

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.



Haringey Food Bank

We can give families vouchers for Haringey Food Bank. Come and talk to our outreach workers Shirlana or Melissa.

School Applications

Our team can offer help and advice with making a Haringey school application. Ask in centre for details

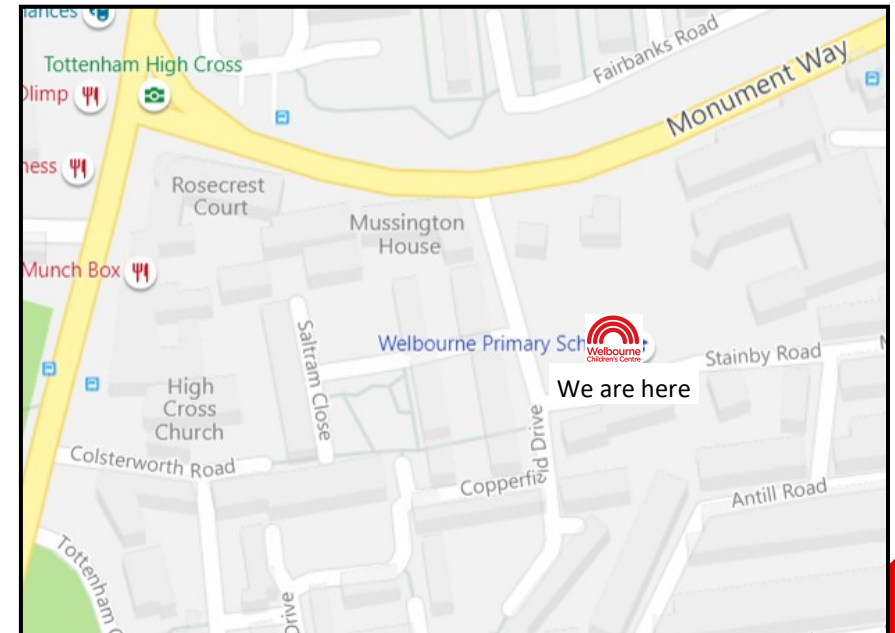
Free for 2's Nursery Provision

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.

30hrs for Working Parents.

Children of working parents may be eligible for 30hrs nursery provision after their second birthday. Ask in centre for more information and to support an application.



1a Stainby Road

N15 4EA

020 8493 1197

childrenscentre@welbourne.haringey.sch.uk



[welbournechildrenscentre](https://www.instagram.com/welbournechildrenscentre)

Monday

Breast feeding support

12:30pm -2:30pm



Family Play Sessions

0-4 years

Drop in session

1:30 - 3:00pm

Speech & Language Drop-in: 13th Oct

Occupational Therapies Popup 13th Nov

Tuesday

Development Reviews Clinic

(By appointment only)

12:45pm -4:30pm



School Applications

Ask in centre for advice and support.

Courses by referral :

--Cygnet

--Henry

--Strengthening Families, Strengthening



Wednesday

Fortaleza Latina

Latin American Mums Group

10.00 am -12.00 pm

Drop-in session for Spanish speakers

Family Play Sessions

0- 4 years

Drop-in session

1:30 - 3:00pm

Early educators Cache Level 1

12.30pm -3.30 pm



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

Henry Parenting Program

25 Sep-11 Dec

Ask in centre for details.



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

Friday 17th October

2025 9.00-10.00am



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