Weekly Activities – 6th January to 3rd April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
*Family Music & Movement 9.15am – 10am Over 18 months 10.15am – 11am Under 18 months (Music session is a maximum of 2 children per adult)	**Stay & Play** 9.30am – 11.20am Come & take part in fun learning experiences and meet other families.	**Explore with Baby** 9.30am - 11am Our session gives you and your baby the chance to explore a range of sensory activites. 0 to walking Tummy Time - 15 January, 4 March	***Changed Session*** **Fun, Food & Fitness Stay & Play** 9.30am - 11am Fun, physical ideas & activities to keep children fit & healthy. Every week **EXCLUDING:** 6 February, 5 March, 2 April	***Changed Session*** **Sensory Stay & Play for children with additional needs** 9.30am – 10.45am Come & join us for sensory activities specifically designed for children who have additional needs. Booking recommended via the office.
My Journey Stay & Play 1pm — 2.45pm Spend time with your child completing their 'My Journey' book to record their time at Comet.	***Toy Library Stay & Play** 1pm — 2.45pm Come along for our stay & play session & borrow toys from our library to take home. ***on the :** 25 February, 31 March, 28 April, 30 June this will be held at Shoreditch Park Library	***Changed Session*** **Messy Play** 1pm - 2.45pm Come and get messy and experience a variety of sensory materials.		***Mini Stay & Play** 11am - 12.15pm Do you prefer a quieter, shorter stay & play session? If so, our sensory mini stay & play session may be what you are looking for. Sorry, this session is not open to childminders or nannies.
	Functional Skills ESOL 9.30am-12.30pm **MATHS** 1pm - 4pm Please contact Adult Learning for information on joining this class. 020 8820 7703	Please remember to bring a donation of fruit for snack time to all stay & play sessions.	**ESOL Classes - Entry 2** 9.30am-11.30am Please contact Adult Learning for information on joining this class. 020 8820 7703 No crèche	*Only 8 children admitted to this session on a first come, first served basis. The session closes for entry at 11.30am.

Other Activities – 6th January to 3rd April 2020

Children's Centre Information

Breastfeeding support*
Unfortunately we are unable to offer breastfeeding support at Comet.
If you require support please visit the breastfeeding network:
https://www.breastfeedingnetwork.org.uk/

We distribute Foodbank vouchers for families in need Speak to the office for more details.

Family Support Surgery
At Sebright children's centre
To book an appointment with one of the family practitioners, please contact Sebright children's centre
020 7749 1210

Do you want to improve your reading, writing or maths skills?
Functional English and maths courses help you become more confident about English and maths in everyday life. You can also take qualifications, including GCSEs, that can help you find a job. Adult Learning Services run courses at venues all over Hackney and at different times of year. For further information, please, call 020 8820 7703 or email english-maths@learningtrust.co.uk

HEALTHY START
Have you checked if you are eligible?
You could be getting additional money EVERY MONTH to help purchase fruit, vegetables and milk. Collect your form today or apply online at www.healthystart.nhs.uk

Tummy Time with Hackney Ark
Tummy time is essential from day one to help your baby grow strong
9.45am — 10.45am During Explore with Baby on the 15 January & 4 March

Hackney ORBIT
Every Thursday
1pm - 3pm
A service for mothers, fathers, grandparents and carers who have been, or are impacted by drugs or alcohol.
For more details call our team on
020 7749 9850

Community Health Reviews
By appointment only
Health visitors attend on the first Thursday of the month to conduct developmental reviews. Please contact your health visitor for more information.

Stay & Play Snack Time
Please remember to bring a piece of fruit for snack time during our stay & play sessions. Without your donation, we will have no fruit to share. Thank you

Dates we will be closed:
Friday, 10 January

We run a different timetable in the school holidays.

*Term Time Only Sessions