

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 worker Melissa.

School Applications

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

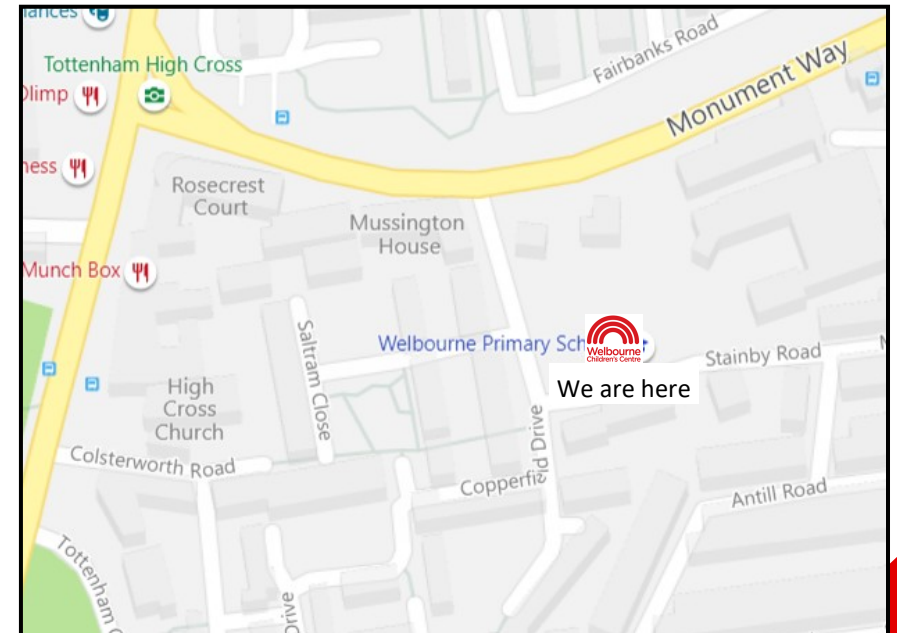
Free for 2's Nursery Provision

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

Monday

Breast feeding support

12:30pm -2:30pm

Drop in session



Family Play Sessions

0-4 years

Drop in session

1:30 - 3:00 pm

SLT drop in Monday

18th May 2026

1.30 pm - 3.00 pm

OT drop in Monday

15th June 2026

1.30 pm - 3.00 pm

Tuesday

Buggy Fit walk with Spurs

10am -11am

Down Lane Park

Development Reviews Clinic

(By appointment only)

12:45pm -4:30pm



Sensory Baby Group

1.30pm-2.30pm

(Non walkers drop in session)

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 - 3.00 pm

Dental support visits -

21st April 2026 - Baby group

22nd April 2026 - Stay and play

Thursday

Parents Surgery
2:00pm -3:00pm

Drop in

Advice services with Melissa our outreach worker

Courses by referral :

--Cygnet

--Henry

--Strengthening Families,
Strengthening Communities

Contact the outreach

Friday

Baby Massage

Ask in centre for details.

SENDIASS

(Special Educational Needs and Disabilities Information Advice and Support Service)

Termly drop-in advice sessions for parents

Friday 5th June 2022

9.00 am-10.00 am



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