



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 AUNT 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

SEPTEMBER

6th Vegetable pizza

13th Carrot muffins

20th Honey biscuits

JANUARY

10th Tuna patties

17th Sweetcorn fritters

24th Niçoise salad

31st Fruit Kebabs, fruit plate

OCTOBER

25th Breaded vegetables

FEBRUARY

7th Olive & cheese muffins

14th Apple cake

21st Mushroom quiche

28th Hamantashen

NOVEMBER

1st Apple crumble

8th Stuffed peppers

15th Banana muffins

22nd Couscous salad

29th Pancakes with cheese

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

OCTOBER

26th Balls & Spheres

NOVEMBER

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

DECEMBER

7th Balls & Spheres
14th Sound & Music

JANUARY

11th Discovery
18th Tactile & Fidget
25th 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

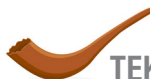


CALL TO BOOK: 020 8809 9050

Save the Date

ROSH HASHONO

5783



TEKIAS SHOFAR
FOR WOMEN AND CHILDREN

MONDAY 1ST DAY YOM TOV

2:30pm

LUBAVITCH HOUSE PLAYGROUND

SUKKOS

SIMCHAS BEIS HASHOEIVO

WEDNESDAY EVENING
1ST DAY CHOL HAMOED

8:00 -11:00pm

LUBAVITCH HOUSE
CAR PARK



PURIM PROGRAMME

TAANIS ESTHER MONDAY 6th MARCH

5:30pm Children's programme followed by

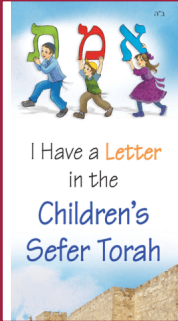
6:40pm Child-friendly Megilah reading

£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



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

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

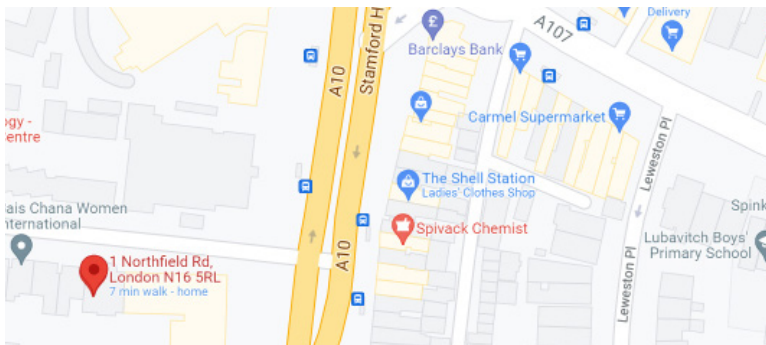


The report said:

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

Tel: 0208 809 9050 Fax: 0208 809 9055

Web: www.lubavitchchildrenscentre.com