

Support for Families @Triangle

**DWP Fortnightly
(Tuesday) Drop-in Service**
Starting from 15th September
10am-2pm

Looking to return to work or seeking help
or advice on applying for funded
Childcare for working Parents.

Citizen Advice Bureau—FFRP
Every Thursday 10am-4pm

Do you need help:
Income maximisation
Debt
Housing
Employment

**Scan the QR Code on the front page to
book an appointment**

Parenting Programmes @Triangle

**Mellow Parenting
Growing Together**

16th Sept - 4th Dec (term time only)
10am - 3pm

**Strengthening Families, Strengthening
Communities**

15th Sept - 8th Dec (term time only)
10am - 1pm

Minik Kardes
17th Sept - 12th Nov (term time only)
Art and Wellbeing Group
for Turkish speakers

For more info contact
parentingprogramme@haringey.gov.uk



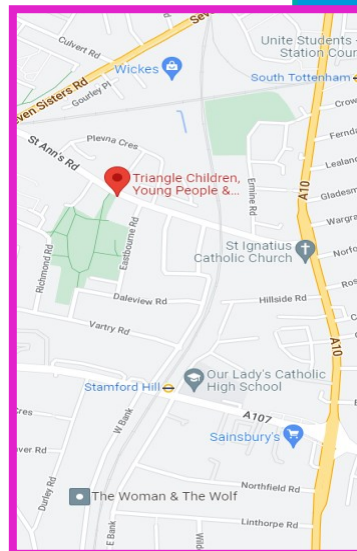
Best Start Family Hub - Triangle Timetable from 7th Sept to Dec 2026

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

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



Drop-in Sessions

- ◇ **Speech and Language Drop-in**
Tuesday 24th November 2pm
- ◇ **Oral Health Drop In**
Thursday 29th October and 19th November
10am - 11.30am

**For the full Family Hub offer and updates
about the activities**

[Best Start Family Hubs | Haringey Council](https://www.haringey.gov.uk/beststartfamilyhubs)

Baby Weighing
Tuesday 1pm-3pm
Thursday 9am-12.30pm
Call Tynemouth Road to book

FREE 30 Hours Childcare for working parents of
children aged
9mths and above.

FREE 15 hours Childcare for eligible 2 years olds
FREE 15 Hours Childcare for 3 & 4 Year Olds.

Heimishe Activities

Stay and Play (0-8 yrs)
Every Tuesday
3.30pm - 5pm

Call the centre to book

Feldenkrais
Every Tuesday

2pm-3pm
Gentle exercise class for Charedi women
Contact Roberta for more information
07947 078711

Oral Health Session

Come and find out how to best look after your
child's teeth.

Thursday 29th October & 19th November
10am - 11.30am

Ask reception for more Info and upcoming
dates

Friday

Talking Therapies
9am-4pm

The Service is a free NHS, psychological
therapy service offering support for a range of
common mental health difficulties
If you are interested,
call the centre for more info.

Kung Fu

Children and Family Classes
6.30pm-8.30pm
Call Mr Roberts 07860607928

Paediatric First Aid for parents

Ask reception for more Info and upcoming dates



GLA-FFRP

Do you need help with the following:

- Income Maximisation
- Housing
- Debt
- Employment

To be eligible for self referral you should be a family. Families - refers to low-income families with children or a care leaver under 25 years of age.

