



Ante/Postnatal Clinics: Monday Whittington Hospital. Friday North Middlesex. By appointment only.



Stay & Play Drop In: Under 5's and Under 1's—Play Sessions for 0-5 year olds. Enjoyable sessions with a wide variety of activities. Stay and Play with your child, meet other parents and professionals who visit the sessions such as Speech and Language Therapist.



After School Provision: 4.5 to 12 year olds. Monday to Friday 3.30-6pm term time, children are collected from Stamford Hill and St Ignatius, other schools are welcome but you need to make arrangements for them to get to the centre.

Holiday Play Scheme: 4.5 to 12 years, during school holidays. The children enjoy a wide range of play activities. We offer safe, reliable and fun childcare.



C.A.B: advice on benefits and tax credits. Drop in to speak to the advisor. For 24 hour pre-recorded information and general advice please call 0844 8269715 or log on to www.haringeycabx.org.uk.

Young Parents Support Group: Social and Support group for young pregnant women

All services are free unless otherwise stated.



Keep Fit—Kung Fu: Children's class 6.30-7.30; Family class 7.30-9.30. Self defence classes for all ages. Contact Tony Roberts on 07860 607 928



Local Councillors Surgeries:
Wednesdays
Cllr Claire Kober (Labour) 1st & 3rd of the month 6.30-7.30
Cllr Dhiren Basu (Labour) 2nd & 4th of the month 6.00-7.00



Older & Bolder: coffee mornings for the over 50's come in for a chat and a cuppa

PIPS: Support for expectant parents and parents and children under 24months registered with a Haringey GP. Speak to your health visitor, midwife or GP to use this service.



IAPT Mental Health Therapist: Help and support with stress, anxiety, depression, sleep problems etc. For an appointment ring 020 8442 6888.



Childminder's Drop in: Childminders only support and development group.



Zumba Classes: Latin inspired dance fitness programme. £5 per class.

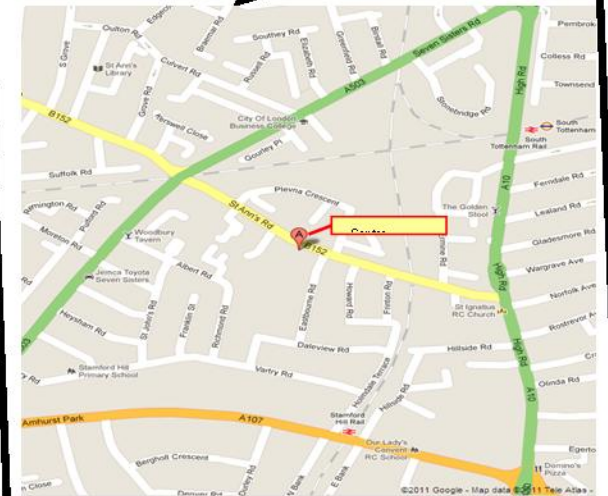


ESOL & Adult Literacy: English for speakers of other languages.

Triangle Children, Young People and Community Centre

Services & Activities

How to find us



Aspire, Respect, Achieve Potential,
Health and Happiness,
Celebrating and Integrating Communities

Contact the centre for more details

91-93 St Ann's Road, N15 6NU
020 8802 8782

Activities January to March 2012

For services, national information & links to other useful websites visit www.fisd.haringey.gov.uk

Monday

Ante/Postnatal Clinic
Whittington
Hospital
**9.30-
11.30am



ESOL Classes & Adult Literacy Classes**
9.30-11.30



IAPT**
Mental Health Therapist
12.00-5.45pm



After School Provision**
3.30-6.00pm



Tuesday

IAPT**



Mental Health Therapist
9.00-5.00

Citizens Advice Bureau



Drop in sessions
2.00-4.00pm

After School Provision**
3.30-6.00pm



Services marked ** are by appointment only

For further details of all services see back of flyer

Wednesday



Stay & Play Drop in Under Fives
10.15-12.15



ESOL Classes & Adult Literacy Classes**—9.30-11.30



After School Provision
3.30-6.00pm



Zumba Classes 6.00-7.00pm
£5 per class

Ward Councillors Surgeries 6.00-7.30pm



Visit our lending library in reception. Please ask the receptionist for details

Thursday

Baby & Toddler Weighing Clinic



9.30-
11.30am

(3rd Thursday of the month)

Stay & Play Drop In Under Ones
12.45-
2.45pm



After School Provision**



3.30-6.00pm

Friday

Ante/Postnatal Clinic
North Middlesex
Hospital**
9.30-4.30pm



Childminders Drop in
9.30-12.30
Triangle House



Older & Bolder Coffee Morning



50+ years
10.30-12.30

Young Parents Support Group 1.00-3.30

PIPS Parent & Infant psychological service** 10.00-1pm

After School Provision**



3.30-6.00pm

Kung Fu Class
6.30-9.30