

Healthy Start Vitamins

Are you pregnant or have children under the age of five? 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/>

Vitamins are available at Welbourne Children's Centre reception.



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 questions answered.

haringeysupport@breastfeedingnetwork.org.uk

Free for 2's Nursery Provision

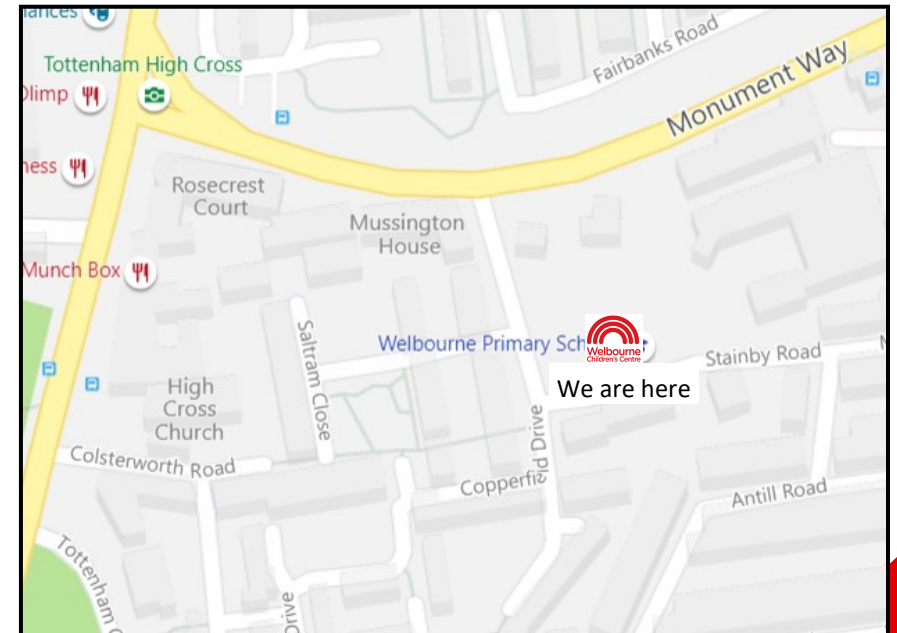
Children who are eligible for the Haringey's Free For 2s programme are entitled to free 15 hours of nursery education from the term following their 2nd birthday. To see if you're eligible, please go to: <https://www.haringey.gov.uk/children-and-families/childcare-and-early-years/childcare-costs/free-early-education/free-early-learning-two-year-olds/free-for-2s-eligibility-check>

You can also ask in centre for information, or call us on 020 8493 1197.

From 3yrs +

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



welbournechildrenscentre

Monday

Breast feeding support
12:30pm -2:30pm
Woman only session




Play Sessions
0-4 years
Drop in session
1:30 - 3:00pm

Oral health
in attendance in
the play sessions
termly.

Tuesday

Henry Parenting Program
Jan-Feb 2025
Ask in centre for details.



Support for local families
Ask in centre for details

Development Reviews Clinic
(By appointment only)
12:45pm -4:30pm



Wednesday

Webster Stratton Incredible years
Parenting program
Jan - March 2025
Ask in centre for details.

Play Sessions
0- 4 years
Drop-in session
1:30 - 3:00pm

Haringey Advice Partnership
Monthly support,
within the Play session.



Thursday

Baby Massage
10:00-11:30am
Ask in centre for details.

Parents Surgery
2:00pm -3:00pm
Drop in
Advice services from Outreach team

Courses by referral :
--:Cygnet
--:Henry
--:Strengthening Families,
Strengthening Communities

Contact the outreach team for further

Friday

Sensory Baby Group
(Non walkers drop in session)
10:00am to 11:00 am

SENDIASS
(Special Educational Needs and Disabilities Information Advice and Support Service)
Termly drop-in advice sessions for parents
7th Feb 2025
9:00am-10:00am




All Services Are Free to Haringey Residents but spaces are limited.