

## MONTHLY ACTIVITIES

### 8 – 10 MONTH OLD REVIEWS

9.30-12.00  
Tuesdays 7th May, 4th Jun,  
2nd Jul  
Sebright Children's Centre

1:00 – 3:00  
Mondays 13th May, 3rd Jun,  
1st Jul  
Thomas Fairchild  
Community School

### FAMILY FOOD MATTERS

1.00-4.30  
Mondays 20th May,  
3rd & 17th Jun, 1st & 15th Jul  
A chance to meet a dietician for  
your child or yourselves.  
To book call 0207 683 4263  
Sebright Children's Centre

### ESOL ADVICE SESSIONS

1:00 - 2:00  
Wednesday 24th Apr and  
26th Jun  
An advisor will check your level  
of English and give advice on the  
nearest class for you.  
These classes are FREE for  
people who get income based  
benefits such as: Income  
support, Job Seekers Allowance,  
Working tax Credit and Housing  
Benefit.  
No need to book.  
Comet Nursery School &  
Children's Centre

### TUMMY TIME

2.00 - 3.00  
Fridays 19th July  
A chance to join in activities / get  
ideas to help your child with their  
physical development.  
Sebright Children's Centre

### LITERACY & NUMERACY ADVICE SESSION

1:00-4:00  
Thursday 2nd May and 6th Jun  
Come along and talk to Literacy  
and Numeracy teachers about  
courses available and have an  
assessment to check your skills.  
There is no need to book  
Comet Nursery School &  
Children's Centre

### 27 MONTH HEALTH REVIEWS

9.30-12.00  
Mondays 13th May, 3rd Jun,  
1st Jul  
Sebright Children's Centre

1.00 – 3.00  
Mondays 20th May, 10th Jun,  
8th Jul  
Thomas Fairchild  
Community School

### COMET PARENT FORUM

1:00 – 2:30  
24th Apr  
Comet Family Forum meets once  
a month to discuss the current  
and future of services and  
activities in the Children's Centre.  
Staff will be on hand to help with  
your children.  
Comet Nursery School &  
Children's Centre

### SUPPORT GROUP FOR DEAF PARENTS

12.30 - 2.30  
20th May, 17th June and  
15th July  
A British Sign Language  
Advocate will be available at the  
session  
Comet Nursery School &  
Children's Centre

### FIRST AID TRAINING

1:00 – 3:00  
Mondays 20th May & 8th Jul  
For booking call 0207 749 1210  
with a refundable £1 deposit  
(You get this back when you  
complete the course).  
Sebright Children's Centre

### TWINS AND MORE STAY & PLAY

10.45 – 12.30  
29th April and 24th June  
This monthly stay and play is  
great for multiple birth families to  
meet with each other and share  
experiences, as well as getting  
helpful advice about being a  
parent to multiple birth children.  
Comet Nursery School &  
Children's Centre

### SPEECH & LANGUAGE THERAPY TALKING WALKING SESSION

1:00 – 2:30  
Tuesdays 21st May, 25th Jun,  
30th Jul.  
A chance to talk to a Speech &  
Language Therapist about any  
queries or concern about your  
child's speech or language  
development. For more  
information contact on  
020 7683 4587  
Sebright Children's Centre

**There will be no Children's  
Centre services at Comet on  
3rd of May and 3rd June  
because of INSET days**

### CITIZENS ADVICE BUREAU

10:00 – 1:00  
Wednesday 1st May, 5th June  
and 3rd July  
CAB advise and help parents  
with Tax Credits and benefits as  
well as debts. Facilitated by  
Hackney CAB  
Please book at the reception  
Comet Nursery School &  
Children's Centre

### COMET TUMMY TIME

9.30 - 10.30  
Monday 29th Apr and 24th Jun  
Learn how to create that special  
time every day for your baby to  
lie on their stomachs. This can  
help them learn to push  
themselves up, roll over and  
eventually sit, crawl and stand.  
Tummy time helps with both fine  
and gross motor development.  
From 0 to crawling  
Comet Nursery School &  
Children's Centre

