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LUBAVITCH CHILDREN'S CENTRE ACTIVITY DIARY

APRIL - AUGUST 2025 / ניסן - אלול תשפ"ה



MAYOR OF LONDON'S



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

The term will run from:

23rd APRIL /25th NISSAN UNTIL 17th JULY / 21st TAMUZ

STAY & PLAY

We are looking forward welcoming you & your children to our Stay & Play sessions in a safe and friendly environment. We kindly ask you to only attend if you and your household members are healthy and well, in order to prevent cross contamination.

MONDAY

Baby Massage P.3
Soft Play & Story Time P.3

TUESDAY

Baby Club P.4
Baking & Pasting P.5

WEDNESDAY:

Arts and Crafts & Messy Play P.6
Sensory Experience P.6
Swimming for mothers & children P.8

THURSDAY

Parenting support P.8-9
Health appointments P.10

FRIDAY

Tatty & Me P.7

MY JOURNEY

Pick up your child's 'My Journey' folder at any Stay & Play session and bring it along every time you attend. "My Journey" enables you to track your children's progress whilst identifying areas of development.



TOY LIBRARY

Using the library enables you to provide your children with a wide variety of age-appropriate toys and books, without having to buy new ones. You can borrow as often as you like, all for a nominal yearly subscription. Staff are on hand to help and advise you on your choice.

We've added the Thursday slot for mothers to be able to borrow new toys in time for Shabbos.

Annual Membership fee:
basic £15 (2 items at a time),
expanded £25 (4 items at a time)
The library will be open in
Stay & Play sessions and on
Thursdays 1:30 - 2:30pm.

MONDAY



MORNING

BABY MASSAGE

9:30AM - 11:00AM

0 - 12 MONTHS

Activity Room

A five-week course to learn the techniques of massaging your baby. Massaging a baby is relaxing for both mother and child. It can help with colic, constipation, crying and help them sleep better.

With Zahava Berkovic
- Baby Massage therapist.

Block 1: 28th April - 16th June 2025

Block 2: 23rd June - 21st July 2025

£25 per block, limited places

Plus...

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



AFTERNOON

SOFT PLAY

1:45PM-3:15PM

0-3 YEARS

Lubavitch Hall

Spacious and large variety of toys.
Physical development and lots of fun!

Mini Movers / Hackney Ark

Experience of being on their tummy helps babies to push-up, roll over, sit-up, crawl and pull to stand.

With Billi, Physiotherapist

12th May & 14th July

With Georgia, Occupational Therapist

16th June & 7th July

Let's Get Active

Physical movement and exercise with Theo, HENRY practitioner.
19th May & 23rd June

Music & Movement

Sing, Clap & Dance

with Aunty Chana.

9th June & 7th July

INFANT FEEDING SUPPORT

Friendly advisors from Jump are available to support you, Please call to book your appointment.



TUESDAY MORNINGS

**BABY CLUB**

9:30AM - 11:00AM
0 - 18 MONTHS
 Activity Room

Better protected than infected!

The importance of immunisations. Discover the science behind immunisation and how it protects your child.
 29th April & 10th June

Tummy Time

Experience of being on their tummy helps babies to push up, roll over, sit up, crawl and pull to stand.
 6th May & 24th June

Introducing Solids

Advice & Information on weaning with a dietician from HENRY.
 13th May, 17th June, 15th July

**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.
 20th May & 1st July

Block Play

Playing with blocks develops children's imagination, motor skills and social skills
 27th May, 8th July



"Introducing solids came just at the right time as my baby was turning 6 months and I wasn't sure how to start. The session was very informative and I learned a lot of new concepts and was given practical tips and advice on this important topic" -GB

**BAKING & PASTING**

1:45 - 3:15PM
12 MONTHS - 3 YEARS
 Activity Room

Come and create your own cookbook and try out all the recipes. Child size utensils, child friendly recipes. Watch your child enjoy the cooking and baking and try new foods.

