

Baby Massage

5 week course



Dates: Tuesday 3rd November - 1st December 2026

Time: 1.30pm - 3pm

Location: Ihsan Children's Centre

Some benefits of baby massage are:

- Promotion of bonding
- Reduction in postnatal depression and stress
- Connection with your baby and feeling of closeness
- Relief of colic symptoms, gas and wind and teething pains
- Relaxation of the nervous system and improved sleep

For more information or to book contact
Ihsan Children's Centre on 020 8806 1147 EXT 3

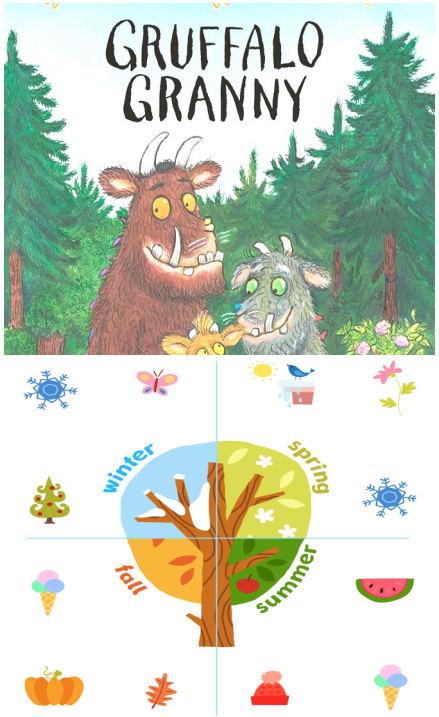
Ihsan Children's Centre
November & December 2026

GRUFALLO GRANNY & SEASONS

Drop in to our stay and play sessions and lets learn and explore together!

- *Sensory play*
- *Crafts*
- *Feelings & emotions*
- *Sounds*
- *Outdoor exploration*
- *Seasonal fruits and veg*

TERM TIME ONLY



Ihsan Children's Centre
66-68 Cazenove Road, London, N16 6AA
020 8806 1147 ext. 3 | admin@ihsancc.org.uk



Ihsan Children's Centre November & December 2026

Daily Sessions - Term Time Only

These services are generally FREE, for Mothers and female carers residing in Hackney.
Simply fill in a registration form on your first visit.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Hackney Education Beginners IT, Digital Skills for Work, EDSQ E3 12.15 to 3.15 Every Monday Term time only	Stay & Play: Messy Play 9.30 to 11.45 Using materials such as water, sand paint and sensory textures children can experiment and engage their senses.	Stay & Play : Little Chefs 9.30 to 11.45 Simple cooking skills for little hands, like cutting & mixing. Introducing children to healthy food choices and new tastes	Stay & Play : Fun with Sounds 9.30 to 11.45 A fun, sound-filled session where your little one can enjoy sounds, rhythm, and playful interaction.	 Toy Library and Stay & Play with Story time 9.30-11.45 A playful sensory experience. Exploring songs, stories and gentle movements.
NEW  Tummy Time & Soft Play with Hinna 0-18 Months 1.15 to 2.30 9th, 16th, 23rd Nov Encouraging muscle strengthening tummy time with your baby	NEW  Baby Lunch Club Bring your 6 month - 2year olds into Ihsan CC for a healthy nutritious lunch 11.30 - 12.30 Every Tuesday starting from 17th Nov Prior booking and payment necessary Only £1 per meal	 Chill and Chat Session with creche Join us for some light refreshments in a relaxed, friendly space where parents can unwind, connect and chat with others 1.00 to 2.30 Bengali Speakers: Wed 25th Nov Arabic Speakers: Wed 16th Dec Prior booking necessary	Child Health Clinic Check your child's growth and development with the community Health Visitor 9.15 to 12.00 26th November December dates TBC Booking required	 FREE Healthy Start Collect vitamin tablets for pregnant and breast feeding mums alongside vitamin drops for babies and children aged 4 weeks- 4 years
Enhanced Health Visiting Infant Breast Feeding Support with Tara Every Monday 1.00 to 2.15	NEW  Five Week Baby Massage course with Karen 3rd November - 1st December Time: 1.30 to 3.00 Prior booking necessary Further details on back page.	Making it REAL helps families build early literacy skills through fun, play-based activities, that children love through home visits. Age 2-4 years Register for interest	NEW Registered Childminder's self led stay and play 0-5 year olds meet with peers and have fun & play together 1.00 to 2.15 Every Tuesday	Hackney Education ESOL- Entry Level 2 Every Friday Term time only <u>Closures</u> Monday 21st December Monday 4th January Services resume on Tuesday 5th January 2027