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LUBAVITCH CHILDREN'S CENTRE ACTIVITY DIARY

SEPTEMBER 2024 - APRIL 2025 / ELUL 5754 - NISSAN 5755



MAYOR OF LONDON'S

HEALTHY
EARLY YEARS
LONDON

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

First term:

9TH SEPTEMBER – 19TH DECEMBER / 6TH ELUL – 18TH KISLEV

Second term:

7TH JANUARY – 27TH MARCH / 4TH TEVES – 27TH ADAR

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
Soft Play & Story Time

TUESDAY

Baby Club
Baking & Pasting

WEDNESDAY:

Arts and Crafts & Messy Play
Sensory Experience

THURSDAY

PEEP Communication
& Language Group



TOY LIBRARY

We are relaunching our
Toy Library!

Thurs 19th September '24

1:30pm – 2:30pm

New, age-appropriate toys.

Annual Membership fee:

basic £15 expanded £25

The library will be open in Stay
and Play sessions and additionally
on Thursdays 1:30 – 2:30pm.

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.

MONDAY

**MORNING****BABY MASSAGE****9:30AM - 10:45AM****0 - 9 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**

– Baby Massage therapist.

Block 1: 16th Sep – 14 th Oct 2024

Block 2: 11th Nov - 9th Dec 2024

Block 3: 13th Jan – 10th Feb 2025

Block 4: 24th Feb – 24th Mar 2025

£25 per block, limited places

Create a 5 week 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!

MINI MOVERS

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

2nd Sep & 25th Nov

With a physiotherapist
from Hackney Ark.**LET'S GET ACTIVE**

30th Sep, 9th Dec,

27th Jan, 24th Feb & 24th Mar

Physical movement and exercise
with a HENRY practitioner.**MUSIC & MOVEMENT****2:00-2:30 PM**

Sing, Clap & Dance

with **Aunty Chana.**

16th Sep, 11th Nov, 16th Dec,

20th Jan, 10th Feb & 10th Mar

**BREASTFEEDING
SUPPORT**

available by appointment.





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.

10th Sep, 15th Oct, 26th Nov, 7th Jan,
11th Feb (with Catherine) & 18th Mar

INTRODUCING SOLIDS

Advice & Information on weaning with a dietician from HENRY.

17th Sep, 29th Oct, 3rd Dec,
14th Jan, 18th Feb & 25th Mar



TUMMY TIME

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

24th Sep, 5th Nov, 10th Dec, 21st Jan, 25th Feb & 1st Mar

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.

1st Oct, 12th Nov, 17th Dec, 28th Jan & 4th Mar

BLOCK PLAY

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

8th Oct, 19th Nov,
4th Feb & 11th Mar



BABY PACK

Free baby packs to welcome your newborn.

Can be collected in Stay & Play sessions or from reception.

TUESDAY AFTERNOONS

**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.

SEPTEMBER '24

10th Lettuce and carrot salad

17th Granola cookies

24th Apple honey muffins

OCTOBER '24

1st Honey cookies

8th Kreplach

15th Tuna patties

29th Healthy seed crackers

NOVEMBER '24

5th Pizza

12th Courgette

and carrot

kugel

19th Bread

sticks

26th Banana

muffins

**HEALTHY FAMILIES
WORKSHOPS**

by HENRY practitioner

24th Sep, 19th Nov

28th Jan, 18th Mar

DECEMBER '24

3rd Couscous salad

10th Chanuka cookies

17th Cheese blitzes

JANUARY '25

7th Health bars

14th Falafel & salad

21st Corn fritters

28th Carrot muffins

FEBRUARY '25

4th Breaded vegetables

11th Fruit salad

18th Vegetable pizza

25th Nicoise salad

MARCH '25

4th Vegetable latkes

11th Hamantaschen

18th Mushroom quiche

25th Pesach cookies



WEDNESDAY



MORNING

ARTS & CRAFTS AND MESSY PLAY

9:30AM - 11:00AM

Lubavitch Hall

0-3 YEARS

Invest in your child from the start!

Playdough, collage, sensory materials, shaving foam & much more!



AFTERNOON

SENSORY EXPERIENCE

Develop your senses in a fun, stimulating environment

1:45PM - 3:15PM

Activity room.

0-3 YEARS

SEPTEMBER '24

11th Discovery

18th Tactile & Fidget

25th Balancing & Stepping

OCTOBER '24

9th Balls & Spheres

30th Sound & Music

NOVEMBER '24

6th Massaging & Brushes

13th Discovery

20th Tactile & Fidget

27th Balancing & Stepping

DECEMBER '24

4th Balls & Spheres

11th Sound & Music

18th Massaging & Brushes

JANUARY '25

8th Discovery

15th Tactile & Fidget

22nd Balancing

& Stepping

29th Balls & Spheres

FEBRUARY '25

5th Sound

& Music

12th Massaging

& Brushes

19th Discovery

MARCH '25

5th Tactile & Fidget

12th Balancing & Stepping

19th Balls & Spheres

26th Sound & Music



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 in advance before 12:00pm on Tuesday.

