

Food Banks

Ministry of Praise, 46 Manor Road N17
OJJ, 07828 674518

Community Cook Up, Bridge of Hope, 46
Manor Road N17 OJJ, 07734 145375 - **Tue-Fri**

Freedoms Ark Trust, Tottenham Town
Hall, Town Hall Approach Road, N15 4RY,
020 8493 0050 - **Mon-Wed, 5pm-6pm**

The OK Foundation, Lordship Rec Hub
Café, Higham Road N17 6NU,
07483 172781 - **Thurs 11am-1pm**

Nia provides free and confidential advice
support and advocacy to women and girls over
the age of 16 affected by **domestic and
sexual violence**. Please contact them on
03000 120 213 or email
info@niaendingviolence.org.uk

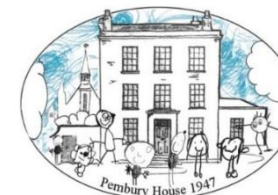


<https://haringey.gov.uk/children-young-people-families/family-hubs>

Vitamins

FREE vitamins for pregnant
women, breast feeding mothers
and children under 5 available
HERE.

More information?
Ask Simone at reception.



Pembury House Nursery School & Children's Centre

**Autumn Term Activity Programme
September 2026 - December 2026**



Lansdowne Road, Tottenham, London N17 9XE

Telephone: 020 8801 9914

www.pemburyhouse.haringey.sch.uk

admin@pemburyhouse.haringey.sch.uk



Pembury House Nursery School
'Inspiring Inquiring Minds'

High quality early education with qualified and experienced staff!

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More info? Ask the office

Free

30 hours for
working parents
for 2, 3- and
4-year-olds

**Breakfast Club
Afterschool Club**

Free

15 hours for 3
and 4 years old &
eligible 2-year-
olds

Paid education and care also available

for 2, 3 and 4 years old



early years
teaching centres



Haringey
LONDON



NHS



I ♥
Tottenham



MONDAY	Baby Bank (By appointment only) 9.30am-11.00am We provide essential items: nappies, wipes, recycled new-born baby clothes. For information or to book an appointment please call on 020 8801 9914 		North Mid Midwives Antenatal Clinic (By appointment only) Breastfeeding Support (please speak with the Children's Centre) 		Chattertots (Invitation only) 1.15pm-2.30pm Dates: 5/10, 12/10, 19/10 Dates: 23/11, 30/11, 7/12 Providing support communication and language. To book 020 8801 9914 		Parent's Surgery Please call to book 020 8801 9914 9.30am-4.00pm Friendly and helpful 1:1 advice: Benefits/ money/ debt difficulty/ relationship difficulties/ health/depression/immigration/managing children's behaviour		
TUESDAY	Early Years Educator CACHE Level 2 Date: 15th September 26 9.30am-2.00pm (Term time only) Sinead.Hennessy@barnetsouthgate.ac.uk 					Stay and Play 1.00pm-2.30pm From the 8th September 26 Come and play, explore, discover and investigate 		Haringey Universal Therapies Service (HUTS) Drop in Sessions 3rd Nov - Talking Tips 8th Dec - OT Tips Please note these drops ins will be held in the stay and play sessions 	
WEDNESDAY	Stay and Play 9.30am-11.00am From the 9th September Story and activity session. Let your imagination come alive! 	Haringey Universal Therapies Service (HUTS) SLT Drop in Session 18th November Please note this drops in will be held in the stay and play session) 	Adult Weight Management Programme Date: TBC 9.30am-11am 12-week programme. Setting realistic goals, meal planning, making diet choices. 	North Mid Midwives Antenatal Clinic (By appointment only) Breastfeeding Support (please speak with the Children's Centre) 	Baby Weighing Clinic (By appointment only) 9.30am-2.00pm 4th Wednesday of every month Please call to book: 020 3224 4307 	Baby Group From the 9th September 1.00pm-2.15pm 0-12-month baby group. Join us for sensory play activities and relaxation techniques.  			
THURSDAY	East African Habesha Group (Drop-in session, term time only) 9.30am-10.30am Dates: 8/10, 22/10, 12/11, 26/11 					1-year-old and 2-year-old Health Reviews Tynemouth Road Health Visitors (By appointment only) 9.30am-1.30pm 		Parents' Forum 1.00pm-2.30pm Dates: 5/11, 10/12 An opportunity for parents to learn about new services, share ideas and express suggestions to develop our services.	
FRIDAY	Haringey SENDIASS Drop in session 27th November 9am-10am Advice to parents and carers about special educational needs. 	Baby Massage 9.30am-10.30am Dates 2/10, 9/10, 16/10 Dates: 27/11, 4/12, 11/12 (Term time, invitation only) 	Free Immigration Advice Clinic (By appointment) To book a slot, please contact Sylvie or the Children's Centre team on 020 8801 9914 	Volunteering Training Programme 1.00pm-2.30pm  Dates: 30/10, 6/11, 13/11					