April

22nd Vegetable pizza
 29th Couscous salad

May

6th Tuna patties
 13th Lettuce and carrot salad
 20th Blintzes
 27th Cheesecake

HEALTHY FAMILIES WORKSHOPS

by HENRY practitioner
 27th May & 8th July

June

10th Niçoise salad
 17th Falafel & Israeli salad
 24th Courgette kugel

July

1st Bread sticks
 8th Apple Crumble
 15th Healthy seed-crackers



"My son loves coming to the cooking session and I love watching him learn new skills and develop his taste buds. He now insists on helping me at home. The recipe file is a real bonus!" - BF



WEDNESDAY

MORNING

ARTS & CRAFTS
AND MESSY PLAY

9:30AM - 11:00AM

Lubavitch Hall – Spacious well equipped room

0-3 YEARS

*Invest in your child from the start!
Playdough, collage, sensory materials,
shaving foam & much more!*

Baby Steps

Emotional well-being support for young mothers.

Delivered by Hannah Morgan, Clinical Psychologist from First steps

Health Visitor

Support and information around key health topics.

You can weigh your baby and have a health review done.

Bring along your child's red book.

14th May, 11th June, 9th July

Delivered by Swelon, specialist Health Visitor

Hackney Energy Advice Team
(HEAT)

The trained advisors offer fuel poverty and energy saving advice. They help you manage your energy bills, negotiate debts and take steps to save money.
30th April, 21st May

AFTERNOON



SENSORY EXPERIENCE

1:45PM - 3:15PM

This session will take place in our beautiful Sensory Garden.

In case of rain or cold weather, it will be in our activity room.

0-3 YEARS

Develop your senses in a fun, stimulating environment.

April

23rd Discovery

30th Tactile & Fidget

May

7th Balancing & Stepping

14th Balls & Spheres

21st Sound & Music

28th Massaging & Brushes

June

11th Discovery

18th Tactile & Fidget

25th Balancing & Stepping

July

2nd Balls & Spheres

9th Sound & Music

16th Massaging and brushing



WEDNESDAY

AFTER SCHOOL
PROGRAMME

5:00PM - 6:30PM

Lubavitch House Hall

AGE 0-9 YEARS

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

£7.50 per child ages 1 and up.

1 adult per family goes free.

Supper is available if ordered and paid for before 12pm on Tuesday.

21st May

Planting and Cheesecake

Flowers and cheesecake in time for Shavous

Milchik supper

18th June

Chicks and Ducklings

Watch and interact with our freshly hatched chicks and ducklings.

Pareve supper

16th July

Exotic Animals

See and touch snakes, lizards and more.

Fleishik supper

FRIDAY

TATTY & ME

FRIDAY 3:00 - 4:30 PM

AGES 0-7 YEARS

Fathers, this is for you!

Come spend Friday afternoon with your children in our lovely garden.

2nd May

Exotic animals

See and touch snakes, lizards and more.

HACKNEY ENERGY ADVICE TEAM (HEAT)

The trained advisors will be available to offer advice.

13th June

Chicks & Ducklings

Watch and interact with our freshly hatched chicks and ducklings.

11th July

Jumping Castle

Bounce & Jump and have fun.





SWIMMING

From 30th April – 9th July
MOTHERS & CHILDREN 0-3 YEARS

WEDNESDAY

1:15PM - 1:45 PM

SUBSIDISED £7.50 PER SESSION

Bring a swimming nappy,
armbands and towel.
With Latisha, qualified baby
swimming instructor



HACKNEY 'HERE TO HELP'

Expert officers can help you with
benefits advice and ensure you're
claiming all entitled benefits

- Get items for a property you're moving into
- Apply for disability benefits
- Access one-off cost of living help
- Get help with overdue rent
- Secure a tenancy with rent in advance
- Get help with Council Tax debt
- Get help with moving costs

CALL 0208 356 3111

HACKNEY ENERGY ADVICE TEAM (HEAT)

The trained advisors offer fuel
poverty and energy saving advice.
They help you manage your energy
bills, negotiate debts and take steps to
save energy and money.

