

Drop-in sessions	Courses by referral
<b>Speech and Language Drop-in</b> Wednesday 18 <sup>th</sup> June 2pm-3:30pm <b>Talking Tips (LEEP) Pop up</b> Thursday 8 <sup>th</sup> May 10am-11:30am <b>Occupational Therapist Drop-in</b> Wednesday 4 <sup>th</sup> June 2pm-3.30pm (during the Under 5's Stay and Play)	Cygnet Henry Strengthening Families, Strengthening Communities Mellow Parenting - Growing Together Triple P Programme (Teens) For more info contact <a href="mailto:parentingprogramme@haringey.gov.uk">parentingprogramme@haringey.gov.uk</a>

Wednesday	Friday
<b>Drop In Ward Councillor Surgery</b> 6pm—7pm Every 2nd and 4th Wednesday of each month	<b>Oral Health Session</b> Come and find out how to best look after your child's teeth. (Dates to be confirmed)

### Triple P Positive Parenting Program

9.15am-11.15am

30<sup>th</sup> April Hassle Free Shopping

28<sup>th</sup> May Hassle Free Mealtimes

(creche will be provided, limited spaces)

25<sup>th</sup> June Challenging Behaviour

23<sup>rd</sup> July Developing Good Bedtime Routines

Positive parenting is simply an approach to parenting that gives parents tools and strategies to raise their child in an environment that is safe, loving and predictable.

Triple P's positive parenting allows parents to decide what is important to them. It does not tell parents *how* to raise their children, but gives them the confidence and skills to build good relationships with their child or teenager, set boundaries and rules. and follow up with consequences that are not harmful.

Call the Centre to register your interest

Free courses for emotional health and wellbeing for all children and their parents so that they can



The essential guide for new dads and dads to be.



# HARINGEY family HUBS

Triangle Centre Timetable from 1st April 2025 to 18th July 2025

We work in partnership with the community to provide support and activities for families with children aged 0 - 19 and up to 25 for Special Educational Needs and Disabilities (SEND)

Tel: 0208 802 8782

Email: [trianglecentre@haringey.gov.uk](mailto:trianglecentre@haringey.gov.uk)

Address: 91-93 St Ann's Road, N15 6NU



### Nurture SEND Stay and Play Drop-in

Every Tuesday

2pm-3pm

Starting from the 1st of April

A playgroup for families of children with special educational needs or disabilities (SEND)

### Markfield SENDIASS

An advisor will be available for support and advice about special educational needs

13<sup>th</sup> May 2pm-3pm

[Local Offer](#) | [Haringey Council](#)



