



## BABY MASSAGE

Welcoming all mums and female carers to discover the relaxing and calming benefits of massage for your baby, aged 2 months to pre crawlers.

5 week course

Starting Tuesday 21st February 2023

From 1.00pm to 2.00pm

£10 for the course duration

Learn how to support your baby's development, encourage sleep, help with wind & colic, enjoy strengthening the bonding experience between yourself and your baby.

### BOOKING REQUIRED

admin@ihsancc.org.uk

66-68 Cazenove Road, Stoke Newington, London N16 6AA  
020 8806 1147 EXT 3

Our Activities and sessions are open to **all Hackney** Mothers & Female Carers only.

## Exercise & Tai Chi

Classes for women

10 week course for £5

Exercise Classes Every Monday

12:30pm - 1:30pm

Tai Chi Classes Every Friday

9:15am-11:45am

Come in to enrol onto the course  
Starting from Monday 9th January 2023  
Please contact us for further information: 020 8806 1147 ext. 3

# Ihsan Children's Centre January & February 2023



## STAY & PLAY

4th - 6th Jan

Light & dark

10th - 13th Jan

Love, Hugs & Duas

17th - 20th Jan



Sparkly Smiles—Oral Health



24th - 27th Jan

The Wondrous Dinosaurium

31st - 3rd Feb

Lets Get Active



7th - 10th Feb

Mini Explorers

14th - 17th Feb

Half Term - Super Science Week

21st - 24th Feb

The Stickman



### UPCOMING CLOSURES:

Bank holiday: 2nd Jan 2023

Inset day: 3rd Jan 2023

## Solihull Parenting Group

Ihsan Children's Centre together with First Steps would like to invite you to attend a **FREE** parenting group, with Islamic referencing

## Understanding Your Child's Behaviour

An evidence based parenting group delivered by trained practitioners. For female parents & female carers with children aged 0-5 residing in Hackney.

This is a comprehensive 10 weeks' programme in which we will discuss:

- Having fun together
- Communication
- Development needs
- Parenting styles
- Behaviour difficulties
- Sleep
- Islamic referencing

Every Monday

Starting from 9th January 2023  
between 9:30am - 11:30am  
A FREE Crèche will be provided.

\* We will be closed on Monday 13th February 2023

For further information, & to book please contact, Ihsan Children's Centre  
admin@ihsancc.org.uk  
020 8806 1147 ext 3




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# Ihsan Children's Centre January - February 2023

These services are generally FREE!  
Simply fill in a registration form on your first visit

## Daily Sessions - Term Time Only

**\*Sign up & Enrolment necessary**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Tiny Tots adventure for our mini adventures (0-18 months) Every Monday 10.00 to 11.15	Messy Play 9.15 to 11.30	Stay and Play 9.15 to 11.30	Stay and Play 9.15 to 11.30	Stay and Play 9.15 to 11.30
Community Gentle Exercises * Every Monday Starting 9th Jan 12.30 to 1.30	HiP Coffee Morning Inviting parents and carers of children with SEND needs * 10.00 to 11.00 31st Jan 2023 28th Feb 2023	Pattern cutting Classes * Every Wednesday Starting 11th Jan 9.30 to 12.00  Sewing class * 12.30 to 3.00	Baby Clinic 9.30 to 11.30 Weights, 8 & 27 month developmental reviews 26th January 23rd February	Tai Chi * Every Friday Starting 13th Jan 9.15 to 10.45
Solihull Parenting Course * Every Monday Starting 9th January 2023 (8 weeks course) 9:30 to 11:30	International cuisine cookery sessions at Made in Hackney 23rd February 2nd, 9th, 16th March Limited spaces Time to be confirmed	Oral health session Meet the dental health team 10:00 to 11.30 18th January	Coffee session for Arabic speaking mothers and female carers * Thursday 19th January 2023 1.30 to 2.30pm	Lets get active workshop with the HENRY team 9.30 to 11.30 24th February 2023
<b>Available daily</b> <ul style="list-style-type: none"> <li>• Healthy start vitamins</li> <li>• Oral health packs</li> <li>• Toy library swap &amp; exchange</li> <li>• Breast feeding support</li> </ul>	Bowel cancer awareness session 9.30 to 11.30 28th February	<b>A Big Shout Out!</b> <b>WEAR RED!</b> For all of the Children who have had heart surgery Wednesday 1st Feb 23	 <b>Sign up for First Aid Course in March 2023</b>	HENRY group programme Week 7 & 8 9.30 to 12.30 6th January 2023
<b>Other Services</b> 0 - 3 year old Provisions: <ul style="list-style-type: none"> <li>• Toy Library</li> <li>• Attention Bucket</li> <li>• Stories and Rhyme Time</li> </ul> 2 & 3 year old nursery spaces <ul style="list-style-type: none"> <li>• HENRY - healthy lifestyles support</li> </ul>	 <b>Baby Massage (5 weeks) *</b> 21st February, 28th February, 7th March, 14th March & 21st March 1.00 to 2.30	<b>Evaluations</b> <b>Your View Counts!</b> We would love to know your views, opinions and ideas about the services and activities at IHSAN CC. Please speak to a member of our team to complete an evaluation.	<b>Working for every child</b> 	