

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? |
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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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) |

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| <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) |

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| <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 |

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| 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) |

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| 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 | |

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| 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 |

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| 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 |
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| 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 |

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| 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 |

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| 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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| ← back to top | | | | | | |
| 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 |

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| 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 |

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| 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 |

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| <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 |

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| | | | | | | 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 | andymusichall@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 |

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| 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 |

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| | | | | | | 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 |

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| 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 |

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| 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 |

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| 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 | | | | | |

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|--|-------|-----|------|--|--|-----------------------------|
| 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 |

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|---|---|-----|--|---|-----------------|--|
| 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 Preventions 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 |
| ← back to top | | | | | | |
| 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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