



# Programme of Activities January 2025 - April 2025

## Monday



With Physical Literacy  
9.00 am - 11.30 am  
\*0-5 year olds

**First Steps**  
(Referral only)  
8.00 am - 5.00 pm

### Baby Massage



\*0- Pre-crawling  
1.30 pm - 3.00 pm

Starts 20/01/25 - 17/02/25  
(5 weeks course)  
(Please book a space)

On the 1<sup>st</sup> Monday of each month,  
bring fresh fruits to share with  
others during our Messy play

session.

To use our services you must have a  
child under five years of age and be  
a Hackney Resident. You will also be  
asked to register.

First Aid for parents/carers  
Tuesday 18<sup>th</sup> March 2025 (AM)  
**Please call the centre to book a  
space.**  
(No creche spaces)

## Tuesday



With Rachel  
**£1 donation for this session**

\*0-2 years from  
9.00 am - 9.45 am  
\*2 - 5 year olds from  
9.45 am - 10.30 am  
Outdoor Play  
10.30 am - 11.00 am  
Snack time from  
11.00am - 11.30 am

**First Steps**  
(Referral only)  
8.00 am - 5.00 pm

**FREE Vitamins for pregnant  
women, new mothers and children**

**up to age 4**

If you are not in receipt of  
vitamins please speak to a  
member of staff.

**English  
Level 1**

1.00 pm - 3.00 pm

### Evaluation

Have you attended more than three  
services in Cluster F?  
If you have, we would love to know  
your views and ideas. Please see any  
member of staff to book an  
evaluation session.  
**Remember... your views do matter**

## Wednesday



\*0-5 year olds  
9.00 am - 11.30 am



Citizens Advice Bureau  
10.00 am - 1.00 pm  
(Every 1<sup>st</sup> Wednesday)



Early Bird Programme  
9.30 am - 12.00 pm  
By Referral Only

**English  
Level 1**

1.00pm - 3.00pm

**Woman's Trust**  
(Referral only)  
9.00 am - 5.00 pm



Are you having difficulty providing  
food for your family? If so speak to  
a member of staff

**\*A £1 donation would be greatly  
appreciated**

## Thursday

Under 18 months  
Drop-in with Sing & Sign



10.00 am - 11.30 am



\*For 1 & 2 year olds with  
Bookstart Corner



1.00 pm - 3.00 pm

**Speech & Language**  
  
City and Hackney  
(Referrals only)  
9.00 am - 5.00 pm

NCFE L3 Certificate in Adult  
Social Care course



10.00 am - 2.30 pm

Volunteers are always needed



Would you like to gain experience in  
the workplace to help you when  
applying for jobs. Please call Miza

**Alive and Kicking Football  
Library at Mapledene**

**Need a football?**  
Borrow one for free! We simply ask  
that you bring the ball back so that  
others can enjoy it.  
Please call to speak to a member of  
staff

## Friday



With Bouncy castle & soft play



\*0-5 year olds  
9.00 am - 11.30 am

Functional skills in Maths



10.00 am - 2.30 pm

Come along on the 1<sup>st</sup> Friday of each  
month, to our Road safety awareness  
event.



Come along to our daily Clothes Swap  
and you won't be able to stop. Bring in  
your unwanted clothes and swap them



for items you love!

**Nia Project**  
Referrals only  
10.00 am - 4.30 pm

**\*\* Last admission for  
AM session - 10.30am  
PM session - 2.00pm  
Holiday closure:  
Good Friday 18<sup>th</sup> April 2025  
Easter Monday 21<sup>st</sup> April 2025  
INSET Day - Tuesday 22<sup>nd</sup> April  
2025 CENTRE CLOSED**





# Programme of Activities

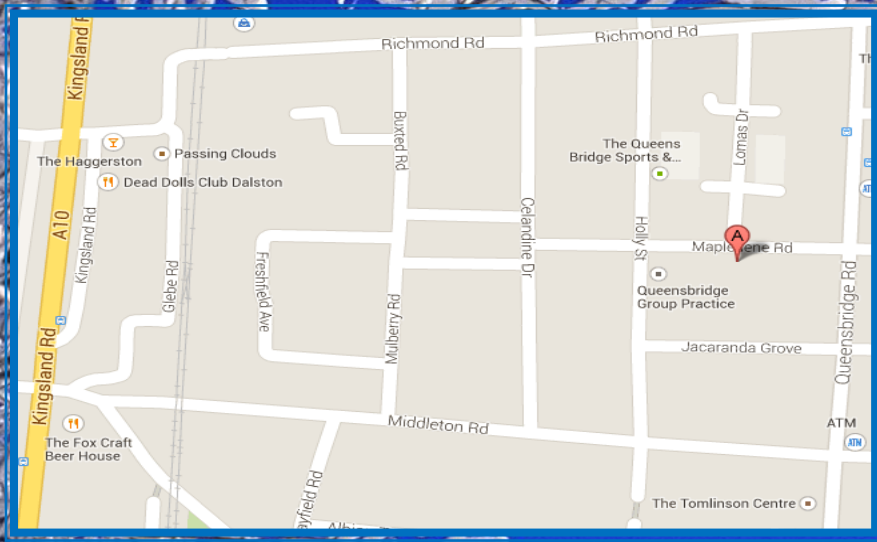


RATED "OUTSTANDING IN ALL AREAS 2024"

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 54 Mapledene Road, Hackney, London, E8 3LE  
 Serving Families in London Fields & Shoreditch Park

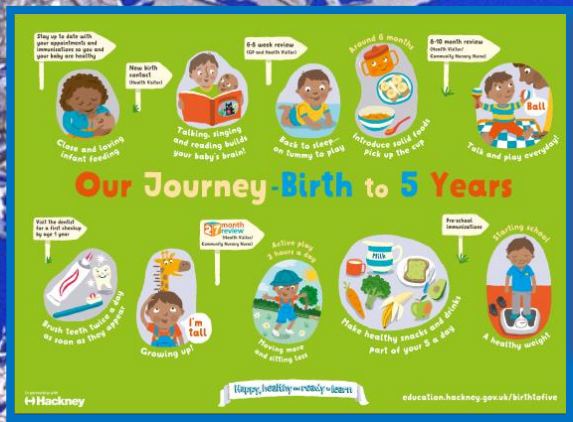
If you or your family require any additional support or advice please contact Pamela or Miza at the Centre on 02072498139 or Email: [pamela.phipps@mapledenec.co.uk](mailto:pamela.phipps@mapledenec.co.uk) [miza.myers@mapledenec.co.uk](mailto:miza.myers@mapledenec.co.uk)



Please scan for programme of activities




Please scan for direction to the Centre



Five To Thrive



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