With Meg.

WEDNESDAY 9:30 - 11:00AM

30th April, 21st May

FRIDAY 3:00 - 4:30PM

2nd May



"The first time I came to Stay
& Play with my toddler, she was very
shy and held on to me most of the
session, however, by the end of it
she didn't want to go home!
I've been coming regularly now and
she developed tremendously, both in
her physical and social skills." -MG

DUNSTAN BABY LANGUAGE

THURSDAYS

10:00AM - 11:00AM

19th & 26th June

For mothers of babies 0-3m
and expectant mothers

*A 2 part programme that will
train you to listen to your baby
and respond to his needs after
recognising his cries.*

Delivered by Mrs Perlberger

VIDEO INTERACTION GUIDANCE (VIG)

For parents of children under 3
Free 1:1 sessions to explore your
connection with your baby.

Delivered by Livia, a trained
VIG professional.

*We'll use footage of you interacting with
your baby to help you build on your
strengths and become a more confident
parent by:*

- *Understanding your baby's cues*
- *Strengthening your bond with your
baby*
- *Creating more joyful moments*

For more information contact the
centre and ask for Toby Landy.

SOLIHULL PARENTING

10 week course for mothers

WEDNESDAY 9:30 - 11:30AM

7th May

Creche settling in

14th May – 23rd July

Course

*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 behaviour has improved.*

Limited crèche places available.

Delivered by: Mrs B De-lange,
Parenting Practitioner and Therapist
from Koach Parenting
Mrs S Kahan, Child & Adolescent
Psychotherapist from CAMHS



PHYSIOTHERAPY ADVICE CLINIC

THURSDAY 9:00 - 11:00 AM

Hackney residents

Age 0 - 5 Years Old

15th May and 17th July

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 Hackney Ark will be able to assess your child and give advice.

Limited appointments available

CHILDHOOD IMMUNISATION CLINIC

THURSDAYS 9:00AM - 11:20AM

8th & 22nd May, 12th & 26th June, 10th July

Protect your child against common childhood diseases.

For Hackney residents or registered at a Hackney GP. By appointment only. Please bring your child's **red book**.

ORAL HEALTH PROMOTION



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

With Michelle Ting,

Oral health practitioner.

TUESDAY 11:00AM - 12:00PM

6th May, 17th June, 15th July

Lubavitch Children's Centre lobby

OCCUPATIONAL THERAPY ADVICE CLINIC

THURSDAY 9:00 - 11:AM

Hackney residents

Age 0 - 5 Years Old

12th June, 24th July

Does your child have difficulties with functional skills like dressing, feeding themselves, using scissors and handwriting? Are you worried about their play skills, hand skills and accessing leisure activities?

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

Limited appointments available

HEALTH VISITING

WEDNESDAYS 9:30AM - 11:00AM

Support and information around key health topics.

You can weigh your baby and have a health review done while joining the Arts & Crafts and Messy Play session. Bring your child's red book with you.

14th May, 11th June, 9th July

Delivered by Swelon, specialist Health Visitor



ANTENATAL / POSTNATAL CARE

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 9:00AM - 4:00PM

FRIDAYS 9:00AM - 12:30PM

PHONE 020 8510 5502 TO BOOK

WHITTINGTON CLINIC

TUESDAYS: 8:00AM - 6:00PM

PHONE 020 7288 3482 TO BOOK



We are a breastfeeding friendly centre and we are here to support you and make your experience a positive one.

BABY STEPS

EMOTIONAL WELL-BEING SUPPORT

Having a baby brings huge change. We can **help** if you're feeling:

- Unsure about what your infant needs
- Lonely, low or isolated
- Overwhelmed, anxious or exhausted
- Concerned about your relationship with your partner or infant
- Emotionally challenged by the demands of parenthood
- Uncertain about your parenting skills or wellbeing

Want to talk one-on-one?

