



Honilands Children's Centre



All activities are FREE!! Timetable of Services All activities are FREE!!

Autumn 1 2014	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Health	<p>9.30am to 11.30am Antenatal Parent Educational workshops Chase Farm Hospital (invitation only)</p> <p>1.30pm to 3.30pm Baby Clinic For children aged 0-5 years (drop-in)</p>		<p>9.30am to 4.00pm Antenatal Clinic North Middlesex Hospital (booked through your midwife)</p> <p>1.00pm to 2.45pm (first Wednesday of each month ONLY) Speech & Language Drop in Session</p>	<p>9.30am to 12.00pm 2 & 3 year old Development Checks (drop-in)</p> <p>2.00pm to 3.00pm (3rd Thursday of each month ONLY) Weaning session</p>	<p>9.30am to 4.00pm Antenatal Booking in Appointments North Middlesex Hospital (booked through your midwife)</p>
Advice & Support	<p>9.00am to 12.00pm Outreach Service come into the centre to chat with Lyn our Outreach Worker (by appointment)</p>	<p>10.30am to 3.30pm i Come into the centre to learn about the different services available to families in the local area and what parenting courses are available to you (drop in)</p>			
Play & Learn		<p>12.45pm to 2.00pm Mini Movers For children aged 1-2 years (book in advance on Monday)</p> <p>2.15pm-3.30pm Mums, Tums & Under 1's For children aged 0-1 years (book in advance on Monday)</p>	<p>10.00am to 11.30am Play & Learn session For children aged 0-5 years (book in advance on Monday)</p> <p>1.15pm to 2.45pm TalkACTivity Speech Development session for children aged 18 months to 2.5 years (by referral)</p>	<p>1.00pm-2.30pm Play & Learn session For children aged 0-5 years (book in advance on Monday)</p>	<p>10.30am to 12.00pm Growing Together For children aged 2-3 years (invitation or self- referral)</p>
<p>Every 8 weeks Parent Forums Have your say ... See member of staff for details</p>					
Parenting	<p>1.30pm to 3.00pm Baby Watching and Wondering (by invitation only)</p>		<p>9.00am to 11.00am (first Wednesday of each month ONLY) Time to Talk (CAMHS/EPS) (by appointment only)</p> <p>9.00am to 11.00am Wednesday 1st October JOBS.net Workshop (by application)</p>		

To book a place or confirm sessions, please call 01992 701012 option 1 - Children Centre Main Reception (PLEASE NOTE: we can only book you in for 2 Play & Learn sessions per week)
All our sessions are run from Honilands Children's Centre, The Acorns, Kempe Road, Enfield Middlesex EN1 4QT

Description of Services Please note, you must have at least one child aged under 5 (or be expecting a child) to access our services

Antenatal Booking in Appointments	Antenatal Clinic	Antenatal Parent Educational Workshops	Baby Clinic
Antenatal appointments are booked through your personal midwife. At this appointment you will be given information on keeping healthy and you will be able to speak to a midwife about any worries in relation to your pregnancy.	Antenatal appointments are booked through your personal midwife. They are a chance for you to speak to a midwife about any worries in relation to your pregnancy and check baby's growth.	3 week course for expectant parents with the midwives team.	Baby Clinic is a drop in session for you to have your children weighed and seek advice, support or guidance from a Health Visitor.
Development Checks	Speech and Language Drop in	Outreach Service	
Early Year's Practitioner led session to check your Child's Development at 2 and 3 years.	An opportunity for you to come along to the centre and discuss any concern you have with your child's speech or language development with a Speech Therapist.	Drop-in sessions where you can come into the Centre and ask staff for further information about Childcare facilities in the local area, services available to families in Enfield and about our parenting courses.	
Growing Together	Mini Movers	Mums, Tums and Under 1's	Play and Learn Sessions
This is a group for parents with children aged 2-3 years giving you the opportunity to engage and play alongside your child. Our aim is to encourage reflective parenting. There will be an opportunity for your child to be filmed and to spend time with a worker reflecting the video material and producing your own portfolio.	This is a universal Play and Learn session for you and your children aged 1-2 years, to enrich their knowledge and development through play. An Early Years Health Practitioner will be on hand to give advice and support. Please call the centre on a Monday to book in advance 01992 701012 (option 1).	For Babies 0-1 years of age. Come along with your baby and meet other Mums and Dads while babies play. An Early Years Health Practitioner will be on hand to give advice and support. Expectant parents are also welcome. Please call the centre on a Monday to book in advance 01992 701012 (option 1).	These are universal sessions for you and your children to enrich their knowledge and development through play. Session also includes Snack Time, Rhyme Time and Story Time. Please call the centre on a Monday to book in advance 01992 701012 (option 1).
TalkACTivity	Baby Watching and Wondering	JOBS.net Workshop	Time to Talk
This is a Speech based Play and Learn session, to aid parents with strategies to enhance their child's language.	This is a 6 week programme for parents with babies aged between 6 months to 9 months. This is an opportunity for you to learn through your baby and about their play.	This is a one off workshop for 19 th June which will cover effective job search, CV writing, how to complete an application form, interview techniques and much more. Free crèche provided. Please call the centre for details and to sign up.	Would you like to talk to Anneka, our therapist about your child's development and behaviour. This is a FREE and confidential service. Please Call the Centre to book an appointment or for further information on 01992 701012 (option 1).
Honilands Parent College (Formally known as Baby College)		Courses coming up after October	
Through Honilands Parent College you will be able to select your own learning opportunities through a series of courses throughout the year. You can enrol on as many courses as you wish. You will develop a portfolio of certificates for each course you attend which will be presented to you at our termly graduation ceremony. All courses offer a free crèche facility.		Baby Massage Balloon Table Top Christmas Decorations Computer Skills and E-Safety Developing Early Years Writing Easy Cooking First Aid Functional Skills Introduction to Spanish Money Management Parent Champion	
Launch Day: Friday 3 rd October 9am-4pm Come and pick up a Prospects from The Acorns Enrolment Week: Monday 6 th October to Friday 10 th October Graduation Night: Monday 15 th December 6.00pm-7.00pm For further information please visit The Acorns or call on 01992 701012 (option 1).			

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