

Parenting Support



Haringey
LONDON



Children's Centres



Community



Early Help Service



Education and Learning



Fostering & Adoption



Health and Wellbeing



Emotional Health & Wellbeing



National Services & Agencies



SEND Local Offer



Targeted Response Team

Children's Centres	Type of Support	Level of * Need	Cost	Length of Programme/support	Parents or Carers of children who are...	Who can apply?
The Broadwaters Children's Centre	http://www.broadwaterschildrensCentre.org.uk/ See the activity timetable on The Broadwaters Children's Centre webpage for further information The Centre is also a distributor of The Come Correct (or CCard) scheme					T: 020 8885 8801 E: childrencentre@thewillow.haringey.sch.uk
BOOKSTART – a free book provided for every child in UK						Parents or Carers contact Centre for further information
Citizens Advice Centre – CAB advice & Guidance on a variety of issues facing families	1-2-1	1-4	Free	9.30am – 12.30pm Fridays	0 - 4yrs	Professionals/Parents and Carers Contact Centre to book an appointment
Childminders group	Group	1-4	Free	10am-11.30am 1 st Thursday of each month	0 - 4yrs	Childminders
Computer Course with ESOL	Group	1-4	Free	9am – 11.30am Wednesdays Free Creche Available	0-4yrs	Contact Centre to Contact Centre to enrol
Don't Forget the Kids – a group of children whose parents are coping with cancer	Group	1-4	Free	3.30pm – 6pm Mondays	0-4yrs	Professionals/Parents and Carers Contact Centre to for further information
ESOL (WEA) Level 1	Group	1-4	Free	9.30am – 11.30am Tuesdays 9.30am 11.30am Thursdays	0-4yrs	Contact Centre – enrolling new students
'Embrace' Sexual Health Clinic – contraceptive advice & STI & HIV testing	1-2-1	1-4	Free	1pm – 6pm Fridays	0-4yrs	Contact Centre to book appointment
Employment Support – Paddington Development Trust – Supporting Parents back into employment	1-2-1	1-4	Free	9am – 12pm Mondays	0 – 4yrs	Professionals/Parents and Carers Contact Centre to book place Appointments Only

English for Beginners Course – English Second Language Speakers	Group	1-4	Free	1pm – 3pm Wednesdays Free Creche Available	0 – 4yrs	Professionals/Parents and Carers Contact Centre to enrol
The Farm – Stay & Play	Group	1-2-1	Free	1.30am – 3pm Wednesdays	Under 3yrs	Broadwater Farm Residents
Haringey Thinking Space – <i>Come together in a safe place to talk about what it's like to bring up children in Tottenham and offer each other support.</i>	Group	1-4	Free	10.30am – 12.30pm 4 th Wednesday of every month	0 – 4yrs	Parents and Carers – Contact Centre for more details
Job Centre Plus – <i>Advice on benefits and employment for parents</i>	1-2-1	1-4	Free	9.30am – 4pm Fridays	0 – 4yrs	Professionals/Parents and Carers – Contact Centre for more details
Midwifery Team – North Middx Hospital	1-2-1	1-4	Free	9.30am – 4pm Thursday's	0 -3 mths	Professionals Appointment Only
Midwifery Team - <i>Whittington Hospital</i>	1-2-1	1-4	Free	9.30am-4.00pm Tuesdays and Wednesdays	0 -3 mths	Professionals Appointment Only
Muck Around Monday - messy play, songs music,	Group	1-4	Free	9.15am-11.15am Monday	0 – 4yrs	Professionals/Parents or Carers
New Parents Group – <i>For first time parents</i>	Group	1-4	Free	To Be Confirmed	0 – 4yrs	Professionals/Parents or Carers Contact the Centres Outreach work for details
Nursery Tour	Group	1-4	Free	10.30am 2 nd Tuesday of each month	0 – 4yrs	Call Centre to book a place Appointment Only
Praise & Positive Comments – Parenting Workshop	Group	1-4	Free	9am – 10.15am Tuesday 14 th May	0-4yrs	Professionals/Parents or Carers Call Centre to book a place
Sensory Superstars – <i>Stay & Play</i>	Group	1-4	Free	1pm-3pm Mondays 1.30pm – 3pm Fridays	0- 18mths	Professionals/Parents or Carers

Stay & Play – Under 5's Club <i>storytelling, messy play fun activities</i>	Group	1-4	Free	9.15am – 11.15pm Fridays	0 – 4yrs	Professionals/Parents or Carers
Weaning - Parent Workshop	Group	1-4	Free	1pm 2pm Tuesday 4 th June	Babies /toddlers	Professionals/Parents or Carers Call Centre to book a place
Weigh-In Clinics - <i>please bring your child's Red Book</i>	1-2-1	1-4	Free	9.30am – 11.30am 2 nd Thursday of each Month 11 th April, 9 th May, 13 th June, 11 th July	2,3,4mths and 1yr	Professionals/Parents or Carers Call Centre for details
Children Centre Services - West Locality Team	http://www.haringey.gov.uk/childrens-Centres <i>See the activity timetable on The Children Centre Services – West Locality Team webpage for further information</i>			Linda Duberry – Team Manager T: 07970 242 803 for Outreach Support Contact Suzanne T: 07970 243 616		
Antenatal Clinic – Whittington NHS <i>Stroud Green Primary School Woodstock Road N4 3EX</i>	1-2-1	1-4	Free	9.30am – 11.30am Fridays	Pre-Birth	Professionals
Breastfeeding Support Group <i>Hornsey Central Neighbourhood Health Centre 151 Park Road N8 8JD</i>	Group	1-4	Free	9.30am – 12pm	Babies	Professionals/Parents or Carers
Outreach Support – <i>Support, advice and guidance</i>	1-2-1	1-4	Free	2-4pm Mondays	0-4yrs	Professionals/Parents or Carers Contact Outreach Worker (details above) - Session booked on request
Stay & Play – <i>Creative play & learning @ Dinosaurs Playgroup N8 7AJ</i>	Group	1-4	Free	1.30pm – 3.30pm Tuesdays 1.30pm – 3.30pm Thursdays	0-5yrs	Professionals/Parents or Carers
Stay & Play – <i>drop in session @ Stroud Green Primary School Woodstock Road N4 3EX</i>	Group	1-4	Free	9.30am – 11.00am Wednesdays (Term Time Only)	0-3yrs	Professionals/Parents or Carers

Twinkle Toes - drop in session for babies & non-walkers - Union Church Community Centre Weston Park Road N8 9PX	Group	1-4	Free	10am – 11.30am Mondays 1 x 1.30mins weekly Mondays	Birth to Crawling	Professionals/Parents or Carers
Weighing Clinic - Hornsey Central Neighbourhood Health Centre 151 Park Road N8 8JD	1-1	1-4	Free	9.30am – 11.30pm Fridays	2,3,4mths and 1yr	Professionals/Parents or Carers
Park Lane Children's Centre	www.haringey.gov.uk/park-lane-childrens-Centre See the activity timetable on The Park Lane Children's Centre webpage for further information.					T: 020 8489 4945
Baby Feeding Drop-In	1-2-1	1-4	Free	10am-12pm Wednesdays	Babies	Professionals/Parents or Carers
Baby Massage -	Group	1-4	Free	Thursdays 6 th June – 20 th June	0-12mths	Professionals/Parents or Carers Contact Centre to book place
Baby Weighing Clinic– <i>Please bring your child's Red Book</i>	1-2-1	1-4	Free	1pm-3pm Thursdays 11 th April, 9 th May, 13 th June, 11 th July <i>Please make sure you arrive at least 15mins before closing time</i>	2,3,4mths and 1yr	Parents or Carers
Baby Wonder – <i>Understanding your babies' development</i>	Group	1-4	Free	11am -12.30pm Thursdays 5 weeks 2nd May – 30 th May	Babies	Professionals/Parents or Carers Contact Centre to book place
Better Births	1-2-1	1-4	Free	8am – 5pm Tuesdays	0 - 4yrs	Professionals/Parents or Carers Contact Centre to book place Appointment Only
Citizen Advice Bureau <i>Benefit & Debt Advice</i>	1-2-1	1-4	Free	9.30am – 12.30pm Mondays	0-6yrs	Contact Centre to book place Appointment Only