Call 020 8809 9050 for an appointment.

Wednesdays 9:30 - 11:00am

Delivered by

Hannah Morgan, Clinical Psychologist
from First steps

INFANT FEEDING SUPPORT

Correct feeding in the first 3 years of life is important due to it's role at reducing the risk of chronic disease throughout their life and promoting regular mental and physical development.

With Mrs C Landa & Mrs E Peretz - qualified lactation consultants from JuMP.

MONDAYS 1:45PM - 3:15PM

Starting 28th April

Please call to book your appointment.

LAG B'OMER THE GREAT PARADE

FRIDAY 16TH MAY / 18TH IYAR

9:30^{AM} RALLY

10:30^{AM} PARADE

Lubavitch car park

18
IYAR



CHICKS & DUCKLINGS

13-18
JUNE



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

You can meet them at

- Tatty & Me Fri 13th June

- Stay & Play sessions

Mon 16th June (PM)

Weds 18th June (AM)

- After school club Weds 18th June

SHAVUOS

COME HEAR THE

ASERES HADIBROS

FREE ICE-CREAM

FOR ALL CHILDREN!

6
SIVAN

Monday 2nd June / 6th Sivan

12:00^{PM} 1st Day Yom Tov

Lubavitch House - Back playground



SUMMER PROGRAMME

Tuesday 19th August

PETTING ZOO

SESSION 1:

10:30AM -12:30PM

Wednesday 20th August

FOAM & BUBBLE FUN

SESSION 2:

1:30PM - 3:30PM

Thursday 21st August

CRAFT DAY

morning session only

BOYS

AGES 0 - 7 YEARS

GIRLS

AGES 0 - 9 YEARS

Tuesday 26th August

INFLATABLES

£2 p/person from age 2

if booked and paid before 31st July

(£4 after this date)

Wednesday 27th August

COOKING FAIR

Thursday 28th August

CRAFT DAY

morning session only

19-28
AUGUST



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. Limited Availability.



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>



HEALTHY START

HEALTHY START

Free vitamins for pregnant women, new mothers and children up to age 4.

They 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.

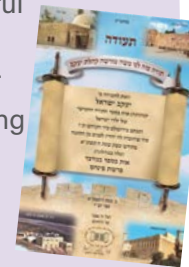
VISTA EDUCATION & TRAINING

Vocational training in IT, childcare courses and employability support
MONDAY - THURSDAY
9:30am - 4:30pm
www.vistauk.com
020 8802 8772

LETTER IN SEFER TORAH

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

020 8800 5823

We have an extensive library with thousands of Jewish books

Opening hours:

SUNDAY

11:00AM - 8:00PM

MON - THUR

10:30AM - 2:30PM & 6:15 - 8:30PM

FRIDAY

12:15 - 4:30 PM

"Coming to messy play sessions really opened my eyes about the importance of letting my child experiment with different textures and materials. I made him a lentil box at home" -DN





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.

Devorah Leah Sudak
Lubavitch Children's Centre
1 Northfield Road
London
N16 5RL

Date: 23 February 2023

Dear Devorah Leah Sudak,

Healthy Early Years London (HEYL) Gold Award

Many congratulations to Lubavitch Children's Centre for successfully achieving your Healthy Early Years London Gold Award. I would like to congratulate you on demonstrating and sustaining the impact of your work to improve the health, wellbeing and development of your children, parents, carers and staff.

Further details of how to maintain your Gold Award can be obtained from your Healthy Early Years London Borough Lead.

I wish you every success in maintaining your Healthy Early Years London Gold Award and a healthy, happy and productive environment for your children, families and staff.

Yours sincerely,

Sadiq Khan
Mayor of London



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

Children & Family Hubs