**FREE 30 Hours** Childcare for working parents of 3 & 4 year olds.

**FREE 15 hours** for eligible working families of 9 months to 2-year-olds

**FREE 15 Hours** Childcare for 3 & 4 Year Olds.

**Haringey**  
LONDON

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Whittington Hospital Midwife</b> 9am-4pm Appointment only</p>	<p><b>North Middlesex Hospital Midwife</b> 9am-4pm Appointment only</p>	<p><b>Triple P Positive Parenting Program</b> 30th April, 28th May (creche will be provided, limited spaces) 25th June, 23rd July 9.15am-11.15am <b>Please turn over for more information</b></p>	<p><b>Under 2s Stay and Play</b> 10am-11.30am Starting 3rd April Parent and child Interactive play opportunity <u>Call Centre to book</u></p>	<p><b>Baby Massage</b> (0-8months) 10.30am-11.30am 6th June - 4th July  Massages can soothe your baby and aid sleep. Massage has many added benefits for your baby, including improving weight gain, aiding digestion, improving circulation, and easing teething pain. <u>Call the centre to register your interest</u></p>
<p><b>NHS Health Visiting Team</b> 1 &amp; 2 year old health checks 9.30am-3.15pm Appointment only <u>Call 0203 224 4307</u></p>	<p><b>Latin S&amp;P with Wards Corner</b> 9.30am-11.30am Starting 1st April Stay and Play session for the Latin American community. <u>Drop in</u></p>	<p><b>Under 5's Stay and Play</b> 2pm-3.30pm Starting 2nd April Parent &amp; Child interactive play opportunity <u>Call the Centre to book</u></p>	<p><b>CARIS Toy Library</b> 10am - 11.30am Term time only Toys/books are borrowed for 4 weeks and returned the following 4 weeks when the Toy Library visits again. There is no charge for this service.  <b>Every last Thursday of each month</b> <u>Call Centre to book</u></p>	<p><b>Dads and Male Carers Monthly Stay and Play</b> <b>Under 5's</b> 10.30am -11.30am 25th April, 23rd May 2.30pm - 3.30pm 27th June <u>Call the Centre to register your interest</u></p>
<p><b>Information Station Drop in</b> 10am-12pm Starting 6th January Do you need advice and support, please meet with our friendly Outreach Team.</p>	<p><b>Breastfeeding Support Drop in</b> 10.00am-11.30am haringeysupport@breastfeedingnetwork.org.uk</p>	<p><b>Parents Forum</b> 10am-11am Wednesday 14th May 11th June <b>Virtual Reality Taster Session for parents</b> Would you like to have a voice on the delivery of the services at Triangle Centre If so, please get in touch!</p>	<p><b>Baby Wonder</b> 2pm-3pm 24th April - 29th May 6-week programme of advice and info for new parents &amp; babies under 6 months, covering various topics including breastfeeding &amp; weaning, Oral Health, First Aid, sensory play, Talking Therapy  <u>Call the Centre to register your interest</u></p>	<p><b>Talking Therapies</b> 9am-4pm Starting 4th April  The Service is a <b>free NHS</b>, psychological therapy service offering support for a range of common mental health difficulties such as <b>depression</b> and <b>anxiety, OCD, PTSD</b> and more. <b>If you are interested, call the centre for more info.</b></p>
<p><b>Under 1's Drop in Parent - Led</b> 2pm-3.30pm Starting 31st March Use our space and resources to play with your child alongside other families</p>	<p><b>Sling Library</b> 10am - 12.15pm Starting 1st April (No sessions: 8th and 15th April) Would you like a sling for your baby but unsure if it is the right choice? <b>Drop-in</b>, get some advice and borrow a sling.</p>	<p><b>Circle of Security</b> 9.30am - 11.30am Wednesday 4<sup>th</sup> June – 9<sup>th</sup> July A programme that helps parents and caregivers understand and respond to their children's emotional needs to build secure attachments.</p>	<p><b>Baby Weighing Clinic</b> 9am -12.30pm 17 April, 15th May, 19th June, 17th July, 21st August Call Tynemouth Road to book 020 3224 4307</p>	<p><b>Kung Fu Children &amp; Family Classes</b> 6.30pm  <u>Call Mr Roberts 07860607928</u></p>
<p><b>Polish Eastern European Communities Family Centre</b> 10am - 12pm Starting 7th April Weekly playgroup support language, arts and culture,. Monthly Workshops</p>	<p><b>Baby Weighing Clinic</b> 1pm-3pm 8th April, 13th May, 10th June, 8th July, 12 August Call Tynemouth Road to book 020 3224 4307</p>	<p><b>English In Action</b>  <b>ESOL Class for Spanish &amp; Portuguese Speakers</b>  Term time only 6pm-7.30pm <u>Call 07967442508 for more information</u></p>	<p><b>Jacksons Lane Drama &amp; Circus Sessions</b> (4-7 yr olds) 3.30pm-4.30pm (8-12 yr olds) 4.30pm- 6pm Starting 1st May Booking only Call 07732703960</p>	
<p><b>Healthy start Voucher Scheme</b>  Are you pregnant or have children under the age of 4? You could get help to buy: Milk, vegetables, fruits and pulses. You can also get free Healthy Start vitamins. Please contact the Centre or ask reception for more info.</p>	<p><b>Bump to Baby Group With PIPS</b> Starting 25th March 2025 2pm - 4pm 5 week antenatal class aims to help emotionally prepare you for birth <u>Contact Lydia - 07506907638</u></p>			
	<p><b>Cygnnet Parenting</b> 10am - 1pm Tuesday 3<sup>rd</sup> June – July 8<sup>th</sup> The Cygnnet programme is for parents of children with a diagnosis of autism.</p>			