Connected Communities – advice and guidance -Support Session (Debt, Housing, employment, early years etc.,)	1-2-1	1-4	Free	Fridays – drop-in	Open access	Contact Children’s Centre or go to https://www.haringey.gov.uk/community/connected-communities for further information
Employment Advice – <i>for parents</i>	1-2-1	1-4	Free	10am – 12pm – Monday	0 - 4yrs	Professionals/Parents or Carers Appointments Only
Family Support & Parenting Support	1-2-1	1-4	Free	9.30am – 12.30pm Tuesdays 1pm – 4pm Thursdays	0 - 4yrs	Professionals/Parents or Carers Contact Centre to book place
Health Visiting Team – <i>Integrated Reviews</i>	1-2-1	1-4	Free	Fridays	0-4yrs	Invites Only Appointments Only
Healthy lifestyle Sessions	Group	1-4	Free	17 th May & 7 th June	0 - 4yrs	Contact Children’s Centre for more details and to register
Health Start – free vitamins, milk, fruit and vegetables	1-2-1	1-4	Free	Contact Children’s Centre	0 - 4yrs	
North Middx Hospital Ante/postnatal Clinic	1-2-1	1-4	Free	Wednesdays	Pre-birth/ new-borns	Professionals Appointments Only
Play, Movement and Rhyme <i>Friendly informal drop-in with different sessions each week</i>	Group	1-4	Free	11am – 12.30pm Wednesdays	0 - 4yrs	Professionals/Parents or Carers
Stay & Play	Group	1-4	Free	1.15pm-3pm Mondays 9am-11am Tuesdays	0-2yrs 0-4yrs	Professionals/Parents or Carers
Why Love and Play Matters <i>Parenting Course</i>	Group	1-4	Free	9.30am – 11.30am Mondays 1 st July – 22 nd July	0-4yrs	Professionals/Parents or Carers Contact Centre to book place
Whittington Hospital Ante/postnatal Clinic				Thursdays	Pre-birth/ new-borns	Professionals Appointments Only
Young Parents Together	Group	1-4	Free	1.30pm – 3pm Wednesdays	0-4yrs	Professionals/Parents or Carers

Additional ESOL, ICT, Literacy & Maths, parenting and other courses are also available						Contact Centre for further details
Pembury House Children's Centre	http://www.pemburyhouse.haringey.sch.uk/children-s-Centre See the activity timetable on The Pembury House Children's Centre webpage for further information					T: 020 8801 9914
Bubble Babies	Group	1-4	Free	1pm – 2.45pm Tuesdays	Under 1yr	Parents/Carers
Chattertots – Stay & Play – providing support with communication and language	Group	1-4	Free	9.30am – 10.30am Wednesdays	18mths-4yrs	Professionals/Parents or Carers <i>Invitation Only - Contact Centre</i>
ESOL – Pre-Entry Level 1	Group	1-2-1	Free	1pm – 3pm Mondays 29 th April – 15 th July creche available	0-4yrs	Professionals/Parents or Carers Contact Centre for further information and enrolment
Health Visitors - 6-8 weeks Health Checks - Tynemouth Road Health Visitors	1-2-1	1-4	Free	9.30am – 11.30am 1 st Mondays of the month	New-borns	Professionals Appointments Only
Health Visitors - 1 & 2yrs Health Reviews- Tynemouth Road Health Visitors	1-2-1	1-4	Free	9.30am – 1pm Thursdays	1-2yrs	Professionals Call 020 3074 2650 Appointments Only
Huddle – support with play learning, health and finding a nursery for children with developmental difficulties	Group	1-4	Free	10am – 12pm Tuesdays	0-4yrs	Professionals/Parents or Carers Contact Portage for further information Portage@haringey.gov.uk
Language Lift Off – Speech and Language Therapy - for children attending Pembury Nursery School	Group	1-4	Free	Thursdays	2-4yrs	Professionals Check with Centre for times

MAIA Midwives Workshops	1-2-1	1-4	Free	10am -12.30pm Thursdays 25 th April, 2 nd & 23 rd May, 6 th & 13 th June, 4 & 18 th July	0-3mths	Professionals/Parents or Carers Appointments Only
Natural Explorers - Stay & Play	Group	1-4	Free	1pm – 2.45pm Wednesdays	0-4yrs	Professionals/Parents or Carers
North Middx Midwives - Ante/Postnatal Clinic	1-2-1	1-4	Free	9.30am-4pm Mondays	Pre-birth/ new-borns	Professionals Appointments Only
Peaceful Pandas – <i>Family Mindfulness Group</i>	Group	1-4	Free	1.30Pm-2.30PM Fridays TERM TIME ONLY	0-4yrs	Professionals/Parents or Carers
Vitamins available for free			Free		Pre-birth & Breastfeeding Mothers, & 4yrs olds	Can collect Vitamin drops and tablets from this Centre
Story Hunters - Stay & Play -	Group	1-4	Free	9.30am-11.15am Fridays TERM TIME ONLY	0-4yrs	Professionals/Parents or Carers
Support & Information Service – Friendly support for you and your family	1-2-1	1-4	Free	Contact Centre	0-4yrs	Book appointment with Sylvie, Silva, Selina or Petra
Whittington Hospital Ante/Postnatal Clinic	1-2-1	1-4	Free	9.30am – 4pm Thursdays	Pre-birth/ new-borns	Professionals Appointments Only
Rowland Hill Children's Centre	http://www.rowlandhill.haringey.sch.uk/ <i>See the activity timetable on The Rowland Hill Children's Centre webpage for further information</i>					T: 020 8808 6089
Baby Feeding (drop-in) – <i>Breastfeeding and feeding advice and support</i>	1-2-1	1-4	Free	1.30pm-3.30pm Wednesdays	Expectant mothers & Babies	Professionals/Parents or Carers (living in local community)
Baby Stay & Play – <i>play with your baby and meet families in your community. You will have</i>	Group	1-4	Free	10am – 12pm Wednesdays- Drop-in	0-12mths	Professionals/Parents or Carers (living in local community)

<i>the opportunity to learn about how your baby develops.</i>						
Baby Weighing Sessions	1-2-1	1-4	Free	9.30am – 11am Wednesdays 4 th Wednesdays of the month 24 th April, 22 nd May, 26 th June, 24 th July	2,3,4mths and 1yr	Parents and Carers - (living in local community)
Baby Wonder Group – <i>a group for new parents covering 5 themed sessions to support you & your new-born</i>	1-2-1	1-4	Free	Fridays	0-6mths	Parents and Carers Contact Centre for further information and to book a place
Early Help Service – Family Support Worker (drop-in) – <i>offer advice and support on a range of issues including with accessing work, managing budgets, support around routines.</i>	1-2-1	1-4	Free	9am – 4pm Thursdays.	0-4yrs	Professionals/Parents or Carers Contact Centre for further information or drop-in. (living in local community)
Health Visitors Team 1 & 2yr Checks	1-2-1	1-4	Free	9am – 4pm Thursdays	1 & 2Yrs	Professionals Invitation Only
Natural Thinkers – Stay & Play – <i>a range of fun activities including digging, gardening, growing picking and tasting fresh produce.</i>	Group	1-4	Free	9.30am – 11.30am Mondays	1-4yrs	Professionals/Parents or Carers -(living in local community)
North Middx Hospital Ante/Postnatal Clinic	1-2-1	1-4	Free	9am-4pm Tuesdays 9am-4pm Fridays	Pre-birth/ new-borns	Professionals (living in local community) Appointments Only
Rhythm and Rhyme - <i>a musical experience for children and families</i>	Group	1-4	Free	9.15am – 10am - 1 st session 10.30am – 11.15am - 2 nd session Drop-in Thursdays	0 – 4yrs -	Parents or Carers (living in local community)
Stay & Play with Messy Play – <i>Play with your child and meet families in your community,</i>	Group	1-4	Free	1pm-3pm Tuesdays	0-4yrs	Parents or Carers (living in local community)

