



Lubavitch Children's Centre Activity Diary

Come & Play the Torah Way!

"Children are the most Precious gift G-D has Given you – a new Life, as unmarked as fresh snow, and you have been blessed with the opportunity to nurture, protect and teach your child, so that the child becomes a productive and good human being"

The Lubavitcher Rebbe



LUBAVITCH
CHILDREN'S CENTRE

WEEKLY DROP-IN SESSIONS

booking necessary
- limited place

MONDAY:

Baby Massage
Soft Play & Story Time

TUESDAY:

Baby Club
Baking & Pasting

WEDNESDAY:

Arts & Crafts / Messy Play
Sensory Experience

The term will run from the 26th April until the 22nd July

We are looking forward welcoming you & your children to our Stay & Play sessions in a Covid-safe environment.

Please call in advance to book your place, as limited numbers will be accepted. You can make one booking at a time.

We kindly ask you to only attend if you and your household members are symptom free and not in need of quarantine.

MY JOURNEY

Bring in My Journey Folders for every session.
"My Journey" enables you to track your children's progress whilst identifying areas of development.

TOY LIBRARY

We have a large variety of toys and books to choose from.
The library is open during Stay & Play sessions.



Morning



BABY MASSAGE

9:30AM - 11:00AM

0 MONTHS - 9 MONTHS

Activity Room

Massaging the Baby is relaxing for both mother and baby.

It can help with colic, constipation, crying and send them off to sleep. With Penelope – Baby massage therapist.

Afternoon



SOFT PLAY

1:45PM-3:15PM

0-3 YEARS

Lubavitch Hall

Physical development and lots of fun!

Breastfeeding support available upon request.

MUSIC & MOVEMENT

2:00-2:30 PM

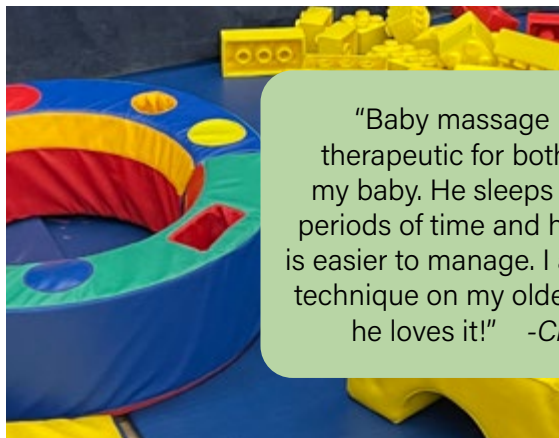
SING, CLAP & DANCE WITH AUNTY CHANA

13th June

11th July

BABY PACK

Free baby packs to welcome your newborn. Can be collected in Stay & Play sessions or from reception.



“Baby massage is very therapeutic for both me and my baby. He sleeps for longer periods of time and his teething is easier to manage. I also use the technique on my older child and he loves it!” -Chani M

BABY CLUB

9:30AM - 11:00AM

5 sessions: Create a 5 week Baby-Project!

Invest in your child from the start!

0 - 18 MONTHS

Activity Room



THE BENEFITS OF A TREASURE BASKET

Natural materials enable babies to explore texture, taste, smell, and sound of objects.

Come learn how to assemble your own treasure basket.

17th May, 28th June

TUMMY TIME

Tummy Time: Experience of being on their tummy helps babies to push up, roll over, sit up, crawl and pull to stand

3rd May, 14th June, 12th July

BETTER PROTECTED THAN INFECTED!

The importance of immunisations. Discover the science behind immunisation and how it protects your child.

26th April, 31st May

INTRODUCING SOLIDS

Advice & Information on weaning with HENRY.

10th May, 21st June, 19th July



BLOCK PLAY

Playing with blocks develops children's imagination, motor skills and social skills.

24th May, 5th July

BAKING & PASTING

1:45 - 3:15PM

Come and create your own cook-book and try out all the recipes..

12 MONTHS - 3 YEARS

Activity Room

Child size utensils, child friendly recipes. Watch your child enjoy the cooking and baking and try new foods.

APRIL

26th Apple crumble

MAY

3rd Vegetable Pizza

10th Oat berry muffins

17th Sweet corn fritters

24th No bake cheesecake

31st Cheese blintzes

JUNE

14th Tuna patties

21st Breaded vegetables

28th Biscuits

JULY

5th Olive & cheese muffins

12th Broccoli quiche

19th Carrot muffins



SWIMMING

Mothers & children
under 3 years

TUESDAYS

10:00AM - 11:00AM

Starting 3rd May

£7.50 per session

Must be pre - booked

ARTS & CRAFTS AND MESSY PLAY

Invest in your child from the start!