List of Adult Learning courses at Sebright School & Children's Centre

- ESOL classes (Entry 1 & 2). Contact School on 020 7739 6531
- Literacy Classes/Numeracy class. Contact School on 020 7739 6531
- Diploma Child care course Level 1, 2 & 3. Contact Centre on 0207749 1210
- Teacher Assistant Training Level 2. Contact School on 020 7739 6531
- SFSC (Parenting Course for 13 weeks). Contact Centre on 0207749 1210
- First Aid Training (half day) every 2 months. Contact Centre on 0207749 1210
- Community Interpreting Course level 1 – Contact on 0207749 1210
- Helping in School Course – Contact Nivedita on 077 6692 3838

For other short courses please contact Nivedita Samji on 077 6692 3838

### HOUSING SUPPORT DROP IN

1.00-3.00  
Wednesdays 1st May, 5th Jun,  
3rd Jul.  
For booking call on  
0207 749 1210  
Sebright Children's Centre

1:00-3:00  
Tuesdays 7th May, 4th Jun and  
2nd Jul  
Hackney Support can offer you  
housing advice and also  
support with things such as  
dealing with rent arrears or debt.  
Call to book a time.  
Comet Nursery School &  
Children's Centre

### REGISTER YOUR CHILD AT COMET NURSERY SCHOOL

You can register your child  
for the nursery  
school and place them on the  
waiting list once they are  
2 years old.  
Please call 0207 749 9850 to  
book an appointment.

### SEBRIGHT FAMILY FORUM

1:00-2:30  
Wednesdays 5th Jun, 3rd Jul.  
If you live in the Haggerston,  
Hoxton or De Beauvoir area and  
would like to talk about Sebright  
Children's Centre services and to  
be part of this forum, Please  
contact Nivedita Samji on  
077 6692 3838  
Sebright School

# Time Table

## 20th May – 31st July 2013

## Sebright Children's Centre is open on Saturday

Family Power Walk  
9.30 to 10.30  
Fathers Drop In (open for all)  
10.30 to 12.30  
Term time only  
For more information call  
Kevin on 074 5401 8411 or  
Jeanette on 077 6692 3755

# Sebright Children's Centre Area E

## Hoxton, Haggerston & De Beauvoir

Free Activities for Children under 5 and Short Courses for  
Parents/Carers with Children under 11



Sebright Children's Centre  
Haggerston Park  
Queensbridge Road  
London E2 8NP  
T: 020 7749 1210  
F: 020 7749 1220  
E: sebrightcc@learningtrust.co.uk  
Twitter/sebrightcc



Comet Nursery School &  
Children's Centre  
20 Halcomb Street  
London N1 5RF  
T: 020 7749 9850  
F: 020 7749 9851  
E: admin@comet.hackney.sch.uk



Minik Kardes Children's Centre  
53-55 Ball pond Road  
London N14BW  
T: 020 7923 7226  
F: 020 7923 7226  
E: minikardes@tiscali.co.uk



Thomas Fairchild Community  
School  
Forston Street  
London N1 7HX  
T: 020 7253 9469  
F: 020 7251 7199  
E: admin@thomasfairchild.hackney.sch.uk



### Health Services

- Dietary and Nutritional Advice is available for children who may be fussy eaters or have other issues with food and eating.
- The Speech and Language Therapy Service is for parents who have children under 5, and may need advice and help on speech development. They hold a Speech and Language Therapy "Talking Walk-in" session once a month at Sebright Children's Centre.
- Midwifery Service Targeted Ante-natal session running at Sebright Children's Centre, booking only. Call Kate Johnson on 07825377645 Breast Feeding support run once a week. Post natal Clinic run every Monday at sebright Children's Centre
- 8-10 Month and 25 month health reviews run every month at Sebright and Thomas Fairchild Children's Centre
- Deaf Parents Support Group runs every 3rd Monday of the month. Get advice and support. For more information contact Nivedita on 077 6692 3838
- First Steps: Early Intervention and Community Child Psychology Service. When a child or young person is having difficulties with behaviour, emotions or relationships it can be hard for the whole family. We offer support which includes sleeping problems, tantrums, fussy eating, aggressive behaviour, toilet training, etc. For more information or to self-refer please call First Steps on 020 7683 4611.
- First Time Tums targeted group for new mums to be. 8 weeks programme with Public Health Midwifery and Family Practitioner. Call Maureen 078 3304 5943 for more information.
- People can be referred to these services