<i>enjoy a range of experiences which will support your child's development</i>						
Universal Credit Information – <i>questions or queries about Universal Credit drop in and see Universal Credit Coach</i>	1-2-1	1-4	Free	10am – 2pm Mondays– Drop-in	0-4yrs	Parents or Carers
Triangle Children, Young People and Community 's Centre	www.haringey.gov.uk/trianglecc <i>See the activity timetable on The Triangle Children's Centre's webpage for further information</i>					T: 020 8802 8782
Baby Weighing Clinic	1-2-1	1-4	Free	10am – 12am Every 3rd Thursday of the month 18 th April, 16 th May, 20 th June, 18 th July	2,3,4mths and 1yr	Professionals/Parents or Carers
CAMHS/Choices Sessions - <i>support the emotional wellbeing of children, young people and families</i>	1-2-1	1-4	Free	1pm – 5pm Wednesdays	0-4yrs	Professionals - (By referral only) Appointments Only
CARIS Toy library	N/A	1-4	30p	10.30am – 12.30pm Mondays available at Stay and Play sessions on 1 st April, 13 th May, 10 th & 24 th June, 8 th July	0-4yrs	Parents / Carers
ESOL – English Classes	Group	1-4	Free	10.15am-12.15am (AM Class) / 1pm-3pm (PM Class) -Tuesdays 10.15am-12.15pm (am Class) / 1pm-3pm (PM Class) -Thursdays	0-4yrs	Parent/Carers – Contact Centre for further information and to book classes Bookings Only
Health Visitor Integrated Reviews – <i>2yr checks</i>	1-2-1	1-4	Free	9.30am – 11.45am Mondays	2yrs	Professionals Appointments Only
Health Visitors Reviews Clinic	1-2-1	1-4	Free	1pm – 3.45pm Mondays	Babies /Toddlers	Professionals Appointments Only



Healthy Start Vitamins				Can collect Vitamin drops and tablets from this Centre	Pre-birth – 4yrs	Talk to Centre
IAPT – <i>Integrated access to psychological therapies</i>	1-2-1	1-4	Free	9am -5pm Mondays 9am -5pm Tuesdays	0-5yrs	Appointments only Call 0208 808 5833
Koach Parenting - <i>one to one parenting support using the Solihull Approach</i>	1-2-1	1-4	Free	9am-1.30pm Wednesdays and Thursdays	0-17yrs	Professionals/Parents or Carers Contact Koach direct on 020 3808 1115 / koachparenting@gmail.com Appointments Only
Movers & Shakers - <i>Music and Movement</i>	Group	1-4	£3.50	2.30pm-3pm Wednesdays	0-3yrs	Professionals/Parents or Carers
North Middx Hospital <i>Ante/Post Natal Clinic</i>	1-2-1	1-4	Free	Antenatal 9am – 4.30pm Tuesdays Ante/Post Natal - 9.30am-4.00pm Wednesdays Ante/Post Natal - 9.30am-4.00pm Fridays	New Born Pre-Birth/New Born	Professionals Appointments Only
Nursery Tours -	Group	1-4	Free	10.30am every first Wednesday of the month	2 – 4yrs	Professionals/Parents or Carers Appointments Only
Project 2020 – <i>Employment Support</i>	1-2-1	1-4	Free	10am – 4pm Mondays	0-4yrs	Professionals/Parents or Carers
Stay & Play Sessions	Group	1-4	30p -a 30p -b Free-c Free-d	10.30am-12.30pm Mondays 10.15am – 12.15pm Wednesday 12.45pm – 2.45pm Thursdays 9.30am – 1.30pm Friday (Inc Childminders – drop-in)	0-4yrs 0-4yrs Under 1yrs 0-4yrs	Professionals/Parents or Carers
Support & a Chat - <i>advice and guidance from the Centre’s Family Support Worker</i>	1-2-1	1-4	Free	9am – 5pm Wednesdays	0-4yrs	Professionals/Parents or Carer (for further information please contact Centre)

Keep Fit / Kung Fu - <i>Family Class</i>	Group	1-4	Check with Centre	7.30pm – 9.30pm Thursdays	0-4yrs	Parents/Carers Contact: Tony Roberts 07860 607 928
Tiny Talkers – <i>a session to support your child's speech & language</i>	Group	1-4	Free	11am – 11.30am Mondays	0-4yrs	Ante/Post Natal – Booking required limited places
Whittington Midwife <i>Antenatal Clinic</i>	Group	1-4	Free	9am-4pm Mondays	Pre-birth	Professionals Appointments Only
Whittington Midwife <i>Postnatal Clinic</i>	1-2-1	1-4	Free	9.30am – 12pm Thursdays	New-borns	Professionals Appointments Only
The Triangle's Charedi Activities						
2yr Old Free 15hr Nursery Place – <i>application support</i>	1-2-1	1-4	Free	Tuesdays and Thursdays	2-4yrs	Contact Miriam or Howard on 0208 802 8782 Appointments Only
Antenatal Clinic – <i>Whittington Midwife</i>	1-2-1	1-4	Free	9am – 4pm Mondays	2-4yrs	Professionals Appointment Only
<i>Antenatal/Postnatal Clinic – North Middx Hospital</i>	1-2-1	1-4	Free	9am – 4pm Fridays	Pre-Birth / New Born	Professionals Appointment Only
After School Stay & Play – <i>craft, messy play, bikes, baby corner, kitchen area and lots more</i>	Group	1-4	£2 per session	4pm – 6pm Tuesdays	0-8yrs	Parents and Carers - Contact Centre
Baby & Toddler Weighing Clinic – <i>please bring your Red Book</i>	1-2-1	1-4	Free	9.30am – 11.30am 3 rd Thursday of every Month	2, 3, 4mths and 1yr	Parents or Carers
Health Visitor Review Clinic	1-2-1	1-4	Free	9.30am – 11.45am and 1.30pm – 3.45pm Mondays	0-2yrs	Professionals Appointments Only
Healthy Start Vitamins				Can collect Vitamin drops and tablets from this Centre	Pre-birth – 4yrs	

Koach Parenting - <i>One-to-one support for orthodox Jewish families</i>	1-2-1	1-4	Free	9am - 1.30pm Wednesdays and Thursdays	0-17yrs	For further information call 0203 808 1115 Appointments Only
Welbourne Children's Centre	http://welbourne.haringey.sch.uk/children-Centre/ See the activity timetable on The Welbourne Children's Centre webpage for further information					T: 020 8493 1197
Adult Craft Club - <i>parents encouraged to bring their children</i>	Group	1-4	Free	9.30am-11.30am Tuesdays	0-4yrs	Parents or Carers
Ante/Postnatal Clinic – <i>Whittington Midwives</i>	1-2-1	1-4	Free	9am – 3pm Fridays	Pre-Birth / New-Born	Professionals Appointments Only
Baby Group – Drop-in – <i>Limited spaces, come early to avoid disappointment</i>	Group	1-4	Free	10am – 11.30am Fridays (limited spaces come early to avoid disappointment)	Non-Walkers only	Parents or Carers
Baby Massage / Yoga	Group	1-4	Free	10am – 11.30am Thursdays	Babies	Professional/ Parents or Carers Ask Centre for further details
Breastfeeding Support – <i>Breastfeeding Network</i>	1-2-1	1-4	Free	12.30pm – 2.30pm Mondays	New-borns	Parents - Contact Centre for further details
<i>ESOL – Level 3 – Language course for parents with English as their second language</i>	Group	1-4	Free	9.30am – 11.30am Mondays and Wednesdays No creche available	0-4yrs	Parents - Contact Centre for further details
Health Visiting Development Reviews	1-2-1	1-4	Free	1.30pm – 4.30pm Tuesdays	0-4yrs	Professional/Parents or Carers Appointments Only
Parents Support Surgery (Drop-In)	1-2-1	1-4	Free	2.30pm-3.30pm Wednesday	0-4yrs	Professionals/Parents or Carers – Contact Appointments Only
Midwifery Clinic - North <i>Middx Hospital</i>	1-2-1	1-4	Free	9.30am-4pm Mondays/Tuesdays	Pre-Birth	Professionals Appointments Only

