

East/Central Spring Term Activities Timetable 18th January – 31st March 2021

Underhill School & Children's Centre, Mays Lane, Barnet, EN5 2LZ

Tel: 020 8449 2423

Email: info@underhillcc.barnetmail.net

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Midwife Appointments 9.00am - 3.00pm</p>	<p>Acacia Midwife Appointments 9.00am - 3.00pm</p>	<p>Boogie Mites –Virtual Zoom Starting 20th January 2021 9.15am – 10.00am aged 0 – 5 years Please text 07718648305 to book a place</p>	<p>Midwife Appointments 9.00am - 3.00pm</p>	<p>Locality Housing Navigator Telephone Appointments 9.15am – 1.00pm By appointment Call to book 07718648305</p>
<p>Children's Centre advice and information available between 9.30-11.30am 18th January – 07950 791287 25th January – 07718648305 1st February - 07718648316 8th February – 07950 791287 15th February - 07718648305</p>	<p>Introduction to Solid Foods (Virtual) 12.01.21 – 1.00pm – 2.00pm 09.02.21 – 1.00pm – 2.00pm 09.03.21 – 10.00am -11.00am Please text 07950 791287 to book a place</p>	<p>ESOL- English course for Speakers of Other Languages (Virtual) For information please call 07718648305</p>	<p>Basic Greek Lesson for adults and children (Virtual - Zoom) 1.00pm – 1.45pm Please text Maria on 07718648305 to book on</p>	<p>Midwife Appointments 9.00am - 3.00pm</p>
<p>Welfare Rights Advice on housing, benefits, money matters and legal advice Telephone Sessions- Call 0208 449 2423 to book an appointment</p>		<p>Art for Well Being Adult Course Virtual (11 Week course) Starting 13th January 2021 6pm - 7.30pm Come and join a therapeutic session. Drawing skills with simple colour theory exercises. Learn about colour relationships, through developing paintbrush skills. Call 07718648305 to book a place</p>		<p>Telephone Counselling Call Maria on 07718648305 to arrange sessions</p>
				<p>Rhyme Time (Virtual Zoom) Starting 29th January 2021 10.30am – 11.15am Enjoy singing songs and rhymes with your child. Session led by Children's Centre staff 0 – 5 years Please text 07718648305 to book a place</p>

*4th January 2021 Underhill School & Children' Centre closed for Inset Day

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East and Central Locality Children Centres
<p>Underhill: EN5 2LZ (020 8449 2423)</p> <p>Newstead: N2 8LG (020 8359 3460)</p> <p>Coppetts Wood: N10 1JS (020 8883 2985)</p> <p>BEYA EN4 9NT 020 8449 5466</p>
ADVICE & SUPPORT
<p><u>Family Support & Outreach</u></p> <p>Do you feel you need some additional support with parenting, for example, boundaries, family dynamics and routines, etc. We offer an ongoing free support service for parents with children under 5 years old in your own home.</p> <p>For more information please call: 020 8449 2423</p>
<p><u>FEE2 Advice & Support</u></p> <p>Do you require support accessing Free Early Education for two year olds? A member of our outreach team will be able to offer you freesupport with this.</p> <p>Please call 020 8449 2423</p>
<p><u>Want to give-up smoking?</u></p> <p>Do you want free one-to-one advice on how to quit smoking? For more information please call: 020 8449 2423</p>
<p><u>Invite Only Sessions</u></p> <p>Monday - 9.00 am – 12.30pm Midwife EN5 Postnatal Clinic</p> <p>Monday - 12.30pm – 3pm Midwife EN4 Postnatal Clinic</p> <p>Tuesday - 9.30am – 3.30pm Midwife appointments</p> <p>Tuesday - 9.00am – 4.00pm Health Visitor Clinic</p> <p>Wednesday - 12.00 pm – 3.30pm Down syndrome health check</p> <p>Wednesday - 9.00am – 3.00pm Conversational session for Down Syndrome Children</p> <p>Thursday - 9.30am – 12.30pm Child Development & EYFS Assessment checks</p> <p>Thursday - 9.30.am - 12pm Midwife EN5 Parenthood Classes</p> <p>Thursday - 11.15 am - 1.15pm Midwife EN4 Parenthood Classes</p> <p>Thursday – 12pm – 4pm Midwife EN5 Postnatal clinic</p> <p>Friday - 9.00am – 12pm Midwife EN5 Antenatal session</p> <p>Friday -1.30pm – 3pm Midwife Postnatal discharge clinic</p>
<p>Courses at BEYA Children Centre</p> <p>Baby Massage at BEYA: Age: 6 weeks (if premature, 8 weeks) – 4 months old Please call to book a place on 020 8449 5466 Option 5 or Newstead Children's Centre 020 8359 3460</p>
<p>Food bank Vouchers available</p> <p>Please call 020 8 449 2423 or speak to our family support and outreach team</p> <p>Healthy Start 9am – 3pm Pick up your free vitamin drops/tablets (bring your healthy start voucher)</p> <p>Underhill school and Children centre</p>
<p>Barnet Library Service</p> <p>Libraries are currently offering a Select and Collect service and are running a range of online activities. The links for library activities are published on the libraries events webpage and also weekly in our Discover your Library Newsletter for Children and Families. As and when lockdown restrictions are lifted, library services will be reintroduced as soon as it is practical and safe to do so. Please check the www.barnet.gov.uk/libraries for details of services available at any time.</p>

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