### Volunteer

This is for people who want practical work experience. We can give practical help such as preparing for interviews and completing application forms. Parents get training and support when they're on the programme. There will be opportunities to do NVQ courses, which start in September. Contact Nivedita Samji for more information. Call on 020 7749 1210.

### CAB

CAB (Citizen's Advice Bureau) advice and help parents to fill out forms relating to Child Tax Credit, Working Tax Credit, Housing Benefit, Council Tax Benefit, Income Support, etc.

### Family Support

Parents can get advocacy support with issues such as housing, legal matters, immigration and general children and family issues. There is one to one support for families and also group work. The Family Support Service facilitates courses for parents such as the Strengthening Families, Strengthening Communities Programme, which looks at positive parenting and Speakeasy, which is about discussing relationships with children. There is a referral route through the Children's Centre for this service.

### Service for Fathers

We are keen to meet dads and male carers. Speak to Kevin on 07454018411 and find out more about Saturday sessions

### Job Centre Plus

Provides job searches, benefit advice, work trial opportunities mainly to customers on income support, sign posting customers to providers for help with CV writing and filling out application forms. For booking call Sebright Children's Centre on 02077491210

### Sebright Family Forum ( SFF)

Sebright Family Forum is run by parents and carers living in the Haggerston, Hoxton and De Beauvoir area. We meet once a month to discuss and share ideas on how to improve services for children and parents in Sebright Children's Centre. If you would like to be involved in the forum, please contact Nivedita Samji on 077 6692 3838

### Strengthening Families Strengthening

Communities (SFSC) Programme Parenting is difficult. It's a job we receive no training for yet we are expected to get it right! This programme gives us a chance to consider useful parenting ideas and discuss them with other parents in a friendly and supportive group. Topics covered include: positive discipline, enhancing relationships and cultural values. Course runs for 13 weeks. If you would like to put your name for next course contact Jeanette Cordery on 020 77491210

### Minik Kardes Children's Centre

Minik Kardes Children's Centre works with Turkish speaking parents, carers and children. We provide one-to-one family outreach support to Turkish speaking parents and refer families to specialists to support with their issues of housing, education, employment, legal matters, immigration, counselling and parenting. We run parenting programmes and trainings in Turkish. We also organise regular meetings and drop in sessions for Turkish Speaking Carers who have children with disabilities or learning difficulties. For more information please call Duygu on 020 7923 7226 or 07946 348 341.

### English for Speakers of Other Languages (ESOL)

If you are a parent and English is not your main language, this course will help you to learn English in a friendly environment. Next enrolment is on September.

### Step to Employment Surgeries and Workshops

We run once a month and can help on employment and training issues. We run workshops on how to get the job you want. Book an appointment at reception.

### Cook & Eat for Family

Cook and Eat healthy food with child friendly recipes. This is a chance for your child to make and understand where food comes from. Meet new people, share ideas and bring any food related questions.