Outreach Support – <i>advice and guidance from Centre’s Outreach Workers</i>	1-2-1	1-4	Free	Variable - on -request	0-4yrs	Professionals/Parents or Carers contact Melissa or Shirlana (Outreach Support) Appointments Only
Stay and Play Drop-In – <i>accompanied play sessions (with outdoor activities on Mon)</i>	Group	1-4	Free	1.30pm – 3.30pm Mondays and Wednesdays	0-4yrs	Professionals/Parents or Carers
Waddle to Toddle – <i>Getting ready for nursery</i>	Group	1-4	Free	1.30pm-2.30pm Thursdays	18mths-2yrs	Professionals/Parents or Carers – Contact Centre for further details
Weighing Group with Advice	1-2-1	1-4	Free	2pm - 3.30pm 3rd Monday of the Month	2,3,4mths and 1yr	Parents and Carers
Woodlands park Children’s Centre	http://www.woodlandspark-nur.haringey.sch.uk/ Woodlands Park Road, N15 3SD			admin@woodlandspark-nur.haringey.sch.uk		T:020 8802 0041
	 Families are limited to two of these activities Activities					
Baby Weighing Clinic – <i>Please Bring your Red Book</i>	1-2-1	1-4	Free	1pm – 2.45pm Thursdays 2 nd May, 6 th June, 4 th July, 1 st August	2,3,4mths and 1yr	Parents or Carers Drop-in
Bookstart – <i>gives free books to every child in England & Wales</i>						Contact Centre for further details
Breastfeeding Support	Group			10am – 11.45pm Thursdays	New-borns	Professionals/Parents or Carers Contact Centre for further information
Early Communication & Learning – Parent workshop – <i>Understanding Speech & Language, learning ways to communicate</i>	Group			1.15pm – 3pm Tuesday 11 th June	0-5yrs	Professionals/Parents or Carers Contact Centre to book place

Health Eating – Parent workshop – ideas, routines and tip on healthy and fussy eaters	Group	1-4	Free	1pm-3pm Tuesday 9 th July	0-5yrs	Professionals/Parents or Carers Contact Centre to book place
Intro to Solid Foods – Parent workshop – How to introduce babies to solid food	Group	1-4	Free	1.30pm – 3pm Wednesday 1 st May Or 19 th June	Babies	Professionals/Parents or Carers Contact Centre to book place
Health Visitors Team – 1 & 2-Year-old Checks	1-2-1	1-4	Free	9am – 5pm Mondays 8.30am – 5pm Tuesdays	1-2yrs	Professionals Appointments Only
Health Start Vitamins – for children under 5 and pregnant women			Free		Pre-birth 0-4yrs	Contact Centre for further details
Language Support Group – support with speech & language	Group	1-2	Free	1.30pm – 2.30pm Mondays	0-5yrs	Professionals/Parents or Carers Contact Centre to book place
Learn Through Play – Parent workshop – How children learn, the Early Years Curriculum & great ideas	Group	1-4	Free	1.15pm – 3pm Tuesday 7 th May	0-5yrs	Professionals/Parents or Carers Contact Centre to book place
Little Footprints – a place for you and your child to play together and make new friends 	Group	1-4	Free	10am – 12pm Thursdays	0-18mths	Professionals/Parents or Carers
Kitchen Club – Help to cook and enjoy meals with your child 	Group	1-4	Free	9.30am – 11.30am Mondays	0-5yrs	Professionals/Parents or Carers Contact Centre for more details – Bookings Only
Markfield – advice and support for families with children and/or parents with disabilities & SENs	1-2-1	1-4	Free	Fridays TERM TIME ONLY	0-5yrs	Professionals/Parents or Carers Contact Centre and please ask for a referral Appointments Only
Midwife Appointments – North Middx Hospital	1-2-1	1-4	Free	9.30am – 5pm Thursdays	New-borns	Professionals Appointments Only

Midwife Appointments – <i>Whittington Hospital</i>	1-2-1	1-4	Free	8.30am – 12.30pm Mondays 9.30am – 5pm Fridays	New-borns	Professionals Appointments Only
New Parent Group – <i>a range of sessions to support you & your new-born</i>	Group	1-4	Free	Wednesdays	New-borns	Professionals/Parents or Carers Contact Centre for more details – Bookings Only
Outdoor Explorers – <i>a place for you & your child to Experience gardening, growing and creative activities</i> 	Group	1-4	Free	9.30am – 11.30am Fridays TERM TIME ONLY	2-5yrs	Professionals/Parents or Carers
Positive Behaviour & Praise– Parent workshop – <i>developing & learning different ways to manage behaviour & praise with children</i>	Group	1-4	Free	1.15pm – 3pm Tuesdays 21 st May	0-5yrs	Professionals/Parents or Carers Contact Centre to book place
Peabody – <i>housing advice for families living in Haringey</i>	Group	1-4	Free	1pm – 4pm Tuesdays	0-5yrs	Professionals/Parents or Carers Contact Centre to book place Appointments Only
Potty Training – Parent workshop – <i>ideas, routines and tip on potty training</i>	Group	1-4	Free	1.15pm – 3pm Tuesday 25 th June	Toddlers	Professionals/Parents or Carers Contact Centre to book place
Singing & Music Sessions 	Group	1-4	Free	9.30am – 10.15am Tuesdays (Session1) 10.30am – 11.15am Tuesday (session 2)	0-5yrs	Professionals/Parents or Carers
Stay & Play – <i>a place to play together</i> 	Group	1-4	Free	9.30am – 11am Wednesdays 1pm – 3pm Wednesdays	0-5yrs	Professionals/Parents or Carers
Toy Library – <i>borrow toys for your child to play with at home</i>	N/A	1-4	Free	1.30pm – 2.30pm Wednesdays	0-5yrs	Parents or Carers

Woodside Children's Centre	http://www.haringey.gov.uk/woodsidecc See the activity timetable on The Woodside Children's Centre webpage for further information					T: 020 8888 4398
Baby Group – <i>for families living in the Woodside area only</i>	Group	1-4	Free	1.30pm – 3pm Thursdays (Term Time only)	0-12 months	Professionals/Parents or Carers
Forthcoming Events <i>ESOL, Baby Massage</i>						Contact Centre for further details
Health Visitors <i>Progress Reviews</i>	1-2-1			8am – 5pm Thursdays	1 & 2yrs Appointments Only	Professionals
Healthy Start Vitamins available				Can collect Vitamin drops and tablets from this Centre	Pre-birth – 4yrs	
Hearing Impairment Service <i>Baby & Toddler Group</i>	Group	1-4	Free	9.30am-11.30pm - Mondays	Babies & Toddlers who are wearing hearing aids or cochlear implants (Haringey & Enfield)	Professionals/Parents or Carers
North Middx Midwives <i>Antenatal & Postnatal Clinic</i>	1-2-1	1-4	Free	9am-5pm Wednesdays	Pre-birth-New Born	Professionals Contact 020 887 2581 Appointments Only
Parent Champion Forum	Group	1-4	Free	May 2019	0-5yrs	Contact Centre for further details
Parent Champion Training	Group	1-4	Free	May 2019	0-5yrs	Contact Centre for further details
Whittington Midwife <i>Antenatal & Postnatal Clinic</i>	1-2-1	Group	Free	8am-4pm Tuesdays 8am-5pm Thursdays	Pre-birth-New Born	Professionals Contact 020 7288 3482 Appointments Only
Commerce Road Community Centre Link Site			52 Commerce Road, N22 8EP			T: 020 8888 4398

