

## 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/>

## 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, breast feeders, mixed feeders, whether it's lots of support wanted or just little questions answered, [haringeysupport@breastfeedingnetwork.org.uk](mailto:haringeysupport@breastfeedingnetwork.org.uk)

## Midwifery Team

Our midwifery partners are North Middlesex Hospital and Whittington Hospital. To speak to the midwifery teams from these two hospitals, please contact the following numbers.

North Middlesex Lavender Team: 020 3224 4422

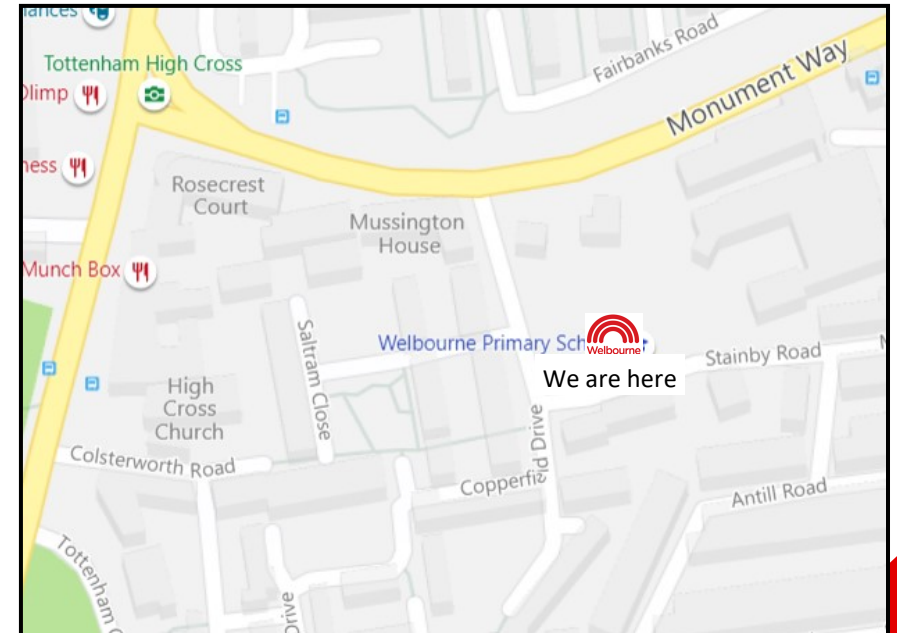
Whittington Community Midwife Service: 020 7288 3482

Your appointments will be in the Children's Centre, but we may not be able to see the midwives' diary.

## Free Nursery Care

With Haringey's Free For 2s programme, some children are eligible for free 15 hours of nursery education from the term following their 2nd birthday. To see if you're eligible, please go to: <https://www.haringey.gov.uk/children-and-families/childcare-and-early-years/childcare-costs/free-early-education/free-early-learning-two-year-olds/free-for-2s-eligibility-check> You can also ask in centre for information, or call us on 020 8493 1197.

All children in Haringey are eligible for 15 hours of nursery education from the term following their 3rd birthday, and some are eligible for 30 hours. Ask in centre for information, or call us on 020 8493 1197



1a Stainby Road

N15 4EA

020 8493 1197

[childrenscentre@welbourne.haringey.sch.uk](mailto:childrenscentre@welbourne.haringey.sch.uk)

## Monday

### A Walk In The Park

Join us in Down Lane Park for active conversations.

*10.15am -11.00am*

**Down Lane Park, N17 9AU**

Ask in centre for information



### Stay & Play

Outdoor accompanied play

*12.45pm-1.45pm (1st session)*

*2.15pm-3.15pm (2nd session)*

Ask in centre to book

## Tuesday

### Toddler Talk

Speech & Language interventions and advice

Ask in centre for information



### Outreach support for local families

*11.00 am -12.00pm*

General advice on child development.



### WEA Get Ready for ESOL: Entry 2

20th Apr- 6th Jul

*10am -12pm*

Online

Call 07974 999 469 to book

## Wednesday

### Craft Club

**9.30am -11.30am**

**Currently online, in-person coming soon!**



### Stay & Play

Outdoor accompanied play *12.45pm-1.45pm (1st session)*

*2.15pm-3.15pm (2nd session)*

Ask in centre to book

## Thursday

### Baby Massage/Baby Yoga.

Ask in centre for details.

*10.00 - 11.30am (1st session)*

*2pm -3.30pm (2nd session)*



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Online

20th Apr- 6th Jul

10am -12pm

Call 07974 999 469 to book



### New Parents Drop-In

Advice and guidance for new parents. Coming soon. Ask in centre for details.

## Friday

### Babbling Baby Group (Non walkers)

Coming Soon. Ask in centre for details.

*10.00am -11.00 am*



A Bag of Taste

Cooking healthy meals on a budget

*Virtual Via WhatsApp*

Week commencing 19th April

Call 07974 999 469 to book

**All Services Are Free to Haringey Residents but spaces are limited. Please call or email to arrange.**