9:30AM - 11:00AM

0 - 3 YEARS

Lubavitch hall

Playdough, collage, sensory materials, shaving foam and much more!



SENSORY EXPERIENCE

Develop your senses in a fun, stimulating environment

1:45PM - 3:15PM

0-3 YEARS

This session will take place in our beautiful Sensory Garden. In case of rain, it will be in Activity room.

APRIL

27th Discovery

MAY

4th Tactile & Fidget

11th Balancing &

Stepping

18th Balls & Spheres

25th Sound & Music

JUNE

1st Massaging &

Brushes

8th Discovery

15th Tactile & Fidget

22nd Balancing &

Stepping

29th Balls & Spheres

JULY

6th Sound & Music

13th Massaging &

Brushes

20th Light up



WEDNESDAY

5:00PM - 6:30PM

Spend time with family and friends, enjoying a variety of exciting crafts and activities.

AGE 0-9

Lubavitch House Hall

£5 per family

Supper is available if ordered and paid in advance before 12:00pm on Tuesday.

25th May

MENDY MUSIC

Milky supper

22nd June

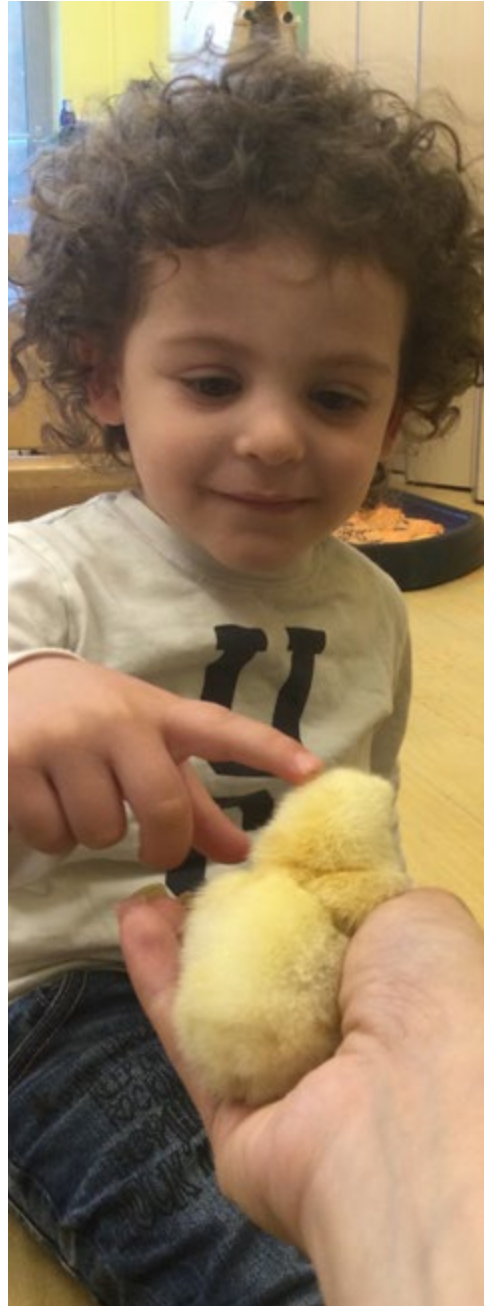
CHICKS AND DUCKLINGS

Fleishik Supper

20th July

EXOTIC ANIMALS

Parev Supper



DUNSTAN BABY LANGUAGE

THURSDAYS 10:00-11:00

5th May & 16th June

This will train you to listen to your baby and respond to his needs after recognising his cries.

FIRST AID FOR MOTHERS

THURSDAY 11:00AM - 1:00PM

23rd June

Little children are adventurous and have little understanding of danger. To know what to do in case of an emergency will be half the cure.

PHOTOGRAPHY WORKSHOP



THURSDAY 9:30 - 11:00AM

30th June

With Tova Schprecher
Learn how to use your camera or phone to take the best pictures of your children and family.
£10 per person limited places

EXPRESSIVE ART CLASS

No experience needed!

