

# Children & Family Hubs

Hackney Downs & Clissold Park

## Activity Timetable

Date: January – March 2025

VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Linden Children &amp; Family Hub</b>  86–92 Rectory Road London N16 7SH <b>T. 020 7254 9939</b>	<b>HENRY Starting Solids</b> 10am–12pm 3rd Monday of the month <hr/> <b>Welcome To The Centre</b> 10.30am–12pm 2nd Monday of the month <hr/> <b>Stay Play - Rhyme Time (12–24 months)</b> 1pm–2.30pm <hr/> <b>Baby Massage</b> 1.30pm–3pm Starting 13th January Booking required	<b>Messy Play (0–5 Years)</b> 9.30am– 11.30am <hr/> <b>Weigh &amp; Play Drop In</b> 9.30am–11am <hr/> <b>Baby Sensory Play (0–13 months)</b> 10am–10.50am 11.10am–12pm Starting 25th February 4 week course Booking required <hr/> <b>Stay Play - Music &amp; Movement (0-5 Years)</b> 1pm–3pm 	<b>Baby Club (0–12 months)</b> 9.30am–11am <hr/> <b>Baby Massage</b> 10am–11.30am Starting 5th March Booking required <hr/> <b>Baby Steps One to One Session (0–2 years)</b> 11am–1pm Booking required <hr/> For more information refer to activities & support on the calendar 	<b>CATCH - Communication Assessment Together with Carers in Hackney</b> 9.30am–11am 3rd Thursday of the month Appointment only <hr/> <b>Childminders Drop In</b> 10am–12pm (Term time) <hr/> <b>Baby First Aid</b> 10am–12pm 30th January 6th March Booking required <hr/> <b>Sensory Play (0–5 Years)</b> 1.30pm–3pm	<b>Messy Play (0–5 Years)</b> 9.30am–1.30am <hr/> <b>Book Start/ Book Library (0–5 Years)</b> 1pm–3pm <hr/> <b>NCT Breastfeeding &amp; Infant Feeding Drop In</b> 1pm–2.30pm 




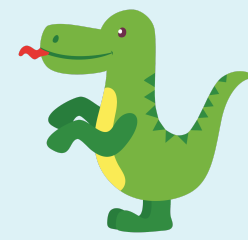
Working for every child

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<b>Comberton Children's Centre</b>  10 Comberton Road E5 9PU <b>T. 020 8356 1215</b>	<b>Baby Club</b> <b>0-12 months</b> 1pm-3pm	<b>CATCH Clinics - Speech &amp; Language</b> 9.30am-12.30pm Appointment only	<b>Music &amp; Movement</b> <b>0-5 years</b> 1pm-3pm		<b>Sensory Session</b> <b>0-5 Years</b> 9.30am-11.30am  <hr/> <b>Outdoor Play</b> <b>0-5 Years</b> 1pm-3pm
<b>Brook @ Pembury</b>  Pembury Community Centre Atkins Square E8 1HL <b>T. 020 3828 3500</b>				<b>Baby Club</b> <b>0-12 months</b> 9.30am-11.30am  <hr/> <b>Stay &amp; Play</b> <b>0-5 years</b> 1pm-3pm	

# Children & Family Hubs

## Activities & Support

### Childcare

For more information on childcare vacancies contact:

**Linden Children & Family Hub**  
**020 7254 9939**

**Comberton Children's Centre**  
**020 8806 0680**

You can also find out if you are eligible for **FREE** 15 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/)

### Early Help

If you would like support with family life, finance issues, respite creche for your child or other issues, speak to the Early Help Practitioner. They can provide one-to-one support or direct you to where you can access relevant support.

Please call Early Help team Monday-Friday 9am - 5pm on: **020 7254 9939**.



### 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**



### CATCH - Communication Assessment Together with Carers in Hackney

If you are concerned about your child's speech, language or communication, you can attend a Talking Walk-In Initial Assessment.

Thursday 15th January 2025 9.30am - 11am  
Thursday 19th February 2025 9.30am - 11am  
Thursday 19th March 2025 9.30am - 11am

Contact [hello@get-hackney-talking.local](mailto:hello@get-hackney-talking.local) or call on **020 7683 4262** to book an appointment.

### Parent Carer Forum

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

Get involved in our Parent Forum on:

Tuesday 21st January 2025 10am-11am  
Tuesday 18th March 2025 10am-11am

Email [Lindencfh@hackney.gov.uk](mailto:Lindencfh@hackney.gov.uk) to receive a link to join the meeting online.

Creche and light refreshments available.

### 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

# Children & Family Hubs

## Preloved Children's Clothing

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



## Food Swap

Come into **Linden Children & Family Hub** to donate food or take food items home with you.

Canned, non-perishable food and personal care items welcomed.

## Healthy Start vitamins

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

You can collect Healthy Start Vitamins from **Linden Children & Family Hub** Reception Monday-Friday, 10am-5pm.

## Adult Learning Courses and Training @ Linden

- **Esol**  
Every Wednesday 10am - 12pm
  - **Essential Digital Skills**  
Every Wednesday & Friday 10am -2pm
  - **CHCHE - Support Work in Schools & Colleges**  
Every Thursday 10am -3pm
  - **NCFE Certificate - Introducing Caring for Children & Young People**  
Every Friday 10am -3pm
  - **Solihull: Understanding Your Baby**  
Monday 13th January -17th February  
10am-11.45am
  - **Solihull: Understanding Your Pregnancy & Labour & Your Baby**  
Tuesday 14th January -11th February  
1pm-2.45pm
- For more information on Esol call **Hackney Adult Learning** on **020 8356 5055**.
- For more information call **Linden Children & Family Hub** on **020 7254 9939**.

## Adult Learning Courses and Training @ Comberton

- **Solihull: Understanding Your Child (1-5 year olds)**  
Thursday 23rd January -3rd April 1pm-2.45pm  
**Comberton Children's Centre**
- For more information call **Comberton Children's Centre** on **020 8356 1215**.