citizens advice Haringey

family HUBS

GREATER LONDON AUTHORITY

To Self-Refer please scan the QR Code

Monday	Tuesday	Wednesday	Thursday	Friday
Whittington Hospital Midwife 9am-4pm Appointment only	North Middlesex Hospital Midwife 9am-4pm Appointment only	BCG Vaccination Clinic 9.30am-4pm BCG Clinic providing routine TB vaccinations for eligible infants	Under 2s Stay and Play Starting 10th September 10am - 11.30am Parent and child Interactive play opportunity Call Hub to book	Baby Yoga 11th-18th-25th September 9th-16th-23rd October 10:30am - 11:30am A gentle, fun, and bonding class designed for you and your little one. Baby yoga combines soft stretches, playful movement, and calming relaxation to support your baby's physical and emotional development
NHS Health Visiting Team 1 & 2 year old health checks 9.30am-3.15pm Appointment only	Latin S&P with Wards Corner 9.30am-11.30am Stay and Play session for the Latin American community. Drop in	 Vul.nlbcgrefferrals@nhs.net  Haringey - 07351423721	<u>Makaton Group</u> 3rd Sept to 1st Oct 10:30 - 11:30 A free 5-week course for parents/carers and their babies run by Haringey Universal Therapies Service Invite only	
Polish Eastern European Communities Family Centre 10am - 12pm Weekly playgroup support language, arts and culture, Monthly Workshops Drop-in	Breastfeeding Support Drop in 10.00am-11.30am haringeysupport@breastfeedingnetwork.org.uk	Nurture Send Stay and Play Starting 9th September 2pm - 3pm A relaxed and welcoming session designed for children with SEND and their parents/carers to explore, play, and connect in a supportive environment. Drop-in	Early Words Together Programme 5th Nov - 10th Dec 2pm - 3pm Aimed to support communication, language & literacy for children aged 3 - 4years Call the Hub to book	Dancing Together -Toddlers 25th Sept-4th Dec 10am - 11.30am Through a mixture of guided and open-ended activities, toddlers develop their fine and gross motor skills whilst adults get a chance to move, stretch and release. <i>You must be able to attend all sessions</i> Call the Hub to book
Under 1's Stay and Play Starting 7th September 2pm-3.30pm Drop-in	Baby Massage 15th Sep- 13th Oct 10:30am - 11.30am Massages can soothe your baby and aid sleep. Call the Hub to register your interest	Parents Forum 30th Sept and 11th Nov 9.30am - 10.30am Our Parent Forum is a welcoming space where families come together to share ideas, discuss important topics, and work in partnership. Whether you'd like to ask questions, offer feedback, or simply listen in, your voice matters. By joining, you'll help shape our Hub community and ensure we're meeting the needs of every family Friendly, informal, and collaborative – We'd love to see you there!		
Young Parents and Child Play Date 14th and 28th September 12th and 26th October 9th and 23rd November 7th December 2pm-3pm A warm, welcoming space for parents aged under 25 to connect, share experiences, and build confidence in their parenting journey. Call the Hub to express your interest	Sling Library Starting 8th September 10am-12.15pm Would you like a sling for your baby but unsure if it is the right choice? Drop-in , get some advice and borrow a sling.	Parent Support Surgery Every Wednesday 2pm-4pm Do you need advice and support? Book an appointment with our friendly Outreach team	Baby Wonder 17th Sept - 22nd Oct 2pm - 3pm 6-week programme of advice and info for new parents & babies under 6 months, covering various topics including breastfeeding & weaning, Oral Health, First Aid, sensory play, Talking Therapy Call the Hub to register your interest	Baby Massage (0-8months) 6th Nov - 27th Nov 10.30am-11.30am 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. Call the Hub to register your interest
SENDIASS Markfield An advisor will be available for support and advice about special educational needs 28th September 9:45am - 10:45am	Under 5's Stay and Play Strating 8th September 2pm-3.30pm A session where children can play, connect, share and learn. It's also a chance for parents and carers to connect with others. In our Tuesday Stay Play, we incorporate our Resilient Homes and Families Programme.  		Jacksons Lane Drama & Circus Sessions (4-7 yr olds) 3.30pm-4.30pm (8-12 yr olds) 4.30pm- 6pm Booking only Call 07732703960	Please call or email the Hub to enquire about our activities Tel: 0208 802 8782 Trianglecen- tre@haringey.gov.uk