WEDNESDAY 7:30 - 9:30PM

4th May - 13th July
excluding 18th May

A 10 week course to learn the basics of painting & drawing.
£20 per person

SEWING FOR BEGINNERS

Learn the basics of sewing & mending

MONDAY 1:45 - 3:15PM

9th May - 18th July
Excluding 6th of June
£20 per person

ESOL

A class to learn conversational English - £20 per person

WEDNESDAY 9:00 - 11:00AM

4th May - 20th July
excluding 18th May and 6th July

SOLIHULL PARENTING



10 week course for mothers

WEDNESDAY 9:30 AM - 11:30 AM

11th May – 20th July
excluding 6th July

This is an evidence based parenting programme that will help you develop and focus on a more positive and rewarding relationship with your family.

Research shows that this course has helped parents feel calmer and their children's behavior has improved. Delivered by Koach parenting.

Limited crèche places available.



POST-NATAL PILATES

with Brooke

Exercise is an important activity to maintain your health and reduce your weight.

Lubavitch School Hall

MONDAY 9:45AM - 10:45AM

9th May – 11th July

9 sessions for £60 per person

AEROBICS, TONING & SUPPLE STRENGTH

with Samina

Using Jewish Music.

Lubavitch School Hall

MONDAY 10:45AM - 11:30AM

9th May – 11th July

8 sessions for £40 per person

no session 23rd May

LAG B'OMER

Parade and Funfair

THURSDAY 19TH MAY

9:30 AM

Lubavitch house car park



SHAVUOS

Hear the Aseres Hadibros

SUNDAY 5TH JUNE / 6 SIVAN

1st day Yom Tov

12:00 PM

Free ice-cream for all children!

Lubavitch House back playground

SUMMER PROGRAMME

SESSION 1: 10:30AM -12:30PM

SESSION 2: 1:30PM - 3:30PM

BOYS AGES 0 - 7 YEARS

GIRLS AGES 0 - 9 YEARS

£2 per person from age 2 if booked before 20th July (double after this date)

PETTING ZOO

TUESDAY 26TH JULY

INFLATABLES

WEDNESDAY 27TH JULY

COOKING FAIR

TUESDAY 2ND AUGUST

CRAFT DAY

WEDNESDAY 3RD AUGUST

WATER DAY

TUESDAY 9TH AUGUST

CRAFT DAY

WEDNESDAY 10TH AUGUST

CHICKS & DUCKLINGS HATCHING

Bringing you an unforgettable little miracle! Come watch and interact with our freshly hatched chicks and ducklings.

13TH - 23RD JUNE

You can meet them in Stay & Play sessions on Monday 20th June (PM), Wednesday 22nd June (AM) and in after school club on 22nd June as well as at our Tatty & Me on Friday 17th June.

CIRCUIT EXERCISE

Exercise is an important activity to maintain your health and reduce your weight.

Lubavitch School Hall

TUESDAY 7:30PM - 8:30PM

Lubavitch School Hall

3rd May – 5th July

9 sessions for £60 per person

ESOL

A class to learn conversational English - £20 per person

TUESDAY 7:30 - 9:30PM

3rd May – 12th July
excluding 7th June

TATTY & ME

Fathers, this is for you!
Come spend Friday afternoon
3:00 - 4:30 pm with your children
in our lovely garden.

AGES 0-7 YEARS

13th May – Jumping Castle
17th June – Chicks and ducklings
8th July – Water Play



PHYSIOTHERAPY

ADVICE CLINIC

Are you concerned about your child's physical development? Does your child experience difficulties or delays with gross motor tasks e.g. sitting, crawling and walking?

An experienced physiotherapist from the Hackney Ark will be able to assess your child and give advice.

AGED 0 - 5 YEARS OLD

Hackney residents

THURSDAY 9:00 - 11:00AM

12th May

9th June

14th July

Limited appointments available

ORAL HEALTH PROMOTION

Find out why and how to look after your baby's teeth.

With Michelle Ting,
Oral health practitioner.

TUESDAY 10:30 - 12:30PM

31st May & 12th July

Lubavitch Children's Centre Lobby

CHILDHOOD IMMUNISATION CLINIC

THURSDAYS 1:00 - 5:00PM

Starting 5th May

For Hackney residents or registered at a Hackney GP



It is very important for your physical & emotional wellbeing that you receive high quality care for yourself and your baby. Make sure to contact your GP or midwife as soon as you know that you are expectant, preferably before 12 weeks.