25th September

SHOFAR FACTORY

Interactive workshop to learn how a shofar is made

Possibility to make your own Shofar for £15, needs to be booked a week in advance

Parev supper

5th February

PLANTING

Plant seeds and decorate your own flower pot in time for Tu B'shvat

Parev Supper

13th November

EXOTIC ANIMALS

See and touch snakes, lizards and more.

Milky supper

18th December

OLIVE PRESS

Experience how olive oil is made and have a go at squeezing the olives

Parev supper

15th January

MENDY MUSIC

Jump, stretch & exercise to music.

Fleishig Supper



FIRST AID FOR MOTHERS

THURSDAY 9:00AM - 11:00AM

28th November, 20th February

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. Please book in advance. £20 per person



8 WEEK HENRY COURSE

Healthy Start Brighter Future
Healthy eating and lifestyle course for young mothers, delivered by HENRY.

WEDNESDAYS 9:00AM - 11:00AM

15th January - 5th March

Babies up to 6 months welcome.
Please phone to book



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



SPOT THE SCHEMA

Parenting Workshop

THURSDAY 10:00AM - 11:00AM

5th & 12th December

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

Presented by

Mrs Sudak & Mrs Raskin

DUNSTAN BABY LANGUAGE

THURSDAYS 10:00AM - 11:00AM

7th & 14th November
27th February & 6th March
A 2 part programme that will train you to listen to your baby and respond to his needs after recognising his cries.



PEEP LEARNING TOGETHER COURSE

For mothers and children aged 3 and 4 years

Support your child's early language development.

THURSDAYS 10:00AM - 11:00AM

Six-session programme
9th January - 13th February

Trained professionals will share ideas and activities that enhance your child's language and communication skills.

The Peep Learning Together Course includes:

- Refreshments
- Home learning pack
- Additional time for personalized tips and advice.

Delivered by Mrs Raskin & Miri



MONEY HUB

WEDNESDAYS 9:30AM - 11:30AM

Don't miss out on money owed to you!

Book your appointment to see a member of the Money Hub team. This is a new team within Hackney council who can advise you about any financial support that you might be eligible for. Alternatively, you can fill in a form online: hackney.gov.uk/hackney-money-hub or call 0208 356 3111



HEALTH

PHYSIOTHERAPY ADVICE CLINIC

THURSDAY 9:00 - 11:00 AM

HACKNEY RESIDENTS
AGED 0 - 5 YEARS OLD

19th September & 21st November

Limited appointments available

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.

CHILDHOOD IMMUNISATION CLINIC

THURSDAYS 11AM - 5PM

Starting 12th September

Protect your child against common childhood diseases

With Catherine, immunization nurse

For Hackney residents or registered at a Hackney GP. By appointment only.

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

24th Sep, 12th November, 10th December,

21st January, 18th February, 18th March

SUPPORT

**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.



Alexandra
Rose
Charity

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

ANTE / 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



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, supported by the National Childbirth Trust

With Mrs C Landa
& Mrs E Peretz
JuMP/NCT

MONDAYS 1:45PM - 3:15PM

Starting 9th September
By appointment only



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

SIMCHAS BEIS HASHOEVA

2nd day Chol Hamoed
SUNDAY 20TH OCTOBER / 18TH TISHREI
8:00PM - 11:00PM
Lubavitch car park

18
TISHREI

CHANUKAH & WINTER FUNDAYS

MON 23RD DEC / 22ND KISLEV
TUES 24TH DEC / 23RD KISLEV
MON 30TH DEC / 29TH KISLEV
TUES 31ST DEC / 30TH KISLEV

SESSION 1: 11:00 - 12:30
SESSION 2: 1:30 - 3:00

Entry £2 per person if booked by 18th Dec.
£4 after this date. Pay for activities and crafts with
tokens. **Lubavitch hall**

CHANUKAH BOOK TRAIL

in Springfield park

SUN 29TH DEC / 28TH KISLEV
MON 30TH DEC / 29TH KISLEV
12:00PM - 8:00PM

The trail is available for self-discovery.

