



**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

**1st term will run from**

**5th SEPTEMBER UNTIL 15th DECEMBER**

**2nd term will run from**

**9th JANUARY UNTIL 15th MARCH**

We are looking forward welcoming you & your children to our Stay & Play sessions in a safe and friendly 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 healthy and well in order to prevent cross contamination.

## 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.

## PESACH TOY LIBRARY

**11:00AM - 2:00PM**

Wednesday & Thursday  
22nd & 23rd March

**Morning**



**BABY MASSAGE**  
**9:30AM - 11:00AM**  
**0 MONTHS - 9 MONTHS**  
Activity Room

Massaging a baby is relaxing for both mother and child. It can help with colic, constipation, crying and help them sleep better. With Penelope – Baby Massage therapist.

Create a 5 part Baby-Project!  
Invest in your child from the start!

**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**  
19th September, 14th November, 12th December, 6th February, 27th February

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



Hi, I love coming to Baby massage! It's so relaxing for me and my baby. I learnt a lot about the actual massaging techniques. I even started massaging my older children who really enjoy the experience. - Mrs L

## BABY CLUB

**9:30AM - 11:00AM**

5 sessions:

**0 - 18 MONTHS**

Activity Room



### BETTER PROTECTED THAN INFECTED!

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

6th September, 8th November, 13th December,  
17th January, 21st February

### INTRODUCING SOLIDS

Advice & Information on weaning with HENRY.

13th September, 15th November,  
10th January, 7th February



### TUMMY TIME

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

20th September, 22nd November,  
24th January, 28th February

### 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.

25th October, 29th November, 31st January, 14th March

### BLOCK PLAY

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

1st November, 6th December,  
14th February, 21st March

## 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.



### DECEMBER

6th Latkes

13th Chanuka shaped biscuits

### JANUARY

10th Tuna patties

17th Sweetcorn fritters

24th Niçoise salad

31st Fruit Kebabs, fruit plate

### SEPTEMBER

6th Vegetable pizza

13th Carrot muffins

20th Honey biscuits

### OCTOBER

25th Breaded vegetables

### NOVEMBER

1st Apple crumble

8th Stuffed peppers

15th Banana muffins

22nd Couscous salad

29th Pancakes with cheese

### FEBRUARY

7th Olive & cheese muffins

14th Apple cake

21st Mushroom quiche

28th Hamantashen

### MARCH

14th Gluten free Pesach biscuits



## SWIMMING

Mothers & children under 3 years

**TUESDAYS 10:00 - 11:00AM**

Starting 6th September £7.50 per session.

## 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.

### SEPTEMBER

7th Discovery  
14th Tactile & Fidget  
21st Balancing & Stepping

### DECEMBER

7th Balls & Spheres  
14th Sound & Music

### JANUARY

11th Discovery  
18th Tactile & Fidget  
25th Balancing & Stepping

### OCTOBER

26th Balls & Spheres

### NOVEMBER

2nd Sound & Music  
9th Massaging & Brushes  
16th Discovery  
23rd Tactile & Fidget  
30th Balancing & Stepping

### FEBRUARY

1st Balls & Spheres  
8th Sound & Music  
15th Massaging & Brushes  
22nd Discovery

### MARCH

15th Tactile & Fidget

Sensory garden and swimming have been very much enjoyed by myself, my friend and my children. Thank you so much for providing us with so many opportunities! - Mrs T



## WINTER PROGRAMME

WEDNESDAY 28TH DECEMBER  
& THURSDAY 29TH DECEMBER

More details to follow



### After School Club

**WEDNESDAYS 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 child ages 1 and up  
1 adult per family goes free

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

7th September

**SHOFAR FACTORY**

Parev supper

16th November

**EXOTIC ANIMALS**

Milky supper

11th January

**MENDY MUSIC**

Fleishik Supper

1st February

**PLANTING**

Parev Supper

15th March

**MATZO BAKERY**

Milky supper

## DUNSTAN BABY LANGUAGE

**THURSDAY 10:00-11:00**

29th September, 1st December,  
12th January, 9th March

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**

10th November - £10 per person

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.

First Aid was so informative!  
I now feel more confident knowing what to do in case my children injure themselves.  
The teacher was very clear and practical. - *Mrs N*

## SPOT THE SCHEMA

Parenting Workshop

**THURSDAY 10:00 - 11:00AM**

26th January & 1st February

Learn to recognise your child's Schema; pattern of behaviour

Presented by  
Mrs Sudak & Mrs Raskin

## POST-NATAL PILATES

Lubavitch School Hall

Exercise is an important activity to maintain your health.

Lubavitch School Hall

**MONDAY 9:45AM - 10:45AM**

1st term:

5th September - 5th December

2nd term:

9th January - 20th March

10 sessions for £60 per person



## FOR FATHERS

### CIRCUIT EXERCISE

Lubavitch School Hall

**TUESDAY 7:30PM - 8:30PM**

1st term:

6th September - 6th December

2nd term:

10th January - 21st March

10 sessions for £75 per person

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 5th September

To be able to attend antenatal clinic in LCC has been a live safer for me. It's local, friendly and welcoming!

