessions with supportive staff where you will get the chance to meet other parents and have fun with your children.</li> <li>One-to-one and family counselling.</li> </ul> <p><b><u>IAPT Counselling</u></b> <i>IAPT is a service that provides quick, easy access to psychological therapies for people experiencing depression and anxiety.</i> <i>For referrals please speak to a member of staff.</i></p>		<p><b><u>Welfare Rights Advice</u></b> <i>For parents who want to find out how the welfare reform affects their family.</i></p> <p><b><u>Speech and Language Therapy surgery</u></b> <i>If you find your child is having difficulties with speech and/or language development please call and book an appointment with our Speech and Language Therapist</i></p>		<p><b><u>FEE2 Advice &amp; Support</u></b> <i>Do you require support accessing Free Early Education for two year olds? A member of our outreach team will be able to offer you free support with this.</i></p>
		<p><b>Super Saturdays</b></p> <p>10am-12noon</p> <p>Dates: 17 February 2018 17 March 2018</p> <p>held at <b>Newstead Children's Centre N2 8LG</b> <b>020 8359 3460</b></p>		
<p><b>Fixed Closures: Dates: Centres closed Friday 30 March – Monday 2 April 2018 – Easter weekend</b> <b>Coppetts Wood Children's Centre closed 3-6 April</b></p>				
<p><b>Please note:</b> Timetable correct at time of print – please contact the centre directly for up to date information. All charges are a voluntary request and fees can be negotiated.</p>				