

East/Central Locality Activity Timetable

Part of the 0-19 Early Help Services

Autumn Timetable
26.10.20 - 30.10.20
(Half Term)

Staying COVID-19 Secure in 2020

We confirm we have complied with the government's guidance on managing the risk of COVID-19
FIVE STEPS TO SAFER WORKING TOGETHER

To help keep everyone safe, sessions will be outside and / or in well-ventilated rooms; group sizes have been significantly reduced as have resources to enable thorough cleaning at the end of each session; hand sanitizer will be available and adult social distancing is to be respected. **All adults must wear face coverings when attending indoor/outdoor community groups. There is a booking system for all universal sessions.** We will be following Government guidance and will review our risk assessments accordingly.

Sing-along

Baby Care

Arts & Crafts

Fun Activity

Gardening

Baby Massage

Rhyme Time

Healthy Cooking

Boogie Mites

Story Time

Makaton

Includes sessions in community languages

Please check Facebook for additional fun activities, information and updates

Barnet Children's Centres – East Central Locality



BEYA

A Sure Start Children's Centre

Coppetts Wood

A Sure Start Children's Centre

Newstead

A Sure Start Children's Centre

Underhill

A Sure Start Children's Centre

Monday

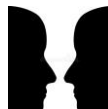
Tuesday

Wednesday

Thursday

Friday

Face To Face Sessions



Antenatal & Postnatal appointments arranged via your Midwife

Midwifery @
Underhill

Appointments only

Acacia Midwifery @
Underhill

Appointments only

Midwifery @
Newstead

Appointments only

Midwifery @
Underhill

Appointments only


Midwifery @
Underhill

Appointments only

Midwifery @
Newstead

Appointments only

Timetable is correct at time of printing

Monday	Tuesday	Wednesday	Thursday	Friday
Face To Face Sessions 				
All sessions will have limited spaces. Please contact the host Children's Centre for more information and to book a place				
Under 1s Stay & Play at Underhill EN5 2LZ Under 12 months 10 – 11.30am Fun activities, nursery rhymes and group discussions To book a place call 020 8449 2423	Boogie Mites at Underhill EN5 2LZ 0 – 5 years 9.15 – 10am To book a place call 020 8449 2423	Autumn Adventure Walk (Pumpkin Trail) at Barnwood N2 8HU Walkers only 10 – 10.45am To book a place call 020 8359 3460	Buggy Walk at Victoria Park N3 2PX Non-walkers 10 – 10.45am To book a place call 020 8359 3460	Under 1s Stay & Play at Underhill EN5 2LZ Under 12 months 10 – 11.30am Fun activities, nursery rhymes and group discussions To book a place call 020 8449 2423
Halloween Toddler Storytime at Newstead N2 8LG (dressing up welcome) 2 – 5 years 10 – 10.45am To book a place call 020 8359 3460	Baby Massage at Newstead N2 8LG 6 weeks – 6 months 10 – 10.45am To book a place call 020 8359 3460	Baby Massage at All Saints Church Hall N20 9EZ 6 weeks – 4 months 10.30 – 11.30am To book a place call 07917 581560 or email admincc@beya.org.uk	Physical Stay & Play at Underhill EN5 2LZ 3 – 5 years 10.30 – 11.15am To book a place call 020 8449 2423	
Stay & Play in the park at Friary Park N12 9AJ 0 – 5 years 1 – 2.15pm To book a place call 07917 581560 or email admincc@beya.org.uk	Stay & Play at Brookhill Nursery EN4 8SD 0 – 5 years 2.45 – 4pm To book a place call 07917 581560 or email admincc@beya.org.uk	Baby Group at All Saints Church Hall N20 9EZ Non-walkers 1 – 2.30pm To book a place call 07917 581560 or email admincc@beya.org.uk		
Stay & Play at Brookhill Nursery EN4 8SD 0 – 5 years 2.45 - 4pm To book a place call 07917 581560 or email admincc@beya.org.uk				Coppetts Wood Children's Centre is closed for half term
Children's Centre Addresses				
BEYA – Barnet Early Years Alliance Children's Centre Brookhill Nursery School, EN4 8SD Hampden Way Nursery School, N14 5DJ St Margaret's Nursery School, EN4 9NT admincc@beya.org.uk	Coppetts Wood Children's Centre (based at Coppetts Wood Primary School) Coppetts Road, London, N10 1JS childrenscentre@coppettswood.barnetmail.net	Newstead Children's Centre 1 Fallows Close, East Finchley, N2 8LG Newstead@barnet.gov.uk	Underhill School and Children's Centre Mays Lane, Barnet, EN5 2LZ info@underhillcc.barnetmail.net t	