Stay & Play - <i>for families living in the Bounds Green area only</i>	Group	1-4	Free	10am – 11.30am Thursdays (term time only)	0-5yrs	Contact community Centre
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Community Support	Type of Support	Level of * Need	Cost	Length of Programme/Support	Parents or Carers of children who are....	Who can apply?
Breadline London	http://bridges.force.com/directory/directoryResult?id=00158000019Sn2qAAC				breadlinelondon@gmail.com il.com	T: 07415489506
Family support - <i>focusing budgeting and financial education for up to 6 weeks</i>	1-2-1	1-4	Free	Variable (check with Services)	0-17yrs	Professionals/Parents or Carers
Budgeting & Financial Education – <i>a variety of workshops on Budgeting tips and strategies, healthy meal creation, food waste etc.</i>	Group	1-4	Free	2 x per month at Coombes Croft Library (For dates check with service)	0-17yrs	Professionals/Parents or Carers
Ezer Leyoldos	http://www.ezerleyoldos.co.uk/		info@ezerleyoldos.co.uk		T: 020 8880 2488	
Family and Parenting Support	1-2-1	1-4	Free	According to need	Children in the Jewish community Families requiring additional support	Professionals/Parents or Carers
Adult/Child & Family Therapy	1-2-1	1-4	Free	Variable	Children in the Jewish community as part of a support package	Professionals/Parents or Carers Appointment Only
Postnatal Support	1-2-1	1-4	Free	Home visits for 2-3 weeks after birth	Children in the Jewish community	Professionals/Parents or Carers
Parenting Workshops	Group	1-4	Free	For 2-3 weeks after birth	For any family with a new born in the Jewish community	Professionals/Parents or Carers

Groundswell Arts	http://groundswellarts.com/ <i>Organisation provides participatory education projects in early year's settings and schools and communities with a particular focus on music, art, movement and film making. Along with encouraging, supporting children's wellbeing, language, communication, and transitions they also focus on parents and carers and their role as primary influencers and educators.</i>					info@groundswellarts.com
Family Jam - Families come together to celebrate over music, tea and coffee in this inclusive free event.	Group	1-4	Free	Sunday 1 x monthly Woodlands Park Children's Centre	0-4yrs	Professionals
The Lullaby Project - uses music to support emotional wellbeing and confidence building in children and their parents	Group	1-4	Free to parents	Variable - Contact service	0-11yrs	Professionals in early years and learning settings to make enquires with organisation if they are interested in running this project
Haringey Advice Partnership	<i>A project led by Citizens Advice Haringey to ensure that people living in Haringey receive the right kind of information, advice and guidance when they need it</i> http://haringeyadvice.org.uk/					Advice Line: 020 3234 2807
Consumer advice , Debt & Money advice, Discrimination, Domestic violence, Employment, Family & children, Health & community care, Housing & homelessness, Immigration & nationality, Legal advice, Welfare benefits, Other services	1-2-1	1-4	Free	Variable -	Open Access	Contact project for advice on how to gain advice and support
Haringey Family Support (Peabody)	http://www.haringey.gov.uk/haringey-family-support-service					T: 020 3478 9904
Budgeting Made Fun- (in partnerships with Woodland Park CC. - Families with housing issues	Group	1-4	Free	1 x 4 weeks - 4 x per year	0-17yrs	Professionals/Parents or Carers

Family Support (Housing) - <i>Families with housing issues</i>	1-2-1	1-4	Free	4-6 months		Professionals/Parents or Carers
Home Start	http://www.home-start-haringey.org/					T: 020 8352 4151
Henry Group Programme - <i>popular fun programme designed to give babies and young children a good start and to help the whole family to adopt a healthier lifestyle</i>	Group	1-3	Free	1 x 4.30hrs x 5 weeks (June x 1 yearly)	0-12yrs	Professionals/Parents or Carers
Managing Money Workshop	Group	1-4	Free	1 hrs - Variable - contact service	0-12yrs	Professionals/Parents or Carers
SRE (Sex and Relationships Education) Workshop	Group	1-4	Free	2 hrs - Variable - contact service	0-12yrs	Professionals/Parents or Carers
Strengthening Families Strengthening Communities <i>Parenting Programme</i>	Group	1-3	Free	1 x 4hrs weekly for 13 weeks Next programme September	0-12yrs	Professionals/Parents or Carers
Volunteer Home Visiting Service	1-2-1	1-3	Free	Variable - up to 6 months	0-12yrs	Professionals/Parents or Carers
Insight Platform	http://insightplatformharingey.co.uk/					T: 020 8493 8525
Parents and Carers - advice giving <i>(parents in recovery and maintenance)</i>	1-2-1	1-4	Free	Variable - according to need	0-17yrs	Professionals/Parents or Carers
Parents in Recovery - <i>direct interventions according to need</i>	1-2-1	1-4	Free	Variable - according to need	0-17yrs	Professionals/Parents or Carers
Parenting Skills	Group	1-4	Free	1 x 2hrs for 6 weeks (Rolling Programme)	0-17yrs	Professionals/Parents or Carers
Parenting Space - <i>peer support open space for parents</i>	Group	1-4	Free	2hrs weekly	0-17yrs	Professionals/Parents or Carers
5 Steps' Support Group - <i>Parents and Carers of young people under 21 who are</i>	Group	1-4	Free	2hrs weekly for 5 weeks	0-21yrs	Professionals/Parents or Carers

<i>affected by substance misuse behaviours</i>						
Inspiring Families – Renaisi - <i>free employment support to people who are unemployed and experiencing a family issue or issues</i>	1-2-1	1-4	Free			T: 020 3146 3030 Want to find out more contact - info@renaisi.com
Koach Parenting	koachparenting@gmail.com					T:020 3808 1115
Koach Parenting – <i>Solihull Approach parenting support</i>	1-2-1	1-4	Free	Variable-on-request currently sessions held at Triangle Children’s Centre.	0-17yrs	Professionals/Parents or Carers Appointments Only
Local Area Coordination in Haringey	https://www.haringey.gov.uk/social-care-and-health/health/public-health/local-area-coordination					Keesha Sinclair - <i>Northumberland Park-White Hart Lane</i> – keesha.sinclair@haringey.gov.uk M: 07966152491 Andrea Wershof – <i>Hornsey</i> Andrea.wershof@haringey.gov.uk M: 07966149813
Two Local Area Coordinators - <i>who offer to long term, integrated, evidence-based approach to supporting people with disabilities, mental health needs, older people and their families/carers.</i>	1-2-1	1-4	Group	Variable based on need	Parents in families with member(s) with disabilities, older people, carers and/or mental health needs	Parent/Carer – contact Coordinator nearest to home address.
Lordship Hub Co-op	https://lordshiphub.org.uk/			hello@lordshiphub.org.uk		T: 020 8885 5684
Antenatal Yoga	Group	1-4	£5-7	weekly	Pre-Birth	Parents or Carers
Baby Movement	Group	1-4	£8 or £35 for 5 classes	Weekly	Pre-Walking Babies	mafe@mafetoledo.com
Baby Yoga	Group	1-4	£7	10am – 11am Wednesdays	6 weeks to 8mths	Parents or Carers Contact Karen at

