

East/Central Locality Activity Timetable
Part of the 0-19 Early Help Services

Autumn Timetable
07/09/20 – 23/10/20
(First Half Term)
Activities offered weekly unless otherwise stated

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
- Baby Massage
- Fun Activity
- Gardening
- Rhyme Time
- Boogie Mites
- Healthy Cooking
- 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



Monday

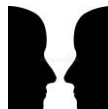
Tuesday

Wednesday

Thursday

Friday

Face To Face Sessions



Antenatal & Postnatal appointments arranged via your Midwife

Midwifery at Underhill

Acacia Midwifery at Underhill

Midwifery at Coppetts Wood

Midwifery at Underhill

Midwifery at Underhill

Appointments only

Appointments only

Appointments only

Appointments only

Appointments only

Midwifery at Coppetts Wood

Midwifery at Newstead

Midwifery at Newstead

Appointments only

Appointments only

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				
Stay & Play at Coppetts Wood 0 – 5 years 9.15 – 10.45am To book a place call 020 8883 2985	Boogie Mites at Underhill 0 – 5 years 9.15 – 10am To book a place call 0208 449 2423	Stay & Play at Coppetts Wood 0 – 5 years 9.15 – 10.45am To book a place call 020 8883 2985	Stay & Play at Coppetts Wood 0 – 5 years 9.15 – 10.45am To book a place call 020 8883 2985	Stay & Play at Coppetts Wood 0 – 5 years 9.15 – 10.45am To book a place call 020 8883 2985
Under 1s Stay & Play at Underhill Under 12 months 10 – 11.30am To book a place call 020 8449 2423	Family Links Parenting Programme at Coppetts Wood 9.15 – 11.15am 10 week course starting: 22/09/2020 To book a place call Debbie on 07947316318 or email dshresources@yahoo.com	AVA Women's Group at Newstead 9.30 – 12.30pm 12 week programme starting: 23/09/2020 Invite only	Family Links at Newstead 9.30 – 12 noon 6 week programme starting: 24/09/2020 Invite only	Under 1s Stay & Play at Underhill Under 12 months 10 – 11.30am To book a place call 020 8449 2423
Paediatric First Aid at Underhill 9.15 – 11.15am 6 week course starting – 21/09/20 To book a place call 0208 449 2423 No Creche Available		Story Time and Activity at Underhill 18months – 5 years 10 – 10.45am To book a place call 0208 449 2423	Buggy Walk at Victoria Park Non-walkers 10 – 10.45am To book a place call 020 8359 3460	
Toddler Storytime at Newstead 2 – 5 years 10 – 11am To book a place call 020 8359 3460	Outdoor Stay & Play at Hamden Way 0 – 5 years 9.30 – 10.30am To book a place call 020 8449 5466 option 3 or email admincc@beya.org.uk	Autumn Adventure Walk at Barnwood N2 Walkers only 10 – 10.45am To book a place call 020 8359 3460	Rhyme Time at Underhill 0 – 5 years 10.30 – 11.15am To book a place call 0208 449 2423	
Weaning Sessions at Underhill 21/09 – 1 – 2pm 05/10 – 1 – 2pm 19/10 – 10 – 11am To book a place call 0208 449 2423	Baby Massage at Newstead 6 weeks – 6 months 10 – 11am To book a place call 020 8359 3460	Baby Massage at All Saints 6 weeks – 4 months 10.30 – 11.30am To book a place call 020 8449 5466 option 3 or email admincc@beya.org.uk	Talk to a Children's Centre staff member 1:1 at St Margaret's Nursery To book a place call 07754127822 or email admincc@beya.org.uk	
Stay & Play in the park at Friary Park 0 – 5 years 1 – 2.15pm To book a place call 07754127822 / 07917581560 or email admincc@beya.org.uk	Baby Massage at Coppetts Wood 12.30 – 1.30pm or 2.15 – 3.15pm 4 week course To book a place call 020 8883 2985	Baby Group at All Saints Non-walkers 1 – 2.30pm To book a place call 07754127822 / 07917581560 or email admincc@beya.org.uk	Baby Play with advice and support at Coppetts Wood Non-walkers 1.15 – 2.15pm To book a place call 020 8883 2985	
Stay & Play at Brookhill Nursery 0 – 5 years 4 – 5.30pm To book a place call 020 8449 5466 option 3 or email admincc@beya.org.uk	Stay & Play at Brookhill Nursery 0 – 5 years 4 – 5.30pm To book a place call 020 8449 5466 option 3 or email admincc@beya.org.uk	Park Walk 1.15 – 2.15pm To book a place call 020 8883 2985 EMBRACE Post Natal Support Group at Coppetts Wood 1.30 – 3pm To book a place call 020 8883 2985		

