





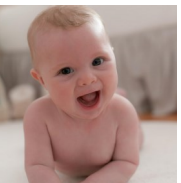



Monday	Tuesday	Wednesday	Thursday	Friday	Useful numbers
<p><b>Fernbank</b> 09:30-11:00 <b>Keep Fit Classes</b></p> <p>Tone your body, stretch and feel great Just drop-in! No need to book.</p> <p><b>Fernbank</b> 11:15 – 12:00 <b>Music &amp; Movement Under 5s</b></p> <p>Music with Maddy is a fun and exciting session packed with songs, music, dancing and props Please call every Friday to book your place on <b>0208 806 6622</b></p>  	<p><b>Fernbank</b> 9:30 – 12:00 <b>Messy Play</b></p> <p>Messy play gives children a chance to get as messy as they like!</p> 	<p><b>Fernbank</b> 10:00 – 12:00 <b>Childminders drop in</b></p> <p><i>Alternate weeks</i> A chance to network &amp; play</p> <p><b>Fernbank</b> 10:00 – 12:00 <b>8 Months Development Check</b> Call us to book an appointment</p> 	<p><b>Fernbank</b> 9:30 – 12:00 <b>Stay and Play</b></p> <p>Play and interact with other children and their parents/carers whilst enjoying creative and sensory play</p> 	 <p><i>Are you interested in joining a FREE Sewing Course with a FREE crèche on Fridays? Call us to book onto the Sewing Course taster session in April. The next course will begin in September and runs for 20 weeks. There will be sessions for both beginners and intermediates.</i></p>	<p><b>Fountainy Road Health Centre</b> <b>020 7683 4800</b></p> <p><b>Tysen Children's Centre</b> <b>020 8806 4130</b></p> <p><b>Community Health Team for Orthodox Jewish Community</b></p> <p><b>Catherine Sekwalor</b> <b>07951 208352</b></p> <p><b>Speech and Language Therapists</b> <b>020 8815 4255</b></p> <p><b>Child Mental Health Specialist/Clinical Psychologist</b> <b>Beth Hill 0207683 4696</b></p> <p><b>Family Support Team</b> <b>020 8806 4130 ext22</b></p> <p><b>Community Nutrition Assistants</b> <b>020 8806 7935 ext5/ext2</b></p>
<p><b>Fountainy Health Centre</b> 1:30-3:30pm <b>Immunisation Clinic</b></p> <p>For information call <b>020 7683 4831</b></p> 	<p><b>Fernbank</b> 1:00-3:00pm <b>ESOL class with crèche</b> <b>By appointment only</b></p> <p><b>Fountainy Health Centre</b> 5:00 – 6:00pm <b>Immunisation Clinic</b> For info call 020 7683 4831 <b>Every 4<sup>th</sup> Tuesday of the Month</b></p> <p><b>Jubilee Primary School</b> <b>Pilates with Carmen</b> 6:15pm -7:15pm £3 per session</p>	<p><b>Where to find us:</b> <b>Fernbank CC</b> <b>1A Fountainy Road</b> <b>London N16 7EA</b> <b>020 8806 6622</b></p> 	<p><b>Fernbank</b> <b>1:00-3:00pm</b> <b>ESOL class with crèche</b> <b>By appointment only</b></p>	<p><b>We can connect you to:</b></p> <ul style="list-style-type: none"> <li><i>Family Support Workers</i></li> <li><i>Speech and Language Therapists</i></li> <li><i>Health Workers</i></li> <li><i>Employment Advice Teams</i></li> <li><i>Dieticians</i></li> </ul> <p><i>Please ask Fernbank for advice</i></p> <p><i>Call us on <b>020 8806 6622</b></i></p>	<p><b>Public Health Midwife</b> <b>020 8806 7935 ext209</b></p> <p><b>Children's Information Service</b> <b>020 8820 7590/7598</b></p> <p><b>Maternity Helpline</b> <b>020 8510 5955</b></p> <p><b>Help with Benefits, Debt, Employment and Housing</b> <b>0845 345 4345</b></p> <p><b>Free Mobile Dentist</b> <b>020 7683 4031</b></p>