# REGULAR ACTIVITIES FOR AREA E (MAY-JULY 2013)

**Sebright Children's Centre**  
Haggerston Park, Queensbridge Road,  
London E2 8NP, T : 020 7749 1210

## MONDAY

**Drop-in Session for Childminders**  
10:00 – 12:00  
Sebright Children's Centre

**Citizens Advice Bureau**  
10:00 – 1:00  
Call to book on 0207 749 1210  
Sebright Children's Centre

**Helping in Schools Course**  
10:00-3:00  
Students on the course will gain an NCFE Level 2 Award in Support Work in School.  
Any queries please call Nivedita on 0207 749 1210  
Term time only  
Sebright School

**Stay & Play (Drop-In)**  
1:00-3:00  
*Creative play, story time, singing, healthy snacks*  
Sebright Children's Centre

## Post Natal Clinic

1.30-4.30  
These surgeries are by invitation only. Contact Community Midwives for more information  
Sebright Children's Centre

## Comet Stay & Play

9:30-11:40  
Sessions where you can stay and play with your children and meet other families.  
Arrive early to avoid disappointment.  
Comet Nursery School & Children's Centre

## Family Music

10.00-10.45 (0-18 months)  
11.00-11.45 (19 months-4 yrs.)  
Arrive early to avoid disappointment up to end of May  
Term time only  
Comet Nursery School & Children's Centre

From 10th June to 15th July  
9.15 - 10.00 (0-18 months)  
10.15-11.00 (19 months-4 yrs.)  
(6 week course)  
For parents who never attended Music sessions before.  
Call to book on 02077499850  
Term time only  
Comet Nursery School & Children's Centre

## Parent & Baby Well-being Session

(with Baby Massage)  
1:00-2:00 (0-crawling)  
Term time only  
Comet Nursery School & Children's Centre

## Support Group for Parents with New Babies

2:00 – 3:30 (0-crawling)  
Term time only  
Comet Nursery School & Children's Centre

## Child development and parenting tips (from pregnancy to adolescence)

10:15 – 12:15  
8 weeks  
(22nd April- 1st July)  
At Morningside Children's Centre

## 1-to-1 Parenting Support Surgery

12:15 – 14:00  
Booking only  
Please call Duygu on 07946 348 341 Morningside Children's Centre

## HENRY Health, exercise, nutrition for the really young

10:00 – 12:30  
8 week programme  
Starts 22.4.13  
Register at reception or call Lorna Green 078246 09669  
Crèche/Healthy snacks  
Thomas Fairchild Community School

## Parents can now collect free safety equipment for the home (subject to criteria) To find out more, call Maureen

07833 045943

## TUESDAY

**Family Support Surgery**  
9:00-12:00  
For more information and booking  
Call Archana Shamji on 077 9550 6783  
Sebright School

## First Steps Clinic (Child Psychology Service)

9:00-1:00  
For registration and booking please call First Steps on 0207 683 4611  
Sebright Children's Centre

## Exercise Class

9:30-10:30  
Crèche available  
Term time only  
Sebright Children's Centre

## Stay & Play /My Journey Drop In

11.00-12.45  
Sebright Children's Centre

## ICT Training for beginner

1:00-3:00  
6 weeks session  
Start from 4th June  
Book your place by calling 0207 749 1210  
No Crèche  
Sebright Children's Centre

## Comet Toy Library

9:30-11:40  
This is a stay and plays session where children can borrow toys for up to two weeks.  
Arrive early to avoid disappointment.  
Comet Nursery School & Children's Centre

## Family Support Surgery

9:15-12:00.  
Please book at reception.  
Comet Nursery School & Children's Centre

## Comet Drop-In

1:00-2:45  
Arrive early to avoid disappointment.  
Comet Nursery School & Children's Centre

## Learning Through Reading & Play

11:00 – 12:00  
Every Tuesday At C.L.R. James Library, Dalston Square

## Garden Project

14:00 – 15:00  
Every Tuesday  
Join us to enjoy outdoor experience and grow your own flowers/herbs/vegetables!  
King Henry's Walk Garden N1 4NX

## Family Support Surgery

9:00 – 12:00  
For parenting support, advice and issues effecting your family  
Book at Reception or with Maureen 07833 045943  
Thomas Fairchild Community School

## Family Textiles

9.00-12.00  
Non accredited course for parents/carers with Family Learning  
See Reception or find out more Maureen O'Callaghan 07833 045943  
Thomas Fairchild Community School

