

Healthy Start Vitamins

Are you pregnant or have children under the age of four? You could qualify for free Healthy Start vitamins if you're on benefits, or if you're pregnant and under 18. To check eligibility please go to the following website. <https://www.healthystart.nhs.uk/>



Breastfeeding Support

Our Breastfeeding Support Service provides parents with support and information on infant feeding. No appointment needed and our service is free for all - mums, dads, partners, grandparents, breast feeders, mixed feeders, whether it's lots of support wanted or just little questions answered, haringeysupport@breastfeedingnetwork.org.uk

Midwifery Team

Our midwifery partners are North Middlesex Hospital and Whittington Hospital. To speak to the midwifery teams from these two hospitals, please contact the following numbers.

North Middlesex Lavender Team: 020 3224 4422

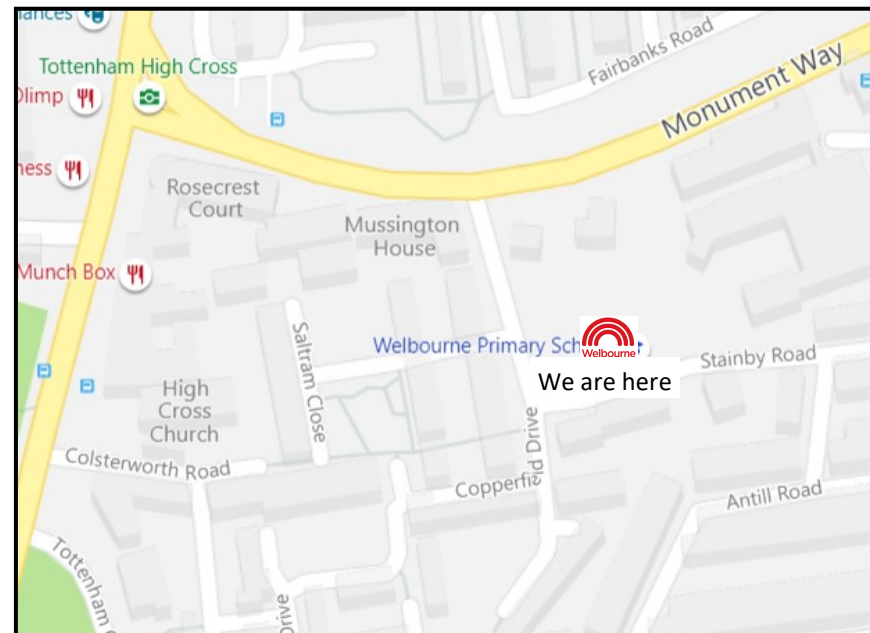
Whittington Community Midwife Service: 020 7288 3482

Your appointments will be in the Children's Centre, but we may not be

Free Nursery Care

With Haringey's Free For 2s programme, some children are eligible for free 15 hours of nursery education from the term following their 2nd birthday. To see if you're eligible, please go to: <https://www.haringey.gov.uk/children-and-families/childcare-and-early-years/childcare-costs/free-early-education/free-early-learning-two-year-olds/free-for-2s-eligibility-check> You can also ask in centre for information, or call us on 020 8493 1197.

All children in Haringey are eligible for 15 hours of nursery education from the term following their 3rd birthday, and some are eligible for 30 hours. Ask in centre for information, or call us on 020 8493 1197



1a Stainby Road

N15 4EA

020 8493 1197

childrenscentre@welbourne.haringey.sch.uk

Monday

**Early years
Educators Cache
Level 1**

9:30–11:30



**Breast feeding
support**

12.30pm -2.30pm

**Woman only
session**

Stay & Play

Outdoor
accompanied play

1:30 - 3.00pm

Drop-in session.

Tuesday

E1/Pre-Entry ESOL

9:30–11:30

**Project 20-20
Employment
Support for local
families**

Ask in centre for
details

**Development
reviews**

**(1 and 2 year
olds)**

**(Appointments
made with health
services)**

1pm -4pm

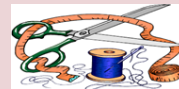
Wednesday

**Incredible Years
Parenting program**

Ask in centre for
details

Adult Craft Club

9.30am -11.30am
**Including Knitting
& Crochet**



Stay & Play

Outdoor
accompanied play

1:30 - 3.00pm

Drop-in session.

Thursday

E1/Pre-Entry ESOL

9:30–11:30

**Baby Massage/
Baby Yoga.**

1:30–3:00pm

Ask in centre for
details.

Courses by referral

Cygnnet Programme

Henry Programme

Speak to the outreach
team on

Melissa 07790982489

Shirlana 07790982485

Friday

**Babbling Baby
Group**

*(Non walkers drop
in session)*

10.00am -11.00 am,

**SENDIASS advice
sessions for parents**

9:00 12:00 by appointment

Ask In centre for details



**All Services Are
Free to Haringey
Residents but
spaces are limited.
Please call or
email to arrange.**