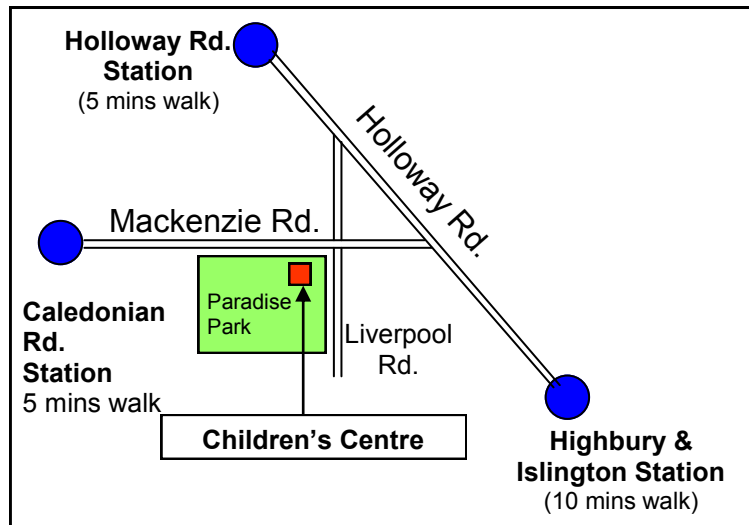


# Islington Play Association

The Children's Centre is run by the Islington Play Association (IPA), a charity that aims to promote play opportunities and facilities for all children in Islington. For more information please visit: [www.islingtonplay.org.uk](http://www.islingtonplay.org.uk)



**We Are Here:** 164 Mackenzie Road London N7 8SE



**Tube:** Piccadilly line to Holloway Road OR Victoria Line to Highbury and Islington,  
**Overground:** Highbury and Islington  
**Bus:** 271, 43, 263, 153, 393

# Paradise Park Children's Centre

Free Family and Children's Services

SPRING PROGRAMME  
Jan-April, 2012



Open: Monday to Friday 9:00-5:00 (Nursery 8:00-6:00)

Sunday Cafe 11:00-3:00

Tel: 0207 697 7330

E-mail: [info@islingtonplay.org.uk](mailto:info@islingtonplay.org.uk)

Fax: 0207 697 4429

Web: [www.islingtonplay.org.uk](http://www.islingtonplay.org.uk)

## Monday

**Childminders Drop In Group**  
10:00 - 12:00

**Breastfeeding Peer Supporters Training**  
10:00 - 12:00

Contact Faizun Nahar:  
020 3316 8439  
Crèche provided

**Daily Café**  
10:00 - 4:00  
Child friendly, freshly made food, hot drinks

## Tuesday

**Ante -Natal Clinic**  
9:30 - 12:15  
Bookings by midwife only

**Stay and Play**  
10:00 - 12:00  
Drop in for under 1's and parents

**Snap Toy Library**  
10:00 - 12:00  
Specialist toys, DVDs, books with advice and support

**Daily Café**  
10:00 - 4:00  
Child friendly, freshly made food, hot drinks

**Baby Massage**  
1:00-3:00pm  
5 Week course starting in January.  
Must book.

## Wednesday

**Training and Employment Support and advice**  
9:00 - 5:00  
To book an appointment please contact:  
Johnny 0758437017

**Turkish Parents Group**  
10:00-12:00  
Dates to be confirmed

**Stay and Play**  
10:00 - 12:00  
Drop in for all parents and children 0-5.  
Bengali and Turkish Family Support Workers available

**Family Support Surgery**  
10:00 - 12:00  
(Benefits Advice available on request)  
Ring to book

**Bengali Parents Group**  
10:30-12:00  
Meets monthly  
18th Jan  
15th Feb  
14th March

**Father's Group**  
1:00-3:00  
Drop in for fathers and toddlers

## Thursday

**Craniosacral**  
10:00-1:00  
Alternate weeks  
By appointment only

**2 Year Health Reviews**  
With Family Health Advisor by appointment

**Daily Café**  
10:00 - 4:00  
Child friendly, freshly made food, hot drinks

**ESOL Entry Level 2/3**  
1:00-3:00  
English for speakers of other languages. Please ring Kemi/Sarah to book.

**Incredible Years Starting Feb. at PPCC**  
Parenting for toddlers  
Please call to book:  
Babies (Sarah) 02076199149  
Toddlers (Joy) 02076977330  
3-6 year olds (Scilla) 02075271990

## Friday

**Training and Employment Support and advice**  
9:00 - 5:00  
To book an appointment please contact:  
Johnny 07584 370717

**Baby Clinic Drop In**  
9:30 - 11:30  
Weighing, talk to your Health Visitor, immunisation and breast feeding support  
1 year health reviews with Family Health Advisor

**Ante-natal Clinic**  
10:00-12:00  
Appointments booked via midwife

**Preparing for Birth**  
10:00-12:00  
Drop in session about pain relief, birth and feeding with NCT trainer

**Post-natal Drop in**  
1:15-3:15

**Daily Café**  
10:00 - 4:00  
Child friendly, freshly made food, hot drinks

## Weekend

**Sunday Children and Young People's Sunday Café**  
11:00 - 3:00  
Home cooked meals, teas, coffee and freshly baked cakes  
Supervised outdoor children's play

## Monthly

**Monday Housing Surgery**  
1:00 - 4:00  
Contact the centre to book a place  
First Monday every month

**Wednesday Councillor Drop In Session**  
10:00 - 12:00  
First Wednesday of every month.