## Family Exercise

Have fun and get fit with personal trainer Kevin  
Start date to be confirmed ask Maureen on 078 3304 5943

## HELPLINE NUMBERS :

National Domestic Violence 24 Hour Helpline 0808 200 0247 (Free phone)  
Hackney Domestic Violence and Hate Crime Team 0800 056 0905 (Free phone)  
9.30am to 5pm Monday -Friday

## WEDNESDAY

**Employment Surgeries**  
10:00 – 11:30  
Call to book on 0207 749 1210  
Sebright Children's Centre

## Stay & Play (Drop-In)

1:00-3:00  
*Creative play, story time, singing, healthy snacks*  
Sebright Children's Centre

## Drop-In Toy Library

1:00-3:00  
Sebright Children's Centre

## Kingsgate Stay & Play Drop-In

1:00-3:00  
Term time only  
Ring Kingsgate on 0207 249 3731 for programme of activities.  
At Kingsgate Community Hall, N1

## Job Centre Plus

Provides job searches, benefit advice, work trial opportunities, help with CV writing and filling out application forms. For booking call on 07795953071.  
Sebright Children's Centre

## Strengthening Families

### Strengthening Communities Course

9:30 - 12.00  
This is a course that encourages parents to talk about bringing up their own children.  
There is crèche  
Comet nursery School & Children's Centre.

## Knitting Group for Parents by Parents

1.00 – 3.00  
There is no crèche but small children are welcome  
Comet nursery School & Children's Centre.

## Life Coaching Group Programme

10.00 – 12.30  
8 weeks from 17 April 2013  
At Mapeldene & Queensbridge Children's Centre

## HENRY

(Health, Exercise, Nutrition for the Really Young)  
8 weeks parenting programme  
Starting in May  
Booking only.  
Please call Ilkay on 07792360628



## SFSC Parenting Programme

Parenting programme is now on at Comet from 17th Apr and Sebright 18th Apr  
Maureen O'Callaghan 07833 045943 or Lorna Green 078246 045943  
Back at Thomas Fairchild from September 2013  
Crèche and lunch available

## Midwifery

: Targeted Ante-natal Session running at Sebright Children's Centre, booking only. Call Chloe on 077 86191232

## Sebright Children's Centre is open on Saturday

Family Power Walk 9.30 to 10.30  
Fathers Drop In (open for all) 10.30 to 12.30  
Term time only  
For more information call Kevin on 074 5401 8411 or Jeanette on 077 6692 3755

## HELPLINE NUMBERS :

National Domestic Violence 24 Hour Helpline 0808 200 0247 (Free phone)  
Hackney Domestic Violence and Hate Crime Team 0800 056 0905 (Free phone)  
9.30am to 5pm Monday -Friday

## THURSDAY

**SFSC Parenting Programme**  
9.30 - 12.30  
13 week parenting course.  
Referral necessary, contact Jeanette on 077 6692 3755  
Term time only  
Sebright Children's Centre

## Toy Library

10:00 – 12:00  
Term time only  
At Shoreditch Library

## Job Centre Plus

Provides job searches, benefit advice, work trial opportunities, help with CV writing and filling out application forms. For booking call on 07795953071.  
Sebright Children's Centre

## Messy Play Session

9:30-11:40  
Start from  
We provide aprons and please wear old clothes  
Comet Nursery School & Children's Centre

## Fit Club in the park

9.45 - 10.45  
Part one begins on 18th April and Part two begins on 6th June.  
Register by completing a health questionnaire before starting.  
Comet Nursery School & Children's Centre

## Midwife Surgery

1.00 – 5.00  
These surgeries are by appointment only.  
Comet Nursery School & Children's Centre



## STAY & PLAY SESSION

10am – 12noon  
at Mapeldene & Queensbridge Children's Centre. Sessions include:

## Smoking Cessation Sessions

10am – 14:00  
At MinikKardes Children's Centre by Derman

## Getting to Know You

9.30-12.00  
Invitation only from Speech and Language Team  
Group sessions for parent/carers and children  
Jed Rowlinson 07811 133 491  
Thomas Fairchild Community School