- Mrs K



## 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.

### AGE 0 - 5 YEARS OLD

Hackney residents

### THURSDAY 9:00 - 11:00AM

17th November

19th January

16th March

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

20th September, 22nd November,  
24th January, 14th March

Lubavitch Children's Centre Lobby

## CHILDHOOD IMMUNISATION CLINIC

### THURSDAYS 1:00 - 5:00PM

Starting 8th September  
For Hackney residents or  
registered at a Hackney GP

My baby turned over in Soft play for the first time! We enjoy attending and practising tummy time and meeting new friends

- Mrs F



### 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.

### 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>



**Save the Date**

# CHANUKA FUNDAY

SUNDAY 18TH DECEMBER

**1ST SESSION: 11:00 - 12:30**

**2ND SESSION: 1:30 - 3:00**

BOYS AGES 0 - 7 YEARS

GIRLS AGES 0 - 9 YEARS

Entry £1 per person  
Pay for activities & crafts  
with tokens.  
Lubavitch House



# GIANT MENORAH



**THURSDAY**  
**22ND DECEMBER**  
**28 KISLEV**  
**5TH LIGHT OF**  
**CHANUKAH**

**6:00 PM**  
in front of  
**Lubavitch House**

ב"ה

LUBAVITCH CHILDREN'S CENTRE PRESENTS

# CHANUKAH BOOK TRAIL

FROM SUNDAY DECEMBER 18 / KISLEV 24  
TILL THURSDAY DECEMBER 22 / KISLEV 28

Every day from 11am till 7pm

*at Springfield Park, (near the pond) Springfield entrance*

## WALK THE 18 STEP BOOK TRAIL

A VISUAL & AUDIO WALKING EXPERIENCE BRINGING  
THE  
CHANUKAH STORY TO LIFE  
**FUN FOR ALL AGES!**



FREE AND OPEN TO ALL!  
FOR GROUP BOOKING PLEASE  
CONTACT US

POCKET STORY-BOOK AVAILABLE  
FOR SALE FOR £2

### Special Programme

Monday, December 19 / כ"ה כסלו /  
11:00 am - 1:00 PM

Tuesday 20th December / כ"ו כסלו /  
from 6:30 - 8pm



LUBAVITCH  
CHILDREN'S CENTRE

Lubavitch Children's Centre  
1 Northfield Road, N16 5RL  
020-88099050  
admin@lubavitchcc.uk



CALL TO BOOK: 020 8809 9050

## Save the Date

### ROSH HASHONO

5783



**TEKIAS SHOFAR**  
FOR WOMEN AND CHILDREN

MONDAY 1<sup>ST</sup> DAY YOM TOV

**2:30pm**

LUBAVITCH HOUSE PLAYGROUND

### SUKKOS

**SIMCHAS BEIS HASHOEIVO**

WEDNESDAY EVENING  
1<sup>ST</sup> DAY CHOL HAMOED

**8:00 -11:00pm**

LUBAVITCH HOUSE  
CAR PARK



## PURIM PROGRAMME

**TAANIS ESTHER MONDAY 6<sup>th</sup> MARCH**

**5:30pm** Children's programme followed by

**6:40pm** Child-friendly Megilah reading

£5 per family

Limited places **MUST** be booked in advance

Lubavitch downstairs Shul

## 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](http://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**

(closed in winter)

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](http://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.

MAYOR OF LONDON'S

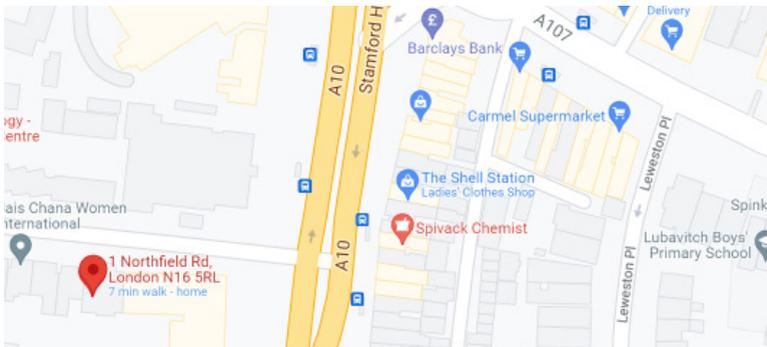


The report said:

*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.*



## LUBAVITCH CHILDREN'S CENTRE

1 Northfield Road, London, N16 5RL

Email: [admin@lubavitchcc.uk](mailto:admin@lubavitchcc.uk)

Tel: 0208 809 9050 Fax: 0208 809 9055

Web: [www.lubavitchchildrenscentre.com](http://www.lubavitchchildrenscentre.com)

