

MONDAY

Family Play Sessions
(0— 4 years)
10.30am-12.00pm
Drop-in session

Breast feeding support
12:30 pm -2:30pm
Drop in session



Parents Forum
Make a difference in
the Children's
Centre.
TBC

TUESDAY

Sensory Baby Group
10.30am-11.30am
(Non walkers drop in session)

Health Visiting Team
ASQ Reviews
(By appointment) 1
year and 2 year
olds



WEDNESDAY

La Fortaleza Latina
10.00 am –12.00 pm
Drop-in session for
Spanish speakers

Incredible Years
10.00am - 12.00pm

Family Play Sessions
(0— 4 years)
Drop-in session
1:30pm – 3.00 pm

THURSDAY

Baby Massage
10.00am - 11.30am
Ask in centre for
details.
**17th -September-7th
Oct 2026**



Parents Surgery
2:00pm –3:30pm
Drop in Advice
services

FRIDAY

SENDIASS
(Special Educational
Needs and Disabilities
Information Advice
and Support Service)
Termly drop-in advice
sessions for parents
Friday 17.11.2026
9.00 am-10.00 am



Dates for your diary

Talking Tips 21/09/2026

Speech & Language 7/10/26
(in Stay and Play sessions)



Haringey Food Bank vouchers available at Welbourne. Come and chat to our outreach worker Melissa.



Sign up for our baby massage classes at Welbourne Children's Centre scan the QR code below



Do you need support to apply for 30 hours Nursery places or applying for the 15 hours 2 year old spaces in Haringey



Are you pregnant or do you have children under the age of five? You could qualify for free Healthy Start vitamins if you're on benefits or pregnant and under 18. To check eligibility please scan QR code below

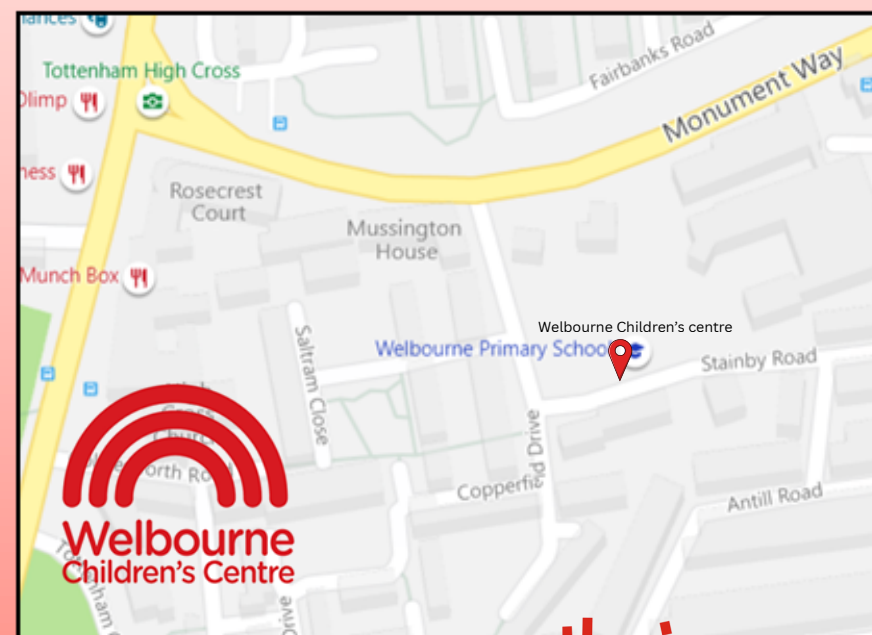


FREE Vitamins!!!
For pregnant women, breastfeeding mothers & children under 5.
Available in the centre

Pre Entry ESOL by WEA
Every Thursday & Friday
at Pembury House
Children's Centre.

Come on in, the door is always open. A warm welcome awaits you and your little ones.

Cygnets, Henry, Strengthening Families, Strengthening Communities Mellow Parenting - Growing Together
Triple P Programme (Teens)
For more info contact parentingprogramme@haringey.gov.uk



Haringey
LONDON