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Outreach Venues

All Saints Church Hall
122 Oakleigh Road North,
London, N20 9EZ

Barnwood N2
Tarling Road, N2 8HU

Monday

Tuesday

Wednesday

Thursday

Friday

Virtual Sessions



<p>Locality Housing Navigator 10am – 12 noon Telephone appointments To book a place call 020 8359 3460</p>	<p>Baby Group 1.30 – 2.15pm To book a place call 07917 581560 or email admincc@beva.org.uk</p>	<p>ESOL in partnership with Barnet and Southgate College To book a place call 020 8449 2423</p>	<p>Story Session 10 – 10.45am To book a place call 07917 581560 or email admincc@beva.org.uk</p>	<p>Locality Housing Navigator 9.15am – 1.00pm Telephone appointments To book a place call 020 8449 2423</p>
<p>Rhyme Time 10.30 – 11am To book a place call 07917 581560 or email admincc@beva.org.uk</p>		<p>Children's Oral Health Virtual Coffee Morning with Rachel Crosbie 10 – 11am 18/11/20 Find out more about children's oral health In partnership with CLCH To book a place please email rachael.crosbie@nhs.net</p>	<p>Talk to a Children's Centre staff member 1:1 pm session To book a place call 07917 581560 or email admincc@beva.org.uk</p>	<p>Telephone Counselling Call Maria on 07718648305 to arrange sessions</p>
<p>Welfare Rights Telephone appointments To book a place call 020 8449 2423</p>		<p>Welfare Advice 10am – 2pm Telephone appointments To book a place call 020 8359 3460</p>		
<p>Employment Support Workshops in partnership with Paddington Development Trust are available for further information email neisha@pdt.org.uk</p>		<p>Art for Wellbeing Adult Course 6 – 7pm In partnership with Barnet and Southgate College To book a place call 020 8449 2423</p>		<p>Oral Health Advice with Rachel Crosbie 10am – 12noon 11 & 12/11/2020 25 & 26/11/2020 9 & 10/11/2020 Support and advice about your child's oral health In partnership with CLCH To book an appointment please email rachael.crosbie@nhs.net</p>
<p>ESOL in partnership with Barnet and Southgate College To book a place call 020 8883 2985</p>		<p>Talk to a Children's Centre staff member to obtain advice and information about your child's eligibility for 2year funding(FEE2) Call Maria 07718 648305</p>		
		<p>ESOL in partnership with Barnet and Southgate College To book a place call 07828407155 or email Linda.Halperin@barnetso.uthgate.ac.uk</p>		

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Partner Service Directory

Health Visitor & School Nurse Duty Line

Health Visitors; All aspects of child health, development and parenting; infant feeding, introduction to solids, management of minor illness, behaviour, sleep and more.

School Nursing Team; health promotion advice, allergies, bedwetting, nutrition, growth, development, physical activity, behaviour, relationships and more.

020 8200 2500

7 days per week 9am – 5pm

clcht.childhealthinformation@nhs.net

Midwifery Help Line - 'Stars at Night' Team

Providing an out of hours telephone support service. They will give you advice on feeding, caring for your new born as well as a sensitive listening ear during those waking night time hours 10pm – 8am

07773 579529

Breastfeeding Support

Our Breastfeeding Support Service provides parents with support and information on infant feeding.

No appointment needed and our service is free for all - mums, dads, partners, grandparents, breastfeeders, mixed feeders, whether it's lots of support wanted or just little questions answered, drop us a call or message and we will get back to you

Phone: **07815 717055**

Facebook: BreastfeedingSupportinBarnet

Email: CLCHT.breastfeedingsupport@nhs.net

Instagram: BarnetBreastfeedingSupport

Healthy Start Vitamins

Are you pregnant or have children under the age of four? 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/>

Vouchers can be redeemed at Barnet Childrens Centres.

Barnet Wellbeing Service

A hub that connects people to the appropriate wellbeing support.

'The wellbeing navigator will listen to your personal story, understand your needs and connect you to services tailored for you'.

