

Ihsan Children's Centre

Activity Timetable April - June 2025

66-68 Cazenove Road, London, N16 6AA

T: 020 8806 1147 ext. 3

Email: Admin@ihsancc.org.uk

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

Hackney Downs & Clissold Park Neighbourhood

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Childcare

Ihsan Children's Centre has childcare vacancies in our early year's 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/

Please call each centre to book a nursery tour

Healthy Start Vitamins

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

You can collect Healthy Start Vitamins from **Ihsan Monday-Friday 9am**

Toy Library

You can borrow a variety of books and toys at 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

Baby Steps Workshop

1pm-2.30pm

Do you have a child aged 0-2/

Join our workshops:

23rd April - Managing toddler meltdowns

30th April - Compassionate parenting

7th May - New parents (navigating early parenthood)

To book call Ihsan Children's Centre on 020 88061147 ext.3

Training @ Ihsan Children's Centre

-PEEP @ Ihsan 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

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

