Food Banks

Ministry of Praise, 46 Manor Road N17 0JJ, 07828 674518

Community Cook Up, Bridge of Hope, 46 Manor Road N17 0JJ, 07734 145375 – **Tue-Fri**

Freedoms Ark Trust, Tottenham Town Hall, Town Hall Approach Road, N15 4RY, 020 8493 0050 – **Mon-Wed, 5pm-6pm**

The OK Foundation, Lordship Rec Hub Café, Higham Road N17 6NU, 07483 172781 – **Thurs 11am-1pm**

Nia provides free and confidential advice support and advocacy to women and girls over the age of 16 affected by **domestic and sexual violence**. Please contact them on 03000 120 213 or email info@niaendingviolence.org.uk

HARINGEY family HUBS

https://haringey.gov.uk/children-young-people-families/family-hubs

Vitamins

FREE vitamins for pregnant women, breast feeding mothers and children under 5 available HERE.

More information?
Ask Simone at reception.

Pembury House Nursery School
'Inspiring Inquiring Minds'

High quality early education with qualified and experienced staff!

High quality early education with qualified and experienced staff

More info? Ask the office

Free

30 hours for working parents for 2, 3- and 4-year-olds

Breakfast Club

Afterschool Club

Free

15 hours for 3 and 4 years old & eligible 2-year-olds

Paid education and care also available for 2, 3 and 4 years old

Pembury House Nursery School & Children's Centre

Autumn Term Activity Programme
September 2026 – December 2026

Lansdowne Road, Tottenham, London N17 9XE

Telephone: **020 8801 9914**

www.pemburyhouse.haringey.sch.uk

admin@pemburyhouse.haringey.sch.uk

MONDAY	**Level 1 Diploma in Caring for Children** **Date TBC** **9.00am-3.00pm** **(Term time only)** Sinead.Hennessy@barnetsouthgate.ac.uk	**Baby Bank** **(By appointment only)** **9.30am-11.00am** We provide essential items: nappies, wipes, recycled new-born baby. clothes. For information or to book an appointment please **call on 020 8801 9914**	**North Mid Midwives Antenatal Clinic** **(By appointment only)** **Breastfeeding Support** **(please speak with the Children's Centre**		**Parent's Surgery** **Please call to book 020 8801 9914** **9.30am-4.00pm** Friendly and helpful 1:1 advice: Benefits/ money/ debt difficulty/ relationship difficulties/ health/depression/immigration/managing children's behaviour
TUESDAY	**Early Years Educator** **CACHE Level 2** **Date: 15th September 26** **9.30am-2.00pm** **(Term time only)** Sinead.Hennessy@barnetsouthgate.ac.uk	**Health Visitor Appointments** **(By appointment only)** **9.30am-12.00pm**	**Stay and Play** **1.00pm-2.30pm** **From the 8th September 26** Come and play, explore, discover and investigate		**Haringey Universal Therapies Service** **(HUTS) Drop in Sessions** **3rd Nov - Talking Tips** **8th Dec – OT Tips** Please note these drops ins will be held in the stay and play sessions)
WEDNESDAY	**Stay and Play** **9.30am-11.00am** **From the 9th September** Story and activity session. Let your imagination come alive!	**Haringey Universal Therapies Service (HUTS) SLT Drop in Session** **18th November** Please note this drops in will be held in the stay and play session)	**Adult Weight Management Programme** **Date: 7th October** **9.30am-11am** 12-week programme. Setting realistic goals, meal planning, making diet choices	**North Mid Midwives Antenatal Clinic** **(By appointment only)** **Breastfeeding Support** **(please speak with the Children's Centre**	**Baby Weighing Clinic** **(By appointment only)** **9.30am-2.00pm** **4th Wednesday of every month** **Please call to book: 020 3224 4307**	**Baby Group** **From the 9th September** **1.00pm-2.15pm** 0–12-month baby group. Join us for sensory play activities and relaxation techniques.
THURSDAY	**East African Habesha Group** **(Drop-in session, term time only)** **9.30am-10.30am** **Dates: 8/10, 22/10, 12/11, 26/11**			**1-year-old and 2-year-old Health Reviews Tynemouth Road Health Visitors** **(By appointment only)** **9.30am-1.30pm**	**Parents' Forum** **1.00pm-2.30pm** **Dates: 1/10, 5/11, 10/12** An opportunity for parents to learn about new services, share ideas and express suggestions to develop our services.	
FRIDAY	**Haringey SENDIASS** **Drop in session** **27/10/26** **9am-10am** Advice to parents and carers about special educational needs.	**Baby Massage** **9.30am-10.30am** **Dates 2/10, 9/10,16/10** **Dates:27/11,4/12, 11/12** **(Term time, invitation only)**	**Free Immigration Advice Clinic** **(By appointment)** To book a slot, please contact **Sylvie or the Children's Centre team on 020 8801 9914**	**Chattertots** **(Invitation only)** **1.15pm-2.30pm** **Dates: 5/10, 12/10, 19/10** **Dates: 23/11, 30/11, 7/12** Providing support communication and language. **To book 020 8801 9914**	**Volunteering Training Programme** **1.00pm-2.30pm** **Dates: 30/10, 6/11, 13/11**	