

# Pembury House Nursery School & Children's Centre (4 September 2017 - 22 December 2017)

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	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<p><b>Antenatal/postnatal clinic</b> 9.30am - 4.00pm</p> <p><b>6-8 week health checks</b> 9.30am - 11.30am (Tynemouth Rd Health Visitors. First Monday of each month)</p> <p><b>One to one support</b> For information/support for you and your family, please ask for Sylvie, Silva or Petra (any day).</p>	<p><b>Stay and Play</b> 9.15am - 11.00am</p> <p><b>Victim Support</b> Please call 020 7336 1777 for an appointment.</p>	<p><b>Rhythm and Rhyme</b> 9.15am - 11.00am Providing support with communication and language. Please sign up with the CC team.</p> <p><b>One You Haringey</b> 9.00am - 5.00pm Call 020 8885 9095 or sign up at <a href="http://www.oneyouharingey.org">www.oneyouharingey.org</a> <i>'Start the journey to a healthier you!'</i></p> <p><b>Wow Wednesdays</b> For nursery families 8.40am and 12.50pm</p>	<p><b>Citizens' Advice Bureau</b> 9.30am - 12.30pm 7 September, 19 Oct, 2, 16 and 30 Nov, 14 Dec</p> <p><b>Get Set (1 to 1 Job Advice)</b> 9.00am-1.00pm Please ask at reception for an appointment.</p> <p><b>1 year and 2 year health reviews</b> 9.30am - 11.30am (Tynemouth Rd Health Visitors) Please call 020 3224 4307.</p>	<p><b>One You Haringey</b> 10.00am - 12.00pm Weight loss programme Sign up at <a href="http://www.oneyouharingey.org">www.oneyouharingey.org</a></p> <p><b>Quit 51 Stop Smoking clinic</b> Call 020 8885 9095 or sign up at <a href="http://www.oneyouharingey.org">www.oneyouharingey.org</a></p> <p><b>Markfield advice sessions</b> Advice for parents with children with SEND (Bola) 9.30am - 11.30am 8 Sept, 6 Oct, 3 Nov, 1 Dec</p>
AFTERNOON	<p><b>Antenatal/postnatal clinic</b> 9.30am - 4.00pm</p> 	<p><b>Baby group</b> 1.00pm - 2.45pm Sensory play for babies and support for new parents</p> <p><b>Victim Support</b> Please call 020 7336 1777 For an appointment.</p>	<p><b>HENRY group programme</b> 12.30pm - 3.00pm Every Weds 11 October - 6 December Support with healthy eating and healthy lifestyles for families (Silva and Sylvie)</p> 	<p><b>Volunteer training programme</b> 1.00pm - 3.00pm 2, 9 and 16 November (Crèche provided)</p> <p><b>PIPS (Parent Infant Psychology Service)</b> Please ask your health visitor for more information. 1.00pm - 5.00pm</p>	<p><b>Stay and Play</b> 1.00pm - 2.45pm</p> 