						first.touchmassage@hotmail.co.uk
Baby Yoga 8mths+ <i>(fee concessions available)</i>	Group	1-4	£7	11.15am – 12am Wednesdays	8mths+ babies	Parents or Carers Contact Karen at first.touchmassage@hotmail.co.uk
Barefoot African Dance <i>(with toddlers)</i>	Group	1-4	£5 (£2.50 for siblings)	11.45am – 12.30pm Fridays	Toddlers	Parents or Carers Contact Umzimba.dance@gmail.com or 07496905611
Family Singing	Group	1-4	£5 - £2 for sibling	Weekly	0-7yrs	andymusicall@gmail.com
Fun Music Classes – <i>with parents</i>	Group	1-4	£5	10am – 10.45am Fridays	Babies and Toddlers	Parents or Carers
Parent/Carer & Toddlers - Drop-in Playgroup - <i>(Fee covers drink and snack for parent & toddler)</i>	Group	1-4	£2	11-2pm Tuesdays 12.15am – 1.45pm Thursdays	Toddlers	Parents or Carers
Postnatal Pilates – <i>Bring your baby</i> a) <i>Classes must be booked in half-term blocks Group of 1-4</i> b) <i>Classes must be booked in block of 6 @ £60</i>	Group	1-4	£10a £10b	10.45am – 11.45am Thursdays - a 12.45pm – 1.45pm Fridays - b	Babies	Parents or Carers To reserve a place: www.susannasparrowpilatetrainer.co.uk
Thula Mama Nourishing Group – <i>parents sing songs from around the world with their babies</i>	Group	1-4	£8 – drop-in £35 for 5 x sessions	2-3pm Mondays	Under 1 yr	Parents or Carers Contact hollycullendavies@gmail.com or 07709438777 for further details
Toddler Yoga	Group	1-4	£8 or £40 for 6 sessions	Weekly	20mths – 4yrs	Email your queries to http://www.first-touchmassage@hotmail.co.uk
Markfield	https://markfield.org.uk/about-markfield/			familyadmin@markfield.org.uk For further details on services and bookings		T: 020 8800 4134

Adventure Playground Play Sessions – Drop-in	Group	1-4	Free	10am – 3pm Saturdays	0 to 25yrs with additional needs or disabilities	Parents or Carers must accompany under 8yrs
Communication Passport Workshop	Group	1-4	Free – £15 for Passport	9.45am – 2.45pm Wednesday 3 rd June Crèche available and lunch provided	0 to 25yrs with additional needs or disabilities	Professionals/Parents or Carers (contact Centre to book place) Bookings Only
Communication and Visual Aid	Group	1-4	Free	9.45am – 2.45pm Wednesday 10th June Crèche available and lunch provided	0 to 25yrs with additional needs or disabilities	Professionals/Parents or Carers (contact Centre to book place) Bookings Only
Developmental Movement Play	Group	1-4	Free	9:45am – 2.45 pm Wednesday 19th June Crèche available and lunch provided	0 to 25yrs with additional needs or disabilities	Parents or Carers Please contact Centre to book Appointments Only
DLA and Advice Appointments	1-2-1	1-4	Free	Variable	0 to 25yrs with additional needs or disabilities	Family members Inclusive day
Family Club Drop-in – <i>All welcome, donation includes lunch</i>	Group	1-4	£3 Donation	11.30am to 2.30pm 2nd Saturday of the month	Children with additional needs or disabilities	Parents or Carers (contact Centre to book place) Bookings Only
Family Support - IASS (Information Advice & Support Service) Specialist Advice Surgeries	1-2-1	1-4	Free	9.30am – 1pm Mondays 3.30pm – 7pm Wednesdays 2.30pm – 6pm Thursdays <i>@ Markfield Centre and other venues</i>	0 to 25yrs with additional needs or disabilities	Professionals, Parents or Carers Please contact to book an appointment Contact Family Support Team Administrator on 0203 667 5233 or email familyadmin@markfield.org.uk or SEN and Disabilities

						To speak to someone over the phone, call the helpline on: Helpline on 0208 802 2611
Haringey Educational Psychologists Team – <i>Free consultation appointments</i>	1-2-1	1-4-	Free	10am - 12pm Wednesday 15 th May 10am – 12pm Monday 27 th May	0 to 25yrs with additional needs or disabilities	Professionals/Parents or Carers (contact Centre to book place) Appointments Only
Information Hub- <i>Support with filling in forms and finding information</i>	1-2-1	1-4	Free	Drop-in 10am -12pm - Friday, Drop- in (Term Time)	0 to 25yrs with additional needs or disabilities	Parents or Carers
Positive Behaviour Management <i>Part 1 and 2 Training Workshop</i>	Group	1-4	Free	9:45am – 2.45pm Wednesday 15 th May, 22 nd May Crèche available and lunch provided	Children with additional needs or disabilities	Professionals/Parents or Carers (contact Centre to book place) Bookings Only
Parent & Carers Support - Drop in	Group drop in	1-4	Free	10am-12pm Fridays (term time only)	0 to 25yrs with additional needs or disabilities	Parents or Carers
Sensory Needs, Behaviour and the Environment <i>Training Workshops</i>	Group	1-4	Free	9:45am – 1pm Tuesday 29 th January and 19 th March 2019 *no crèche	0 to 25yrs with additional needs or disabilities	Parents or Carers (contact Centre to book place) Bookings Only
Stay & Play – Drop in – Inclusive play – <i>sessions for mums, dads and carers</i>	Group	1-4	£3 Donation	12pm – 2.30pm Thursdays (Term Time Only)	0 to 25yrs with additional needs or disabilities	Parents or Carers (contact Centre to book place) Bookings Only
Transition and Adulthood <i>Parent & Carers Support drop in</i>	Group	1-4	Free	10am -12pm Fridays Term Time only	Teen with additional needs or disabilities	Parents, Carers and young adults (16yrs)
Turkish Speaking Parent & Carers Support	Group drop in	1-4	Free	Drop-in 10am -12pm Wednesdays Term Time only	0 to 25yrs with additional needs or disabilities	Parents or Carers

Understanding Autism <i>Training Workshop</i>	Group	1-4	Free	9:45am – 2.45 pm Wednesday 1st May 2019 Crèche available and lunch provided	0 to 25yrs with additional needs or disabilities	Professionals/Parents or Carers (contact Centre to book place) Bookings Only
Understanding SEN System – <i>key principles of the SEN and disabilities Code of Practice, etc.</i>	Group	1-4	Free	9.45am – 2.45pm Wednesday 12 th June Crèche available and lunch provided	0 to 25yrs with additional needs or disabilities	Professionals/Parents or Carers (contact Centre to book place) Bookings Only
Strengthening Families Strengthening Communities Programme – <i>Parenting Programme</i>	Group	1-4	Free	9.30am – 2pm Mondays 24 th April – 15 th July 12-week course	0 to 25yrs with additional needs or disabilities	Professionals, Parents or Carers Contact Family Support Team – 0203 667 5233 Or email familyadmin@markfield.org.uk
Norwood (based in Hackney but accessible to Haringey families)	http://www.norwood.org.uk/Page/Some-rs-Centre---Hackney			info@norwood.org.uk	T: 020 8809 8809	
Family Support Service	1-2-1	1-4	Free	Variable - according to need	Children in need and children and young people with additional needs in the Jewish community.	Professionals/Parents or Carers
Portage Service	1-2-1	1-4	Free	Variable - according to need	Children with additional needs in the Jewish community.	Professionals
Yeladenu Preschool	Muswell Hill Synagogue, 31 Tetherdown, London N10 1ND				Enquires: Sharon Rind - sharonrind@gmail.com	
Toddler Group	Group	1-4	£4 plus £1 per extra child	10am – 12pm Fridays – Drop-in (Term Time Only)	0-4yrs	Parents/Carer