0333 3449088

www.barnetwellbeing.org.uk

info@barnetwellbeing.org.uk

Embrace Service

A post natal depression support group continues to provide support to mums and families experiencing low mood, anxiety or depression whilst pregnant or post birth. Natasha and Charlotte can be contacted via Coppetts Wood Children's Centre **07917 521350**. They can offer email or telephone support to anyone who would like to talk to them. Both of them have personal, lived experience of PND and anxiety. Talking to someone who understands what you are experiencing can help enormously in your mental health and wellbeing in the perinatal period.

Barnet Integrated Clinical Service (BICS)

BICS Early Help Clinical services offer social, emotional, behavioral and mild to moderate mental health support to children, young people and families within Barnet.

<https://www.barnet.gov.uk/barnet-integrated-clinical-service-bics>

079260 85495

9am to 8pm

Barnet Library Service

In line with government guidance Libraries will be gradually re-opening and services re-introduced over the coming weeks and months. The safety of customers and staff is paramount. From next week Select and Collect Service for books, DVDs and CDs will be available from eight libraries and pre-booked computers are now available at selected times at four libraries. Please visit www.barnet.gov.uk/libraries for more information.

Welfare Rights

The welfare rights service provide advice to families about welfare benefits provide other advice services. They can help you complete forms, appeal against decisions, help you apply for other benefits, provide information on other benefits and offer money advice.

Ayesha.Feisal@barnet.gov.uk

Amina.Baadhio@barnet.gov.uk

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Citizen Advice Barnet (CAB)

Although they have suspended their face-to-face services, the team are still there to help and give you free, impartial advice. For advice on any issue call us on: **0300 456 8365** – Monday-Friday 9:30am – 4pm, Wednesday 9:30am – 7:30pm
If you need help claiming Universal Credit please call: **0800 144 8444 (Freephone)** – Monday-Friday 8am – 6pm.
For help applying to the EU Settlement Scheme, please call: **0300 456 8365**
For the Macmillan Welfare Benefits project, please call: **020 8440 4227**
For email advice, please complete the online form found on the webpage <http://barnetcab.org.uk/>

Boost

Boost provide an array of services including employment, benefit advice, skills and wellbeing project with the aim to helping Barnet residents. They use a personal approach to understand individual's circumstances, help residents overcome obstacles and gain the confidence and skills to make a positive change.

Services include:

- CAB (**0300 4568365**)
- Twining Enterprise (**0300 1237059**)
- National Careers Service (**0800 100900**)

020 8359 2442

boost@barnet.gov.uk

boostbarnet.org

Free Early Years Education

Information about the Free Early Education for 2 and 3/4 year olds. You may be entitled to up to 15 hours free Education for 2 year olds or up to 30 hours free Education for 3/4 year olds. For more information please call the Early Years Brokerage Team

020 8359 3052

Family Support & Early Help (0 -19 Early Help Hubs)

**Newstead Children's Centre,
1 Fallows Close, East Finchley, N2 8LG**

020 8359 3460

newstead@barnet.gov.uk

Covers the postcodes of: N2, parts of N3, parts of N10, N11, N12, parts of N14, EN4, EN5

Solace

A free and confidential service for women and men in Barnet affected by abuse;

- *Improving your safety
- *Housing & homelessness
- *Finance and welfare benefits
- *Access to legal services
- *Parenting & children
- *Emotional support

020 3874 5003

Barnet.advocacy@solacewomensaid.org

Barnet Children's Integrated Therapy (Speech and Language Therapy, Occupational therapy and Physiotherapy)

Barnet Children's Integrated Therapy Team will be running services virtually for most of our caseloads from September. We will offer video and telephone consultations for Children and Young People referred to Occupational Therapy and Physiotherapy Speech and Language Therapy accepted to the service. Where there is an identified urgent and critical need by a Physiotherapist, Occupational Therapist, Speech and Language Dysphagia Therapist then face-to-face intervention will be provided. We are excited to offer a virtual parent drop in service for families not yet referred to our service for parents to get some advice on how they can support their children's language and functional needs development at home.

0300 300 1821

nem-tr.barnetcit@nhs.net

Change, Grow and Live Service

The service is for those living in the Borough of Barnet who are experiencing issues with drugs and alcohol. Support is available between 9:00 - 17:00, Monday to Friday.

0300 3032866

Barnet.info@cgl.org.uk

www.changegrowlive.org/barnet

Smoking Cessation

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