

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

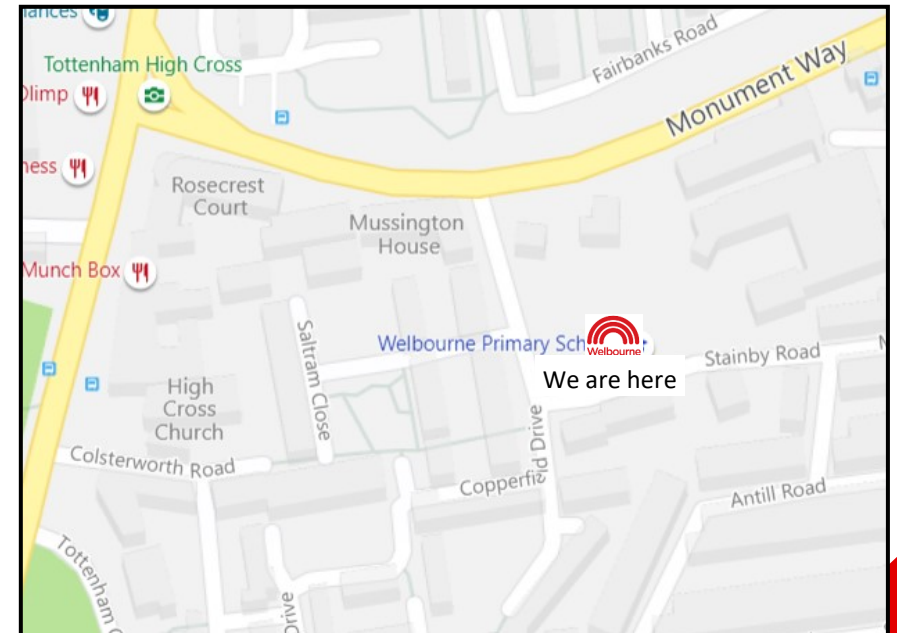
Children who are eligible for the Haringey's Free For 2s programme are entitled to free 15 hours of nursery education from the term following their 2nd birthday. To see if you're eligible, please go to: <https://www.haringey.gov.uk/children-and-families/childcare-and-early-years/childcare-costs/free-early-education/free-early-learning-two-year-olds/free-for-2s-e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

Monday

Breast feeding support
12.30pm -2.30pm
Woman only




session

Stay & Play
Outdoor accompanied play
1:30 - 3.00pm
Drop-in session.

Tuesday

Project 20-20 Employment Support for local families
Ask in centre for details

Development Reviews Clinic for 1 and 2 year olds (By appointment only)
12:45pm -4:30pm




ESOL Classes
Entry level 1
(Enquire within)



Wednesday

Stay & Play
Outdoor accompanied play
1:30 - 3.00pm
Drop-in session

Haringey Advice Partnership
Monthly support, within the Stay & Play session.



Thursday

Baby Massage
Ask in centre for details.

ESOL Classes
Entry level 1
(Enquire within)



Courses by referral :

- :Cynet
- :Henry
- :Strengthening Families, Strengthening Communities

Contact the outreach team for further details.

0208493119

Friday

Babbling 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




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