

# Linden Children & Family Hub

Activity Timetable April - June 2025

86-92 Rectory Road, London, N16 7SH

T: 020 7254 9939

Email: [Lindencfh@hackney.gov.uk](mailto:Lindencfh@hackney.gov.uk)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>HENRY Starting Solids</b> 10am–12pm 3rd Monday of the month	<b>Messy Play (0-5 years)</b> 9.30am–11.30am	<b>Baby Club 0-12month</b> 9.30am–11.30am	<b>CATCH – Communication Assessment Together with Carers in Hackney</b> 9.30am– 11am 3rd Thursday of the month <b>Appointment only</b>	<b>Messy Play (0–5 Years)</b> 9.30am–11.30am
<b>Welcome to the Centre</b> 10.30am–12pm 2nd Monday of the month	<b>Weigh &amp; Play</b> 9.30am–11am	<b>Baby Steps One to One Session (0-2 years)</b> 11am–1pm <b>Booking required</b>	<b>Childminders Drop In</b> 10am–12pm (Term time)	<b>Book Start/ Book Library (0–5 Years)</b> 1pm–3pm
<b>Stay &amp; Play - Rhyme Time (12-24 months)</b> 1pm–3pm	<b>Baby Sensory Play (0-13 months)</b> 10.20am–11.20am Starting 17th June 4 week course <b>Booking required</b>	<b>Triple P Parenting Programme</b> 1pm–3pm Starting 14th May <b>Booking required</b>	<b>Sensory Play (0–5 Years)</b> 1.30pm–3pm	<b>Book Start/ Book Library (0–5 Years)</b> 1pm–3pm
<b>Baby Massage</b> 1pm–2.30pm Starting 19th May 5 week course <b>Booking required</b>	<b>Stay &amp; Play - Music &amp; Movement (0-5 years)</b> 1pm–3pm			<b>Baby First Aid</b> 10am–12pm 29th May <b>Booking required</b>

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Baby Club (0-12 month)</b> 9.30am-11.30am	
			<b>Stay &amp; Play</b> 1pm-3pm	
				

# Comberton Children's Centre

Activity Timetable April - June 2025

10 Comberton Road, London, E5 9PU

T: 020 8356 1215

Email: [Comberton.admin@hackney.uk](mailto:Comberton.admin@hackney.uk)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Baby Club (0-12 months)</b> 1pm-3pm		<b>CATCH Clinics- Speech &amp; Language</b> 9.30am-12.30pm <b>Appointment only</b>	<b>Easter Fun Day</b> 10am-11.30am 1pm-2.30pm 10th April <b>Booking required</b>	<b>Sensory Session (0-5 Years)</b> 9.30am-11.30am
		<b>Music &amp; Movement (0-5 Years)</b> 1pm-3pm		<b>Outdoor Play (0-5 Years)</b> 1pm-3pm
				
				<b>Family Fun Day</b> 11am-2pm Saturday 12 <sup>th</sup> July  <b>For local families with children under 5</b>

# Fernbank Children's Centre

Activity Timetable April - June 2025

1A Fountayne Road, London, N16 7EA

T: 020 8806 6622

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Music &amp; Movement</b> 11.15am-11.45am <b>Booking required</b>	<b>Messy Play</b> 9.30am-12pm <b>Booking required</b>	<b>Under 5s &amp; Family Fun Club</b> 9.30am-12pm <b>Booking required</b>	<b>Stay &amp; Play</b> 9.30am-12pm <b>Booking required</b>	<b>Baby Massage</b> 10am-11.30am 5 week course <b>Please call to book your place.</b>
<b>Story Session</b> 11.45am-12.5pm <b>Booking required</b>				
				




# Ihsan Children's Centre

## Activity Timetable April - June 2025

66-68 Cazenove Road, London, N16 6AA

T: 020 8806 1147 EXT.3

Email: [Admin@ihсанcc.org.uk](mailto:Admin@ihсанcc.org.uk)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Baby Group Fun Time (0-18 months)</b> 1pm-2.30pm Term time only	<b>Stay &amp; Play - Messy Play (0-5 years)</b> 9.15am-11.30am	<b>Stay &amp; Play with Physical Activity (0-5 years)</b> 9.15am-11.30am	<b>Stay &amp; Play - Rhythm &amp; Movement (0-5years)</b> 9.15am-11.30am	<b>Stay &amp; Play - Circle Time Activities (0-5years)</b> 9.15am-11.30am
<b>Infant Feeding Support Group</b> 1pm-2.30pm For Muslim (Breastfeeding) mums with Homerton Health Visitors	<b>Ihsan Explores Nature Play</b> 9.15am-11.30am 27th May Meeting point at Abney Park	<b>Baby Steps Workshop</b> 1pm-2.30pm -23rd April - Managing toddler meltdowns -30th April - Compassionate parenting -7th May - New parents (navigating early parenthood)	<b>Stay &amp; Play - Toddler afternoon (12-24 months)</b> 1pm-2.30pm	
	<b>Chill and Chat Afternoon</b> 1pm-2.30pm 22 April For Arabic speaking mums, mums-to-be and grandmas		<b>Baby Clinic</b> 9.15am-12pm 24th April 29th May Check your child's growth and development	
			<b>Infant Feeding Support Group</b> 10am-12pm 24th April 29th May For (Breastfeeding) Mums, with Homerton Health Visitors	

# Hackney Downs & Clissold Park Neighbourhood

## Activity Timetable April - June 2025

### Childcare

**Linden, Comberton, Fernbank and Ihsan** have childcare vacancies in our early years settings. Please contact us for more information.