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Early Help Service	Type of Support	Level of * Need	Cost	Length of Programme/Support	Parents or Carers of children who are....	Who can apply?
<u>EARLY HELP SERVICE</u>						
West Locality Team T: 020 8489 5814 - Central Team T: 020 8489 - East Team T: 020 8489 5073				parenting.programmes@haringey.gov.uk (for internal parenting programme run by the Early Help Service)		
Family Support – <i>Team Around the Family approach</i>	1-2-1	2	Free	3-6 months	0-17yrs	Professionals/Parents or Carers
Varied themed parenting Workshops	Group	1-4	Free	1 x 2hrs - on request from schools and children's Centres	0-17yrs	Parents to enquire at their child's learning/education setting
VIG (Video Interaction Guidance)	1-2-1	2	Free	Completed within some Family Support Casework 3 cycles of 2 sessions	0-4yrs	Professionals

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Education & Learning	Type of Support	Level of * Need	Cost	Length of Programme/Support	Parents or Carers of children who are....	Who can apply?
Haringey Adult Learning Programme	http://www.haringey.gov.uk/halsprogramme (Downloadable Course Guide available on website)					T: 020 8489 2596/2523
Family Learning Classes - <i>aimed at parents and carers who wish to develop their own skills as well as learn strategies on how to best support their child's education</i> <i>Family Learning classes are free and take place in selected children's Centres and Schools in Haringey.</i>	Group	1-4	Free	Variable - Education and learning settings i.e. schools, children's Centres - request made to HALS	0-17yrs	Professionals/Parents or Carers - enquire at education settings or call HALS

Parents Toolkit - a series of workshops that offer positive ways of parenting for the present day challenges. You will learn how to build strong and secure families and support your children as a team as well as on their own. All workshops are based on the coaching model and take place at various schools and children Centres.	Group	1-4	Free	Variable - Education and learning settings i.e. schools, children's Centres - request made to HALS	0-17yrs	Professionals/Parents or Carers - enquire at education settings or call HALS
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Fostering & Adoption	Type of Support	Level of * Need	Cost	Length of Programme/Support	Parents or Carers of children who are....	Who can apply?
Adoption Team	http://www.haringey.gov.uk/adoption					T: 020 8489 4610
Information Sessions	Group	1-4	Free	2.30hrs session x monthly	0-17yrs	Parents or Carers
Fostering Team	http://www.haringey.gov.uk/fostering					T: 020 8489 4892
Fostering Change	Group	Looked after Children	Free	1 day x 12 weeks x 2 yearly	0-17yrs	Carers
Skills to Foster Carers	Group	N/A	Free	3 consecutive days	0-17yrs	Prospective Carers
Peer Support Group(s) including general and 'man's group'	Group	Looked after Children	Free	2hrs x 1 monthly	0-17yrs	Carers
Special Guardian Orders (SGO)	http://www.specialguardiansnorthlondon.co.uk/					T: 020 8489 4610
Be a Special Guardian	Group	4	Free	1 x 4hrs – 4-6 yearly	0-17yrs	Carers
Peer Support	Group	1-4	Free	Variable	0-17yrs	Carers

Health & Wellbeing	Type of Support	Level of * Need	Cost	Length of Programme/Support	Parents or Carers of children who are....	Who can apply?
Healthy Child Programme	<i>A Programme that focuses on the early life stages through universal preventative service, providing families with a programme of screening, immunisation, health and development reviews, supplemented by advice around health, wellbeing and parenting.</i>					
Bright Beginnings (Based in Camden but accessible to Haringey mothers)	http://manorgardensCentre.org/our-services/health-advocacy/bright-beginnings/					T: 020 7561 5297 e: vanessa@manorgardensCentre.org (Mon to Weds Only)
Individual Advocacy and Peer Mentoring by Bilingual Maternity Mentors	1-2-1	1-4	Free	Variable - up to approximately 1 year (extended on occasion according to need)	Pre-Birth-12 mths A;sylum seekers, refugees, migrant mothers	Parents/Carers and Professionals
Peer Support	1-2-1	1-4	Free	Variable - up to approximately 1 year (extended on occasion according to need)	Pre-Birth-12 mths Asylum seekers, refugees, migrant mothers	Parents/Carers and Professionals
Peer Support Workshops	Group	1-4	Free	Variable - up to approximately 1 year (extended on occasion according to need)	Pre-Birth-12 mths Asylum seekers, refugees, migrant mothers	Parents/Carers and Professionals
Child Oral Health Promotion	Oral Health - NHS					Enquires - kim.powell@nhs.net (Oral Health Practitioner) T: 020 3224 4359
Oral Health Awareness Session	1-2-1	1-4	Free	1 Home or community visit	0-11yrs	Professionals/Parents or Carers
	Group	1-4	Free	2hrs (Various settings)	0-11yrs	Request to be made by learning and health settings i.e. schools/children's Centres Parents - to enquire at their

Oral Health Awareness Workshop						children's learning or health setting
Family Nurse Partnership	https://www.whittington.nhs.uk/default.asp?c=25440					T: 020 3224 4385
Home Visiting Programme – support from pre-birth (for extended criteria information contact service)	1-2-1	1-4	Free	Variable - according to need	First time parents aged 19 and under	Professionals
Health Visitors	http://www.whittington.nhs.uk/default.asp?c=25434					T: 020 3074 2650 Mon-Fri 9am-5pm
Breast Feeding Support Group	Group	1-4	Free	Various Locations (enquires made to local Health & Children Centres)	Babies	Professionals/Parents
Five to Thrive – an attachment based approach to positive parenting	1-2-1	1-4	Free	Strategies used within casework	Pre-Birth-5yrs	N/A
Home & Community Visiting (Casework)	1-2-1	1-4	Free	Variable - according to need	Pre-Birth-5yrs	Professionals
New Birth Visit - includes advice on diet, feeding, weaning and health checks	1-2-1	1-4	Free	Home/Community Visits	Babies	Professionals Appointment Only
Introduction to Solids Sessions	Group	1-4	Free	Various Locations (enquires made to local Health & Children Centres)	Babies/Toddlers	Professionals/Parents or Carers
1 & 2 Year Health Review	1-2-1	1-4	Free	Health or Children's Centre	1-2yrs	Professionals Appointments Only
6-8-week Health Review	1-2-1	1-4	Free	Health Centre	Babies	Professionals Appointment Only
Bridge Renewal Trust	http://bridgerenewaltrust.org.uk/ A Tottenham based charity whose main purpose is to deliver practical ways that Families can live healthy lives in Haringey					

Bridge Home From Hospital Service - <i>practical and emotional support (not including personal hygiene, domestic cleaning or laundry) to patients aged over 18 years old to return home safely from hospital on discharge. They can accompany the patient home and provide up to three home visits for up to four weeks after discharge to prevent unnecessary re-admission.</i>	1-2-1	1-4	Free	Up to three home visits within 1 month of leaving hospital -	Parents over the age of 18yrs – Requiring discharge from Whittington or North Middlesex Hospital	Professionals Bookings Only
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Mental Health & Emotional Wellbeing	Type of Support	Level of * Need	Cost	Length of Programme/Support	Parents or Carers of children who are....	Who can apply?
The Brandon Centre				-	-	-
Multi Systemic Therapy	1-2-1	3-4	Free	Very limited provision of support with families	0-17yrs	Social Workers / Youth Justice Workers
CAMHS - Child & Adolescent Mental Health Service	https://www.haringey.gov.uk/children-and-families/local-offer/health-services/children-and-adolescent-mental-health-service-camhs					T: 020 8702 3400 / 020 8702 5154
Family Therapy	1-2-1	2-4	Free	Variable – according to need	0-17yrs - Children with Marked emotional needs which are complex, enduring and significant	Professionals
Haringey CHOICES	1-2-1	2-4	Free	1hour session	0-17yrs Emotional wellbeing concerns	Professionals/Parents or Carers