ANTENATAL & POSTNATAL CLINIC

You can see your midwife at LCC. We have a friendly, soundproof and well-equipped consultation room available for your convenience. Translation service is available, if needed, in various languages.

HOMERTON CLINIC

Mondays 8:15am – 6:00 pm
Tuesdays 1:30pm – 6:00pm
Fridays 8:15am - 12:30am

Phone 020 8510 5502

WHITTINGTON CLINIC

Tuesdays: 8:00am - 1:00pm
Thursdays: 9:00am - 1:00pm

Phone 020 7288 3482

BREASTFEEDING SUPPORT

With Mrs C Landa
& Mrs E Peretz (JuMP)

MONDAYS

1:45PM – 3:15PM

Starting 9th May



“My post birth experience was so positive this time! We know what our baby’s needs are as we understand what he is communicating to us. It’s all thanks to the fact that I joined Dunstan Baby Language that was presented in the Lubavitch Children’s Centre.” -Dassi L

HEALTHY START

Free vitamins for pregnant women, new mothers and children up to age 4. Can be collected in Stay & Play sessions or from reception. You may also be eligible for free vouchers for milk, fruit & vegetables and infant formula milk. To apply, pick up a form or speak to a community health professional.

**HEALTHY
START**

FUEL GRANT

If you live in Hackney and have a prepaid meter and are having a hard time paying your energy bills you can apply for fuel vouchers to help cover your costs. Please call 020 3855 5232 Monday – Friday 10am – 1pm. You can also email fuel@eastandcab.org.uk anytime.

“The household Grant came at just the right time. It really helped me provide healthy, nutritious food for my children. It made us feel that Lubavitch Children’s Centre really cares about us!” - Leah C

ALEXANDRA ROSE VOUCHERS

Vouchers provided for families on low income to purchase fruit & vegetables in Fresh & Fruity, Getters or Just Ripe can be picked up during Stay & Play sessions. To see if you are eligible, enquire at reception.



BOLOH HELPLINE

Call for advice if you're unsure what to do when your child may have a chest infection.

0800 151 2605

<https://helpline.barnardos.org.uk>



Additional Services



Does your child (under Bar and Bas Mitzvah) own a letter in a Sefer Torah?

Have the sofer write a letter in the Torah just for you!

You will receive a beautiful personalised certificate from the Children's Sefer Torah office in Israel telling you in which portion of the Torah "your" letter has been written.

Please come to reception for a form or go to

www.kidstorah.org



LUBAVITCH LENDING LIBRARY

Opening hours:
SUNDAY

11:00AM - 8:00 PM

MONDAY - THURSDAY

10:30AM - 2:30 PM

6:15 - 8:30 PM

FRIDAY

12:15 - 4:30 PM

020 8800 5823

We have an extensive library with thousands of Jewish books.

VISTA EDUCATION AND TRAINING

Vocational training in IT, childcare courses and employability support

Monday - Thursday 9:30 - 4:30

www.vistauk.com

020 8802 8772





OFSTED

Lubavitch Children's Centre was inspected by Ofsted in July 2014. We are proud to announce that we received a GOOD rating.

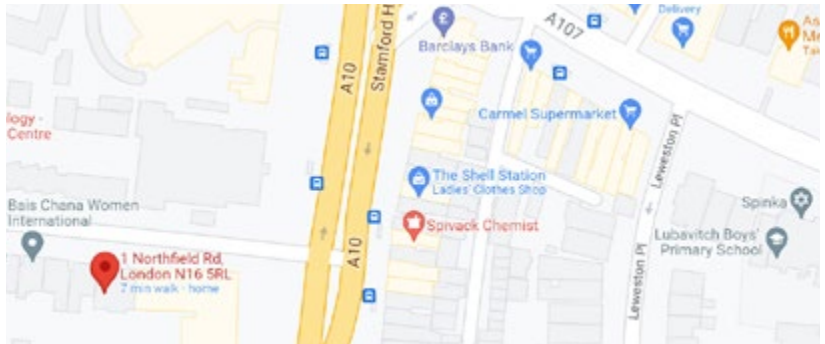
The report said:

Good quality activities help children and parents to enjoy learning together.

The centre works well to meet the needs of children and families comprising it's predominantly Orthodox Jewish community.

Exceptionally high levels of care, guidance and support are provided by the centre to families in contact with them.

MAYOR OF LONDON'S



Lubavitch Children's Centre

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