SPECIAL PROGRAMME

SUN 29TH DEC / 28TH KISLEV
6:00 - 8:00PM



22-30
KISLEV



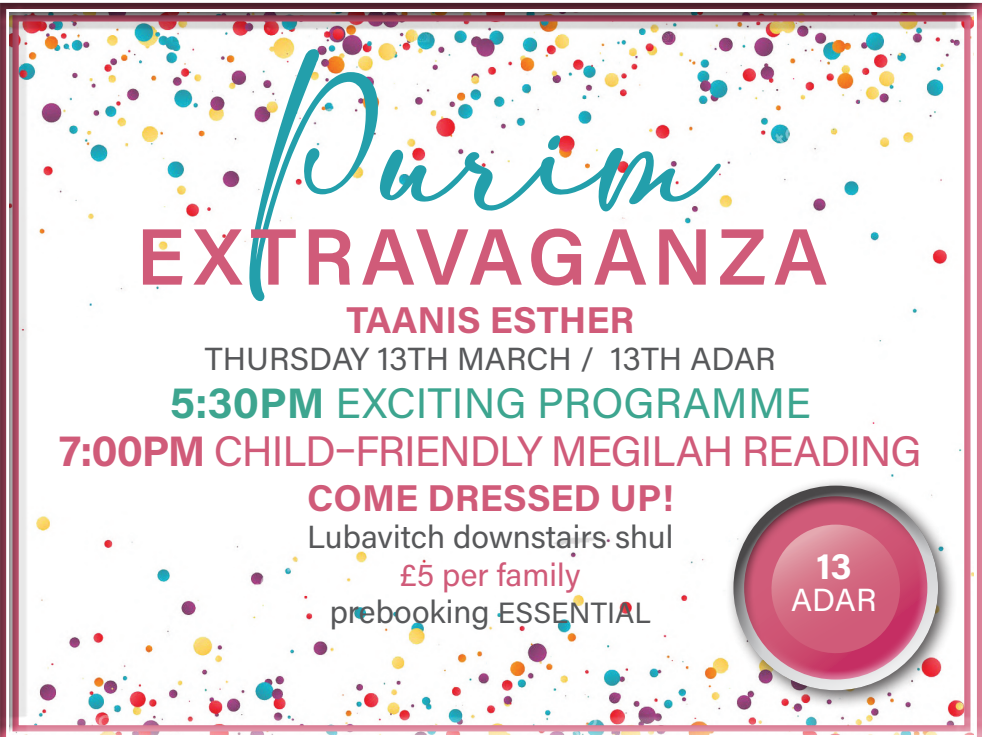
GIANT MENORAH

LIVE MUSIC

MOTZEI SHABBOS 28TH DECEMBER / 27TH KISLEV

4TH NIGHT CHANUKA AT 6:00PM

Lubavitch car park.



Parim EXTRAVAGANZA

TAANIS ESTHER

THURSDAY 13TH MARCH / 13TH ADAR

5:30PM EXCITING PROGRAMME

7:00PM CHILD-FRIENDLY MEGILAH READING

COME DRESSED UP!

Lubavitch downstairs shul

£5 per family

prebooking **ESSENTIAL**

**13
ADAR**

BRAND NEW!

**HEALTHY
SNACKS**

CRAFTS

GAMES

SWIMMING

CHOIR

**APPLY
NOW!**



LUBAVITCH CLUB

An after school club for girls from all local schools.

4.00PM-5.30PM RECEPTION-CLASS 6 MONDAY-THURSDAY



PROGRAMME

a varied programme that includes healthy snacks, games, supervised homework, exercise, swimming, choir and more.



TASTER SESSIONS

11th, 18th and 25th September.
£10 per child per session.



REGULAR SESSIONS

starting from November.
£15 per session
or £55 for the week.
Further discounts will be applied if booking for full term.

LIVING WITH THE TIMES

PARSHAS NOACH

Wednesday 30th October
PETTING ZOO

PARSHIOS LECH L'CHO & VAYEIRA

4th - 15th November
VISIT THE LIFE-SIZE CAMEL &
WELL

PARSHAS CHAYEI SORO

18th - 22nd November
COME AND VISIT SORO'S TENT

PARSHAS TOLDOS

Wednesday 27th November
TWIN APPRECIATION DAY
All twins and their siblings
are welcome to come and pick up
free popcorn!

PARSHAS VAYEITZE

2nd - 6th December
YAKOV'S LADDER IN LIFE-SIZE

PARSHAS VAYISHLACH

9th - 13th December
MEET YAKOV'S FLOCK

CHANUKAH DISPLAY

16th December - 3rd January

PARSHIOS VOEIRO & BO

6th - 17th January
THE 10 MAKOS EXPERIENCE

PARSHAS B'SHALACH

20th - 24th January
SPLITTING OF THE SEA

PARSHAS YISRO

27th - 31st January
HAR SINAI

TU B'SHVAT

10th - 14th February
FRUIT DISPLAY

ADAR AND PURIM DISPLAYS

3rd - 14th March
LIFE SIZE MENORAH & DREIDEL

PESACH DISPLAY

17th March - 4th April

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

VISTA EDUCATION & 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.

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 Partnerships

Working for every child

