

How to contact us

We provide activities and support sessions across three sites, Hainault, Fullwell & Forest Children's Centre. In addition we can offer advice and support at Hainault Children's Centre. You can contact us in the following ways:

Call 020 8708 9374

Email hainaultcc@redbridge.gov.uk

Online <http://find.redbridge.gov.uk/hainaultcc>

How to book

Some sessions will need to be booked, others you can just drop in on the day. Details of how to book are provided on the timetable in this leaflet. If you are asked to book a session please call the centre the day before the session, or for courses please call in advance. Contact details are provided above.

Have your say

Your views on the experiences you have in our Children's Centre and the service that we provide to you is important to us. They help us to shape the services that we provide to you in the future. Please let us know what you think in the following ways:

- Join our Parents' Forum or Volunteering programme (contact us for details and times)
- Leave your question or feedback at Reception
- Talk to a member of the Children's Centre team
- Complete the Children's Centres Annual Satisfaction Survey when due
- Take part in our 'Your Voice Counts' week

Further information and support

If you would like to know about more services in your community, or other support available to you and your family please contact Families Information Direct (FiND).

Call 0800 587 7500 or 020 8708 8920

Email find@redbridge.gov.uk

Online <http://find.redbridge.gov.uk>

We welcome babies and children (under 9 years) with SEND at all of our sessions

We are proud to be part of the Breastfeeding Welcome Scheme

Hainault, Fullwell & Forest Children's Centres

4th January to 13th April 2018



Hainault Children's Centre, 114 Huntsman Road, Hainault, IG6 3SY

Fullwell Children's Centre, 140 High Street, Barkingside, IG6 2EA

Forest Children's Centre, Davids Way, Hainault, IG6 3BQ



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Benefits Advice Session (DABD) @ Fullwell 9.30am-12.30pm (appointment only) Advice on benefit entitlement and support to complete applications</p> <p>Family Support & Advice @ Fullwell CC 10.00am-12.00pm (drop in session) For children 0 to 4 years Join us for support and advice on all aspects of family life including free education and childcare for 2, 3 and 4 year olds</p> <p>Rhyme Time @ Hainault Library Term time only 10.00am-10.30am (drop in session) For children 0 to 4 years Share rhymes to help develop your child's language skills</p> <p>Busy Toddlers @ Fullwell CC 11.00am-12.00pm Please call on Friday before to book For children walking to 3 years Support your child's learning and development through play, home learning and school readiness activities</p> <p>Baby Massage (5 week course) @ Hainault CC 1.30pm-3.00pm (call for availability) For babies 6 weeks to 9 months Learn about nurturing touch and communication with your baby; techniques to relax and help them with colic and constipation</p> <p>Stay and Play @ Gilbert Colvin Primary School Term time only - £2 per session 2.00pm-3.10pm (drop in session) For children 0 to 4 years Providing a variety of play activities with support from staff on how you can use them at home</p> <p>Self-Weigh @ Hainault CC 2.45pm-4.30pm (drop in session) For children 6 weeks to 4 years An opportunity to weigh your child</p>	<p>Child Health Clinic @ Hainault Health Centre, Manford Way IG7 4DF 9.30am-11.30am (drop in session) For children 0 to 4 years Speak with a Health Visitor or a Nursery Nurse, have your child weighed and discuss health issues and queries</p> <p>Rhyme Time @ Fullwell CC 10.00am-10.30am (drop in session) For children 0 to 4 years Share rhymes to help develop your child's language skills</p> <p>Aerobics @ Forest CC 10.00am-11.00am (drop in session) Parents of children 6 weeks to 4 years £3.00 charge per session Be active, get fit and have fun with your child in this aerobics session</p> <p>Baby Music Course @ Fullwell CC Call centre for course availability 11.00am-11.45am (call to book) For babies up to 1 year Music based sessions promoting language, movement and home learning for babies</p> <p>English Conversation Club @ Fullwell CC Registration on 9 January Sessions start 16 January 11.00am-12.00pm (call to book) For parents and carers only Learn basic conversational English in a friendly atmosphere and make new friends</p>	<p>Busy Toddlers @ Forest CC 10.00am-11.15am Please call on Tuesday to book For children walking to 3 years Support your child's learning and development through play, home learning and school readiness activities</p> <p>Brilliant Boys (5 week course) @ Hainault CC Call centre for course availability 10.00am-11.30am (call to book) For boys from 2 to 4 years Fun and interactive sessions exploring new ideas that support boy's development</p> <p>Stay and Play Term time only (drop in sessions)</p> <ul style="list-style-type: none"> • Wohl Ilford Jewish Primary School 9.30am-11.30am for 0 to 3 years • St Paul's Church, Arrowsmith Rd 1.00pm-3.00pm for 0 to 3 years • Gilbert Colvin Primary School 2.00pm-3.10pm for 0 to 4 years £2.00 charge per session <p>Providing a variety of play activities with support from staff on how you can use them at home</p>	<p>Rhyme Time @ Hainault Library 10.00am-10.30am (drop in session) For children 0 to 4 years Share rhymes to help develop your child's language skills</p> <p>Busy Toddlers @ Hainault CC 10.30am-11.30am Please call on Wednesday to book For children walking to 3 years Support your child's learning and development through play, home learning and school readiness activities</p> <p>Busy Babies @ Fullwell CC 11.00am-12.00pm Please call on Wednesday to book For babies from birth to walking Support your baby's early development through discussion and sensory play opportunities</p> <p>Baby Massage (5 week course) @ Hainault CC 1.30pm-3.00pm (call for availability) For babies 6 weeks to 9 months Learn about nurturing touch and communication with your baby; techniques to relax and help them with colic and constipation</p> <p>Baby Feeding Café @ Hainault Health Clinic 1.30pm-3.00pm (drop in session) For babies from birth to 12 months Join us for a drink and a chat whilst we answer any questions you have about feeding your baby from breast, bottle as well as starting solid food</p>	<p>Rhyme Time @ Fullwell Cross Library 10.00am-10.30am (drop in) For children 0 to 4 years Share rhymes to help develop your child's language skills</p> <p>Family Support and Advice @ Fullwell CC Starting 12 January 10.00am-12.00pm (drop in session) For all families Join us for support and advice on all aspects of family life including free education and childcare for 2, 3 and 4 year olds</p> <p>Toddler Music @ Fullwell CC 11.00am-11.45am (call for availability) For children 1 to 3 years Music based sessions promoting language, movement and home learning for children</p> <p>Busy Babies @ Hainault CC 11.00am-12.00pm Please call on Thursday to book For babies birth to walking Support your baby's early development through discussion and sensory play opportunities</p> <p>Parents' Forum @ Hainault CC Taking place 9 February 12.00pm-12.45pm (drop in session) For children 0 to 4 years Your voice counts! Come along and share your views and be part of the ongoing development of your children's centres</p> <p>Bookstart (4 week course) @ Fullwell CC Starting 12 January & 2 March 1.45pm-2.30pm (call to book) For children 2 to 4 years Helping your child to build the foundations to reading by boosting their communication, concentration and imaginative play</p>
		<p>Introduction to Solid Food @ Newbury Hall Children's Centre Monday 1.30pm-2.30pm (call for availability) For babies from 4 to 6 months Advice and guidance on how and when to introduce your child to solid foods</p>		