Timetable is correct at time of printing



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
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Outreach Venues

All Saints Church Hall 122 Oakleigh Road North, London, N20 9EZ	Barnwood N2 Tarling Road, N2 8HU
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Monday	Tuesday	Wednesday	Thursday	Friday
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Virtual Sessions

			
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Locality Housing Navigator 10 – 12 noon Telephone appointments To book a place call 020 8359 3460	Employment Support Workshops **Times Vary** 15/09/20 Mission Motivation 15/09/20 Self Employment 22/09/20 Capture your Confidence 22/09/20 Self Employment 29/09/20 Goals for Gains 29/09/20 Self Employment 06/10/20 Typical Timing 06/10/20 Self Employment 13/10/20 Serious Self Care 13/10/20 Self Employment 20/10/20 Self Employment In partnership with Paddington Development Trust *Registration is required and for further information neisha@pdt.org.uk Baby Group 1.30 – 2.15pm To book a place call 07917581560 or email admincc@beya.org.uk	ESOL In partnership with Barnet and Southgate College To book a place call 020 8449 2423 Children's Oral Health Workshop with Rachel Crosbie 10.30 – 11.30am 30/09/20 Find out more about children's oral health In partnership with CLCH To book a place please email rachael.crosbie@nhs.net Art for Well Being Adult Course 6 – 7pm 11 week course starting: 23/09/20 In partnership with Barnet and Southgate College To book a place call 020 8449 2423	Story Session 10 – 10.45am To book a place call 07754127822 or email admincc@beya.org.uk Employment Support Workshops **Times Vary** 17/09/20 Safeguarding Level 2 24/09/20 Lone Working Level 2 01/10/20 Health & Safety Level 2 15/10/20 Money Matters (Part 1) 22/10/20 Money Matters (Part 2) In partnership with Paddington Development Trust *Registration is required and for further information neisha@pdt.org.uk Welfare Advice 10 – 2pm Telephone appointments To book a place call 020 8359 3460	Locality Housing Navigator 9.15 – 1.00pm Telephone appointments To book a place call 020 8449 2423 Child Development Review 9 – 12 noon Appointment only Bookstart Corner 12 months – 24 months 10.30 – 11.30am 4 week course To book a place call Chi on 07921402045 Telephone Counselling Call Maria on 07718648305 to arrange sessions Oral Health Advice with Rachel Crosbie 10.30 – 12noon 18/09/20 16/10/20 Support and advice about your child's oral health In partnership with CLCH To book an appointment please email rachael.crosbie@nhs.net
Welfare Rights Telephone appointments To book a place call 020 8449 2423				
Employment Support Workshops **Times Vary** 16/09/20 Safeguarding Level 2 23/09/20 Lone Working Level 2 30/09/20 Health & Safety Level 2 In partnership with Paddington Development Trust *Registration is required and for further information neisha@pdt.org.uk				
ESOL In partnership with Barnet and Southgate College To book a place call 020 8883 2985		ESOL In partnership with Barnet and Southgate College 12.30 – 2.30pm Starting 23/09/2020 To book a place call 07828407155 or email Lindahalperin1@gmail.com		

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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.

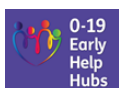
Welfare Rights

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

Supporting Barnet residents to stop smoking. Please refer to the Barnet website for further information

smokingcessation@barnet.gov.uk

<https://www.barnet.gov.uk/health-and-wellbeing/adults-health/stop-smoking-support>

Stop Smoking London Helpline:

0300 123 1044

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