NVR Parenting Programme – <i>Parents who experience their child's behaviour as challenging and controlling</i>	Group	2-4	Free	9.30am – 4.30pm x 9 Sessions Tuesdays 2 April 2019 – 25 th June 2019 (Venue to be confirmed)	5-18yrs Children Working with CAMHS or CDC with marked emotional needs which are complex, enduring and significant	Professionals /
Though Each Other's Eyes - <i>VIG (Video Interaction Guidance) - VIG encourages clients to reflect on video recordings of their interactions with their children with whom they would like their relationship to be better.</i>	1-2-1	2-4	Free	1 hrs x 6-9 sessions (times variable)	0-17yrs	Professionals
Open Door	https://opendooronline.org/			appointments@opendooronline.org	T: 020 8348 5947	
Parenting Teenagers Project	1-2-1	1-4	Free	1 x 1hr weekly x 6 sessions	12-21yrs	Parents or Carers
Tavistock Relationships	www.TavistockRelationships.org		parentsaspartners@tavistockrelationships.org	T: 020 7380 6099		
Parents as Partners	Group	1-4	Free	8 Session Course	0-17yrs	Professionals/Parents or Carers
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National Services /Agencies	Type of Support	Level of * Need	Cost	Length of Programme/Support	Parents or Carers of children who are....	Who can apply?
Family Links	https://familylinks.org.uk/parents					
Family Links Website - <i>Practical tips and idea in parenting online</i>	1-2-1	1-4	Free		0-17yrs	Parents or Carers
Parents Groups	Groups	1-4	Free		0-17yrs	Parents or Carers

Family Lives	https://www.familylives.org.uk/					
Confidential Helpline - <i>for information, advice, guidance and support on any aspect of parenting and family life</i>	Tel:	1-4		9am-9pm Mon-to-Fri 10am-3pm Saturday and Sunday	0-17yrs	Confidential Helpline - 080 8800 2222 Parents or Carers
Parenting Advice and Links to Parenting Programmes	online	1-4	Free		0-17yrs	Parents or Carers
Parenting Chat Forums	Group	1-4	Free		0-17yrs	Parents or Carers
Gingerbread	https://www.gingerbread.org.uk/					T: 020 7428 5400
Finsbury Park Gingerbread Group	Groups	1-4	Free	Contact Group	0-17yrs	Single Parents
Learning & Skills - <i>Employment Training Personal Skills Training</i>	Groups	1-4	Free	Contact Service	0-17yrs	Single Parents
The Gingerbread Single Parent Helpline	Tel:	1-4	Free	10am-6pm Mon 10am-4pm Tues, Thurs, Friday 10am-1pm and 5pm-7pm closed on public holidays	0-17yrs	Single Parents – Help Line No: 080 8802 0925
Net Mums	https://www.netmums.com/					
Net Mums Parenting Programme	online/ emails	1-4	Enquire online	8 weeks online	0-17yrs	Parents or Carers
NSPCC - National Society for the Prevention of Cruelty to Children	https://www.nspcc.org.uk/					
Advice & Guidance	online	1-4	Free	Information on keeping your children safe	0-17yrs	Parents or Carers
Relate (Online) -	http://www.relatenene.org.uk/			enquiries@relatenene.org.uk		T: 01708 441722
Access to Online Counsellor	online	1-4	Free	1 x access through website	Teenagers	Parents or Carers

Family Counselling	1-2-1	1-4	£	Variable	0-17yrs	Parents or Carers
Parenting Teenagers	online	1-4	Free	Basic advice and guidance on strategies relating to parenting teenagers	Teenagers	Parents or Carers
Parenting Together	online	1-4	Free	Basic advice and guidance on strategies relating to parenting together	0-17yrs	Parenting couples

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SEND - Local Offer	Type of Support	Level of * Need	Cost	Length of Programme/Support	Parents or Carers of children who are....	Who any apply?
Language & Autism Team	www.haringey.gov.uk/language-and-autism-support-team					T: 020 8489 5039
Autism Seminars – <i>Two day course for parents and carers (must attend these seminars to attend Early Bird Programme above)</i>	Group	1-4	Free	9.30am – 12pm Wednesday 27 th February 13 th March (attendance on both days is required) @ Pembury Children’s Centre	Under 5yrs with recent autism diagnosis	Professionals/Parents or Carers Contact Haringey Language and Autism Team – last@haringey.gov.uk / 020 8489 5039 (term time only) or discuss further with Children’s Centre
Coffee Mornings for Friends and Families – <i>with sessions on ‘school transition, sleep, anger management, anxiety etc (held @ Mulberry Primary School)</i>	Group	2-4	Free	½ day x half a term	Children with additional need/disabilities	Parents or Carers
Coffee Morning for Fathers	Group	2-4	Free	1 x yearly	Children with additional need/disabilities	Fathers

Early Bird Programme – <i>Supports parents in period between child's autism diagnosis and school placement - (must attend below seminars to attend Early Bird Programme)</i>	Group	2-4	Free	9.30am – 12pm Thursdays 28 th February – 7 th July Haringey Civic Centre (includes several home visits)	Children a diagnosed with autism 2-5yrs-	Professionals/Parents or Carers – Contact letecia.knight@haringey.gov.uk (please mark emails 'Early Bird' (all emails will be responded to on Mondays between 9am-12pm)
Speech and Language Therapy – <i>advice offer from Speech & Language Therapist</i>	1-2-1	1-4	Free	9am – 5pm Monday – Friday	Parent's concerned about their talking, speech or language	Call Advice Line 020 3224 4399 https://www.haringey.gov.uk/children-and-families/local-offer/health-services/speech-and-language-therapy-service
Portage Service	http://www.haringey.gov.uk/portage				For more information Contact the Early Years Inclusion Team on: T: 020 8489 1408	
Portage Home Visiting Service	1-2-1	2-4	Free	Variable - According to need	Up to 4yrs and not in education /learning setting - Children with significant additional needs/disabilities	Professionals/Parents or Carers
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Targeted Response Team	Type of Support	Level of * Need	Cost	Length of Programme/Support	Parents or Carers of children who are....	Who can apply?
Targeted Support	1-2-1	3-4	Free	Variable - up to 3 months	on CIN or CP Plans and with additional criteria (enquire with service)	Social Workers – Haringey Children & Young Peoples Service
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Guide to Levels of Need

LSCB Threshold Document: Continuum of Help and Support - http://www.haringeylscb.org/sites/haringeylscb/files/haringey_lscb_thresholds_guidance_feb_2016.pdf

Tier 1: No additional needs

These are children with no additional needs; all their health and developmental needs will be met by universal services.

Tier 2: Early help

These are children with additional needs, who may be vulnerable and showing early signs of abuse and/or neglect; their needs are not clear, not known or not being met.


Tier 3: Children with complex multiple needs

These children require specialist services in order to achieve or maintain a satisfactory level of health or development or to prevent significant impairment of their health and development and/or who are disabled. They may require longer term intervention from specialist services. In some cases, these children's needs may be secondary to the adults needs. This is the threshold for an assessment led by children's social care under Section 17, Children Act 1989 although the assessments and services required may come from a range of provision outside of children's social care.

Tier 4: Children in acute need

These children are suffering or are likely to suffer significant harm. This is the threshold for child protection. These children are likely to have already experienced adverse effects and to be suffering from poor outcomes. Their needs may not be considered by their parents. This tier also includes Tier 4 health services, which are very specialised services in residential, day patient or outpatient settings for children and adolescents with severe and /or complex health problems. This is likely to mean that they may be referred to children's social care under section 20, 47 or 31 of the Children Act 1989. This would also include those children remanded into custody and statutory youth offending services.

For further information on this documents, requests for amendments, or to add any new provision, please contact Sylvia Wilkinson – Haringey Parenting Coordinator - infoparenting@haringey.gov.uk

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