



Activities Timetable – Autumn Term 2020 (September 3 - October 23 2020)

Bell Lane Primary School & Children's Centre

Bell Lane, Hendon NW4 2AS Tel: 020 8203 3115 (option 3)

email: ccentre@belllane.barnetmail.net

Opening hours 9am-4pm (Term-Time Only)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Vitamin Collection</u> Bring your Healthy Start vouchers to collect vitamins from the centre</p> <p>Monday – Thursday</p> <p><i>Phone the centre for a collection appointment</i></p>	<p><u>Stay & Play</u> 10.15 – 11.45am Play session with messy play and singing for under fives Drop-in</p> <p>Starting 22 September</p> <p><i>To book a space please contact the centre</i></p>	<p><u>Heard about FEE2 and Free Early Education for 3 and 4 year olds?</u> Contact the Children's Centre to find out about Free Early Education for 2, 3 and 4 year olds. You may be entitled to 15 hours Free Education for 2 year olds or you may be entitled to up to 30 hours Free Education for 3 and 4 year olds.</p> <p>Call our Early Years Brokerage Officer Sarah for more information Tel: 0208 359 4637</p>	<p><u>ESOL</u> 9.15 – 11.15am</p> <p><i>To book a space please contact the centre</i></p>	<p>Closed</p>
<p><u>Developmental Baby Massage</u> 10.30 – 11.30am</p> <p>19 October 2020 5 Week Course</p> <p>For babies after six week check until crawling only</p> <p><i>To book a space please contact the centre</i></p>	<p><u>Community Learning Classes Barnet Southgate College</u></p> <p>Courses in many subjects run online & at various community venues. Courses include: ESOL, English/ Math, Work & Employability, Computing, Excel, Childcare, Business Admin, Paediatric First Aid, Beauty, Hairdressing, Sewing, Arts & Crafts, Health & Wellbeing Family Learning</p> <p>For more information call 020 8266 4000</p>	<p><u>Sensory Baby</u> 10 – 11am</p> <p>Sensory play for Non-walking babies.</p> <p>Weekly information on a range of topics including Vitamin collection and tummy time</p> <p>Starting 23 September</p> <p><i>To book a space please contact the centre</i></p>	<p><u>Stop Smoking Support</u> 10 – 12 noon</p> <p><i>To book a space please contact the centre</i></p>	
<p><u>Buggy Walk & Talk</u> 11-11.45am 28 September 2020 & 12 October 2020</p> <p>For non-walkers</p> <p><i>To book a space please contact the centre</i></p>		<p><u>Parent Workshops</u> 1.30 – 2.30pm</p> <p>Importance of Routine 23 September 2020</p> <p>Safety In The Home 14 October 2020</p> <p><i>To book a space please contact the centre</i></p>	<p><u>Food Bank Vouchers</u> Please come and speak to a member of staff at the centre</p> <p>Monday – Thursday</p> <p><i>Phone the Centre for a collection appointment</i></p>	
		<p><u>Information and Advice on Feeding and Weaning</u> 2- 4pm Information and advice on breastfeeding & bottle feeding</p> <p><i>To book a space please contact the centre</i></p>		



Virtual Sessions



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Barnet Speech & Language Virtual Drop-in</u></p> <p>These sessions are an opportunity for parents to discuss concerns and seek advice.</p> <p>To book a slot call: 0300 300 1821</p>	<p><u>Interactive Sessions</u></p> <p>Join Hero for her fun, interactive virtual sessions on our Facebook Page:</p> <p>https://www.facebook.com/Barnet-Childrens-Centres-South-Localty</p>		<p><u>Virtual SWEET Courses</u></p> <p>The SWEET project is designed to help women make changes in their lives and achieve their goals. Employability and setting up your own business workshops coming soon @ Bell Lane in partnership with Paddington Development Trust</p> <p>15/09/20 – Mission Motivation 15/9/20 – Self Employment 16/9/20 – Safeguarding 22/9/20 – Confidence 23/9/20 – Lone Working 29/9/20 – Goals for Gains 30/9/20 - Health & Safety 6/10/20 – Self Employment 13/10/20 – Self Care 15/10/20 – Money Matters</p> <p><i>Please register your interest at reception</i></p>	

Please Note

- Timetable correct at the time of going to print – please contact the centre directly for up-to-date information.
- Bell Lane Children's Centre will be closed on:
 - 26 – 30 October 2020 – Half Term

Family Support / 0-19 Hub Support

Your local Children's Centre's are able to provide advice and guidance in a variety of ways, this includes: 0-19 behaviour management, housing advice, benefits advice, breastfeeding & weaning support, sleep routines, toilet training and healthy lifestyles. Contact Parkfield Children's Centre for more information. Tel: 020 8359 3590

Staying COVID-19 Secure in 2020

We confirm we have complied with the government's guidance on managing the risk of COVID-19

To help keep everyone safe, sessions will be outside and or in well-ventilated rooms, hand sanitiser is available and adult social distancing is to be respected

Part of the 0 - 19 South Locality Children's Centres

- **Child's Hill Children's Centre**, Dersingham Road, Cricklewood, NW2 1SL
020-8450-2141
- **Parkfield Children's Centre**, 44 Park Road, West Hendon, NW4 3PS
020-8359-3590
- **The Hyde Children's Centre**, Hyde Crescent, Colindale, NW9 7EY
020-8200-2959

For further information please go to www.barnet.gov.uk to view their timetables.