

ב"ה

אולול תשפ"ג - ניסן תשפ"ד / SEPTEMBER 2023 - APRIL 2024



LUBAVITCH CHILDREN'S CENTRE
ACTIVITY DIARY

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

Stay and Play!



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 - 19TH ELUL
until 13TH DECEMBER -
ROSH-CHODESH TEVES

2nd term will run from
8TH JANUARY - 27 TEVES
until 3RD APRIL - 24 ADAR BAIS

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.

Morning



BABY MASSAGE

9:30AM - 11:00AM

0 - 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!

MUSIC & MOVEMENT

2:00-2:30 PM

SING, CLAP & DANCE WITH AUNTY CHANA

11th Sep 16th Oct 13th Nov 4th Dec

15th Jan 12th Feb 11th Mar

MINI MOVERS (formerly Tummy time)

27th November 22nd January & 18th March

Experience of being on their tummy helps babies to push-up, roll over, sit-up, crawl and pull to stand. With a physiotherapist from Hackney Arc.

BABY PACK

Free baby packs to welcome your newborn. Can be collected in Stay & Play sessions or from reception.

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. With Catherine, the lead nurse on immunisations

10th October 14th November 30th January 5th March

INTRODUCING SOLIDS

Advice & Information on weaning with a dietician from HENRY.

17th October 21st November 6th February 12th March



TUMMY TIME

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

19th September 7th November 12th December

23rd January 27th February 2nd April

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.

5th September 24th October 28th November

9th January 13th February 19th March

BLOCK PLAY

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

12th September 31st October

5th December 16th January

20th February 26th 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.



SEPTEMBER

- 5th Pizza
- 12th Honey biscuits
- 19th Carrot muffins
- 26th Kreplach

OCTOBER

- 10th Breaded vegetables
- 17th Animal biscuits
- 24th Couscous
- 31st Apple crumble

NOVEMBER

- 7th Mushroom quiche
- 14th Oat berry muffins
- 21st Niçoise salad
- 28th Tuna Patties

DECEMBER

- 5th Chanuka shaped biscuits
- 12th Latkes

JANUARY

- 9th Banana muffins
- 16th Bread sticks
- 23rd Fruit kababs
- 30th Falafel

FEBRUARY

- 6th Courgette kugel
- 13th Blintzes
- 20th Sweetcorn bake
- 27th Pizza

MARCH

- 5th Oat cookies
- 12th Kreplach
- 19th Hamontashen
- 26th Couscous

APRIL

- 2nd Pesach cookies

Morning



ARTS & CRAFTS AND MESSY PLAY

9:30AM - 11:00AM

0 - 3 YEARS

Lubavitch Hall

Invest in your child from the start!

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

Afternoon



SENSORY EXPERIENCE

Develop your senses in a
fun, stimulating
environment

1:45PM - 3:15PM

0-3 YEARS

This will take place in our
beautiful Sensory Garden.
In case of rain, it will be in
our Activity room.



SEPTEMBER

6th Discovery
13th Tactile & Fidget
20th Balancing & Stepping
27th Balls & Spheres

OCTOBER

11th Sound & Music
18th Massaging & Brushes
25th Discovery

NOVEMBER

1st - Tactile & Fidget
8th - Balancing & Stepping
15th - Balls & Spheres
22nd - Sound & Music
29th - Massaging & Brushes

DECEMBER

6th Discovery
13th Sound & Music

JANUARY

10th Discovery
17th Tactile & Fidget
24th Balancing & Stepping
31st Balls & Spheres

FEBRUARY

7th Sound & Music
14th Massaging & Brushes
21st Discovery
28th Tactile & Fidget

MARCH

6th Balancing & Stepping
13th Balls & Spheres
20th Sound & Music
27th Massaging & Brushes

APRIL

3rd Discovery

● **Clubs & Programmes**

For Ages 0-9

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

Charge 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

13th September
SHOFAR FACTORY

£7.50 per child

Possibility to make your own Shofar at £15 needs to be booked a week in advance.

Parev supper

18th October
EXOTIC ANIMALS

£5 per child

Fleishik supper

22nd November
MENDY MUSIC

£5 per child

Milky supper



6th December

OLIVE PRESS

£7.50 per child

Parev supper

24th January

PLANTING

£6 per child

Fleishik supper

28th February

EXOTIC ANIMALS

£5 per child

Parev supper

3rd April

MATZO BAKERY

£8 per child

Milky supper

CALL TO BOOK: 020 8809 9050

DUNSTAN BABY LANGUAGE

THURSDAY 10:00-11:00

12th October 30th October
1st February 7th March

This will train you to listen to your baby and respond to his needs after recognising his cries.

FIRST AID FOR MOTHERS

THURSDAY 9:00AM - 11:00AM

2nd November 15th 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

WEDNESDAY 9:00 AM - 11:00 AM

Wednesdays 9:00am – 11:00am
18th October – 6th December
Healthy Start Brighter Future
Healthy eating and lifestyle course
for young mothers, delivered by
Henry.

