



# Rowland Hill Children's Centre Activities Timetable – September 2016

Rowland Hill Children's Centre, White Hart Lane, Tottenham, London, N17 7LT  
 Tel: 0208 808 6089 Email: [admin@rowlandhill.haringey.sch.uk](mailto:admin@rowlandhill.haringey.sch.uk)



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Plant It, Grow It, Cook It</b>  <b>9:30-11:30am</b>  <b>Drop-In Session 1-4+ years</b>                      Come &amp; engage in the community garden, growing vegetables &amp; using them to cook healthy meals</p>	<p><b>Stay &amp; Play with Messy Play</b>  <b>9:30- 11:30am</b>  <b>Drop-In Session 0-4+ years</b>                      Play with your child and meet families in your community, enjoy a range of experiences which will support your child's development</p>	<p><b>Baby Weighing</b>  <b>9:30-11:00am</b>                      Held on the 4<sup>th</sup> Wednesday of each month                      Next sessions:  <b>28th September</b>  <b>26th October</b>  <b>23rd November</b></p>	<p><b>Rhythm and Rhyme</b>  <b>10.00-11.00am</b>  <b>Drop-In Session 0-4+ years</b>                      A musical experience for children and families and the last 15 minutes of the session there will be opportunities to discuss top tips for talking.</p>	
	<p>North Middlesex University Hospital                       NHS Trust  <b>North Middlesex Ante &amp; Post Natal Services</b>  <b>9:00pm-4:00pm</b>                      By Appointment Only</p>	 <p><b>Breastfeeding Group</b>  <b>1.30-3.30pm</b>                      Breastfeeding Advice &amp; Support Drop-</p>		<p><b>Baby Stay &amp; Play</b>  <b>1.00-3.00pm</b>  <b>Drop-In Session 0-12 months</b>                      Play with your baby and meet families in your community. You will have the opportunity to learn about how your baby develops.</p>
<p><b>Job Centre Plus</b>  <b>10am-2pm</b>                      Work Focused Interviews -                      By Appointment Only</p>  <p>Department for Work and Pensions</p>		<p align="center"><b>Adult Learning Opportunities Autumn Term</b></p> <p>We will be running ESOL, Helping in Schools and Story Telling courses this term. Assessment days will take place on <b>Tuesday 20th &amp; Wednesday 21st September</b> 1.00pm-3.30pm.</p> <p align="center">Please come along for assessment and enrolment.                      For further information please call us at the centre on 0208 808 6089.</p>		

**Please note that Plant It, Grow It, Cook It and Rhythm and Rhyme will not take place week commencing 5th September 2016.**

## Parent Workshops

**Tuesday 29th September- Parents Forum**

*Please note that workshops and services are for parents living in the local community with children aged under 5. For more information of what each workshop will cover and times please call the centre.*



**Rowland Hill Nursery School and Children's Centre**

**White Hart Lane, Tottenham, London, N17 7LT**

**Tel: 020 8808 6089 Fax: 020 8801 7303**

**[admin@rowlandhill.haringey.sch.uk](mailto:admin@rowlandhill.haringey.sch.uk)**



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**Come and find out more about the services  
your local children's centre has to offer.**

**Meet other families and join in the fun.**

**You may be eligible for 15 free hours  
childcare.**

**For any further information about any  
children centre services please**

**contact us.**

**Services for local families and priority given  
to families living in the local area.**

**Rowland Hill is an inclusive, supportive children's centre in which all  
children and their families can make positive relationships, learn together, grow in confidence & self respect and be happy.**