

## 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

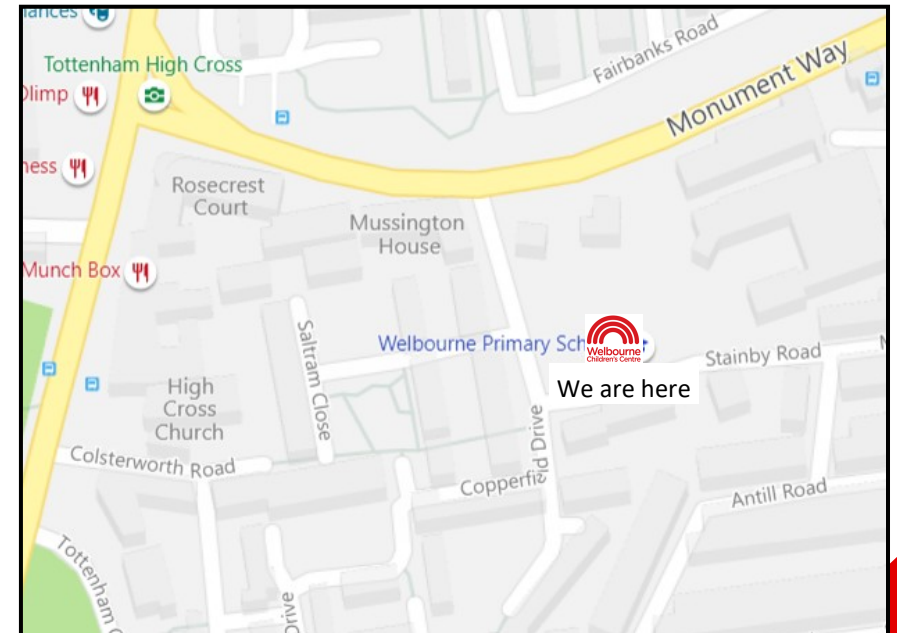
## Free for 2's Nursery Provision

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](mailto: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

Occupational Therapist  
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**

### Thursday

**Parents Surgery**

**10.00am -**

**11.00am**

Drop in

Advice services with Melissa our outreach worker

**Baby Massage sessions**

**1.30 pm -3 pm**

Ask in centre for details.

### Friday

**Courses by referral :**

--:Cygnet

--:Henry

--:Strengthening Families, Strengthening Communities

*Contact the outreach*

**SENDIASS**

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

**Termly drop-in advice sessions**



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