You can also find out if you are eligible for **FREE** fifteen hours childcare for 2 year olds and 30 Hours Childcare for 3 & 4 year olds.

For more information go to [education.hackney.gov.uk/](https://education.hackney.gov.uk/)

**Please call the centre to book a nursery tour.**

### Early Help

If you would like support with family life, setting routines and boundaries, budgeting and other issues, speak to someone in the Early Help team. They can provide one-to-one support or signpost you to where you can access relevant support.

Please call Family Support at Linden Children & Family Hub on **020 7254 9939 Monday-Friday 9am-5pm**

### Parent Carer Forum

We are looking for diverse representatives to ensure our services reflect the needs of our entire community.

Get involved in our Parent Forum at Linden on:  
**Tuesday 29th April 2025 10am-11.30am**  
**Tuesday 24th June 2025 10am-11.30am**

Creche and light refreshments available

### Citizens Advice

For support, advice, information on wellbeing, welfare and benefits.

**Every Friday 10am-1pm**

To book an appointment please call Linden Children & Family Hub on **020 7254 9939**

### Shelter Housing Support

Supporting families in Hackney who are homeless or at risk of being homeless.

**Every Tuesday 9.30am-12.30pm**

To book an appointment please call Linden Children & Family Hub on **020 7254 9939**

### HENRY Peer Support

HENRY's peer support service works with pregnant women and mothers with children 0-2 years, to share practical tips, emotional support and signposting to local services in City & Hackney.

The Peer Support helpline number is: **0208 8135 9228**



### Healthy Start Vitamins

**FREE** vitamins for pregnant women, new mums and Children under four.

You can collect Healthy Start Vitamins from  
**Linden Monday-Friday, 10am-5pm or**  
**Ihsan Monday-Friday 9am**

### Toy Library

You can borrow a variety of books and toys at Linden Children & Family Hub & Ihsan Children's Centre for **FREE**.

**Call each centre for more information**

### First Steps - 121 Welling Sessions

Do you feel: Overwhelmed, anxious or exhausted. Are your relationships emotionally challenged by the demands of parenthood? Would you like to discuss: infant needs, feelings of loneliness, low mood, or isolation?

Call Ihsan Children's Centre on **020 88061147 ext. 3**



# Hackney Downs & Clissold Park Neighbourhood

## Activity Timetable April - June 2025

### Preloved Children's Clothing

Drop in to Linden Children & Family Hub and Comberton Children's Centre every Wednesday and help yourself to preloved children's clothing aged 0 - 5 years.

### Baby Steps One to One Session:

To promote positive early relationships and good mental wellbeing for babies and their families. We offer practical support and advice to parents and carers of babies aged 0-2 without the need for a referral to CAMHS.

If you would like to speak with someone 1 to 1 about any aspect of parenting a baby or the emotional impact of becoming a parent itself please request a drop-in appointment through centre staff.

**Every Wednesday 11am - 1pm**



### Adult Learning Courses and Training in Hackney Down's & Clissold Park Neighbourhood

#### Linden

Esol  
Every Wednesday 9.30am-3pm

Essential Digital Skills  
Every Wednesday & Friday 9.30am-1pm

Triple P For Baby: Parenting Programme  
Wednesday 7th May - 17th June  
1pm-3pm

#### Comberton

PEEP @ Comberton Children's Centre:  
Thursday 24th April - 29th May  
9.15am-10.15am

#### Ihsan

PEEP @ Ishan Children's Centre:  
Tuesday 6th May - 29th May  
9.15am-10.15am

Solihull 10 week parenting programme with Islamic referencing  
Monday 28th April - 14th July  
9.15am-11.30am

EDSQ Level 1 ICT Class  
12.30pm-3pm

For more information on Esol call Hackney Adult Learning on 020 8356 5055

For more information on all other courses please contact the relevant centre

### Events/Trips

#### Easter Stay & Play

Comberton Children's Centre  
Thursday 10th April  
10am-11.30am and 1pm-2.30pm

#### Walk to School Week

Family Walk in the Park  
Thursday 29th May  
Meeting point Linden at 10am and then walk over to Hackney Downs for an interactive walk around the park.

#### Volunteer Recruitment Event

Linden Children & Family Hub  
Tuesday 3rd June 10am-12pm

#### Fathers Day Special: Stay & Play Family

Linden Children & Family Hub  
Saturday 14th June 11am-1pm

#### Sports Day/Funday

Hackney Downs Park by the play area  
Thursday 3rd July  
10am-11.30am and 1pm-2.30pm

**Please book to attend any of the events above**