## Find out more about Healthy Living in Area E

Fitness training  
HENRY  
Food hygiene courses and more...  
Jeanette on 0207 749 1210

## Parent Action Forum

Turkish speaking parents' forum focusing on employment  
At Linden Children's Centre  
Once Every quarter  
Please call Duygu for further information on 07946 348 341

## Stay & Play (Drop-In)

9:00-11:30  
Creative play, story time, singing, healthy snacks  
For more information  
See school reception staff or Jeanette on 0207 749 1210  
Thomas Fairchild Community School

## Reading group - invitation by school

Crèche provided

## First Time Tums - group for new mums to be

8 week programme for new mums with Public Health Midwifery  
Speak to Maureen 07833 045943

## FRIDAY

**Family Power Walk**  
10:00-11:00  
no crèche  
Term time only  
Sebright Children's Centre

## Music & Movements

11:45-12:30 (0-5yrs)  
Arrive early to avoid disappointment up to End of the May  
From 7th June to 12th July  
10.30-11.15 (0-18 months)  
11.30-12.15 (19 months-4 yrs.)  
(6 week course) For parents who never attended Music sessions before.  
Call to book on 0207 749 1210  
Term time only  
Sebright Children's Centre

## Cook & Eat Course

10.00 – 12.00  
(6 week course)  
Start from 7th June to 12th July  
For parents who never attended Cook & Eat courses before.  
Call to book on 0207 749 1210  
Term time only  
Sebright Children's Centre

## First Steps Clinic (Child Psychology Service)

9:00 – 1:00  
For registration and booking please call First Steps on 0207 683 4611  
Sebright Children's Centre

## Stay & Play (Drop-In)

1:00-3:00  
*Creative play, story time, singing, healthy snacks*  
Sebright Children's Centre

## Family Learning Craft Session

12:00-3:20  
9 weeks course  
Starts from 26th April – 28th June  
Term time only  
Sebright School

## Parent & Baby Well-being Session (Baby massage)

12:45-1:45  
Please bring a towel.  
Term time only  
Sebright Children's Centre

## Baby Feeding Support Group

2:00 – 3:30  
For support or advice about breast-feeding & bottle-feeding your baby  
Term time only  
Sebright Children's Centre

## Drop-In Toy Library

10:00-12:00  
Term time only  
At CLR James Library

## Family Music

9:15-10:15  
Arrive early to avoid disappointment  
Term time only  
Comet Nursery School & Children's Centre

## Midwife Surgery

9.00 to 12.00  
These surgeries are by appointment only  
Comet Nursery School & Children's Centre

## Comet Drop-In

1:00-2:45  
Arrive early to avoid disappointment.  
Comet Nursery School & Children's Centre

## ICT classes

9:30 - 11:30  
At Berger Primary School  
Anderson Road, London, E9 6HB

## Turkish Speaking Carers' Action Group

10.00 – 12:00  
Monthly forum meetings for Turkish speaking parents of SEN/disabled children  
Last Friday of the month  
at Hackney Ark

## Parent Action Forum

Turkish speaking parents' forum focusing on employment  
At Linden Children's Centre  
Once Every quarter  
Please call Duygu for further information on 07946 348 341

## Stay & Play (Drop-In)

9:00-11:30  
Creative play, story time, singing, healthy snacks  
For more information  
See school reception staff or Jeanette on 0207 749 1210  
Thomas Fairchild Community School

## Reading group - invitation by school

Crèche provided

## First Time Tums - group for new mums to be

8 week programme for new mums with Public Health Midwifery  
Speak to Maureen 07833 045943

**Comet Nursery School & Children's Centre**  
20 Halcomb Street, London N1 5RF  
T : 020 7749 9850

**Minik Kardes Children's Centre**  
53-55 Balls pond Road London N1 4BW  
T: 020 7923 7226

**Thomas Fairchild Community School**  
Forston Street London N1 7HX  
T: 020 7253 9469