Babies up to 6 months welcome
Please phone to book

SPOT THE SCHEMA PARENTING WORKSHOP

THURSDAY 10:00AM - 11:00AM

19th & 26th October
22nd & 29th February

Learn to recognise your child's Schema; pattern of behaviour
Presented by Mrs Sudak & Mrs Raskin

CHALLAH BAKE

Parshas Chayei Soro

THURSDAY 9:45AM- 11:15AM

9th November

Learn different techniques for braiding Challo

Please phone to book

*I very much enjoyed this Dunstan presentation and I found it very informative and useful. It helped me focus on my baby's needs and kept me calm and in control.
- Mrs H*

EXCERCISE CLASSES

Exercise is an important activity to maintain your health and reduce your weight.

FOR FATHERS

CIRCUIT EXERCISE

Lubavitch School Hall

TUESDAY 6:45PM - 7:45PM

1st term:

10th October - 12th December

2nd term:

16th January - 19th March

10 sessions for £90 per person

FOR MOTHERS

POST-NATAL PILATES

Lubavitch School Hall

MONDAY 9:45AM - 10:45AM

1st term: 16th October - 4th December

8 sessions for £75 per person

2nd term: 15th January-18th March

10 sessions for £90 per person



MONEY HUB

WEDNESDAYS 9:30AM - 11:30AM

13th September 27th September,

25th October 11th October

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

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

21st September, 16th November
18th January 14th 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 10:00 - 12:00PM

17th October 5th December,
30th January 5th March
Lubavitch Children's Centre Lobby

CHILDHOOD IMMUNISATION CLINIC

THURSDAYS 1:00 - 5:00PM

Starting 7th September

For Hackney residents or registered at a Hackney GP by appointment only

I attended one of the oral health promotions in the Centre and it was very helpful. She spoke about gum health, tooth care for babies and bottle use. She also gave me advice on how to find a suitable dentist for my children.

- Mrs L

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 - 12:30pm

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

Mondays 1:45pm – 3:15pm
Starting 11th September



Save the Date



SUKKOS SIMCHAS BEIS HASHOEIVO

MONDAY 2ND OCTOBER
1ST DAY CHOL HAMOED

8:00pm -11:00pm

LUBAVITCH HOUSE CAR PARK



LIVING WITH THE TIMES

PARSHAS NOACH

Wednesday 18th October
Petting zoo

PARSHAS LECH L'CHO & VAYEIRA

Mon 23rd October – 3rd November
Visit the life-size Camel & Well

PARSHAS CHAYEI SORO

6th November – 10th November
Come and visit Soro's Tent

PARSHAS TOLDOS

Wednesday 15th November

Twin appreciation day

All twins and their siblings
are welcome to come and pick up
free popcorn!

PARSHAS VAYEITZE

20th – 24th November
See Yakov's Ladder in life-size

PARSHAS VAYISHLACH

27th – 30th November
Meet Yakov's flock

CHANUKAH DISPLAY

1st -15th December

PARSHAS VAYECHI

18th -22th December
Brochos display

PARSHAS VOEIRO & BO

2nd – 12th January
The 10 makos experience

PARSHAS B'SHALACH

15th – 19th January
Splitting of the sea

TU B'SHVAT

22nd – 26th January
Fruit Display

ADAR AND PURIM DISPLAYS

12th February – 22nd March

PESACH DISPLAY

26th March – 12th April

Save the Date

CHANUKA FUNDAY

SUNDAY 10TH DECEMBER

1ST SESSION: 11:00 - 12:30

2ND SESSION: 1:30 - 3:00

Entry £2 per person
if booked by the 6th December.

£4 after this date

Pay for activities & crafts
with tokens.

Lubavitch Hall



CHANUKAH BOOK TRAIL

THE TRAIL IS AVAILABLE
FOR SELF DISCOVERY

12TH - 14TH DECEMBER

11:00am -7:00pm

SPRINGFIELD PARK

**SPECIAL PROGRAMME
AT THE GLASS HOUSE**

WEDNESDAY 13TH DECEMBER

6:30 - 8:00PM

GIANT MENORAH

11TH DECEMBER 6:00pm

LUBAVITCH CAR PARK



WINTER PROGRAMME

Weds 27th & Thurs 28th Dec

1st session: 11:00 - 12:30

2nd session: 1:30 - 3:00

More details to follow

PURIM PROGRAMME

MOTZEI SHABBOS 23RD MARCH

7:30pm Lubavitch shul - Child-friendly megillah reading

For Parents

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.

**HEALTHY
START**



Support & Helplines

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>



*Alexandra Rose vouchers are essential for my family as it helps me provide my children with healthy food choices and more variety. We are very grateful to LCC for facilitating this service.
- Mrs N*



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 - 8:00 pm

MONDAY - THURSDAY 10:30am – 2:30pm & 6:15 – 8:30 pm

FRIDAY 12:15 – 4:30pm (closed in winter)



VISTA EDUCATION & TRAINING

Vocational training in IT, childcare courses and employability support

Monday - Thursday

9:30am - 4:30pm

020 8802 8772

www.vistauk.com



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.



LUBAVITCH CHILDREN'S CENTRE

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Email: admin@lubavitchcc.uk

Tel: 0208 809 9050 Fax: 0208 809 9055

Web: www.lubavitchchildrenscentre.com

