Welcome to the Ponders End Youth & Family Hub

All families need support from time to time to help their babies and children thrive, whether that's from friends, family, volunteers, or professionals.

Ponders End Youth & Family Hub brings together lots of different services for children and families, making it easier for families to get the help they need at the right time. We offer help and support for families, from pregnancy up until age 19, or 25 for young people with special educational needs and disabilities.

YOUTH & FAMILY HUB

HELPING CHILDREN, YOUNG PEOPLE AND FAMILIES THRIVE

Our Youth and Family Hub provide support for any family, child or young person living in Enfield who needs them. Our doors are open to everyone, ensuring that families get the help and support they need.

Who can I see, speak to & find out more / ask for help?	There is a Family Navigator at the hub to support families to access information, advice, and services. **To find out more:** **Telephone – 0208 106 9996** **Email –** pondersendfamilyhub@enfield.gov.uk Over the coming months extra activities will be added to the hub schedule; support for parents and carers through pregnancy and up until their child is 2 years old, and opportunities for families with children under 5, to learn, develop and have fun. 
Where to find us	**Ponders End Family & Youth Hub**: 141 South Street, EN3 4PX Next to Oasis Hadley Academy – what3words ///pink.sleeps.filed **Buses:** • 191 bus stop PZ from Edmonton Green towards Enfield Town/Brimsdown • 191 bus stop PU from Brimsdown/Enfield Town towards Edmonton Green **Ponders End Rail Station:** Greater Anglia Services between Liverpool Street and Hertford East.

Please see page 2, for the latest Ponders End Youth & Family Hub activity Schedule.

As we continue to update the schedule with new services as and when they are introduced, please use the QR code to ensure you remain up to date with all the latest activity taking place from Ponders End Youth & Family Hub.

ENFIELD Council

Ponders End Youth & Family Hub Activity Schedule

Monday	
Antenatal Follow-up Appointments: Community Midwifery Team (**By appointments**)	8:30am to 3:00pm
Stay & Play (for 1 to 4 years) **By bookings only**. To book **call 0208 106 9996**	9:15am to 10:30am
Family Support (**Drop-in**) for parents/carers	9:30am to 3:00pm
Stay & Play (for 1 to 4 years) **By bookings only**. To book **call 0208 106 9996**	11:00am to 12:15pm
Our Voice coffee morning **16th November (Drop-in)**	12:00pm to 2:30pm
Stay & Play (Baby Group) **By bookings only**. To book **call 0208 106 9996**	2:00pm to 3:15pm
After school club (cooking, multi-sports, boxing, music, arts & crafts, hair & beauty)	3:30pm to 8:00pm
Boxercise **Women Session**	7:00pm to 8:00pm
Tuesday	
Clothes and Toy Pantry **Drop-in please bring a bag** *Not accessible during half-terms due to youth sessions*	9:00am to 2:00pm
Healthy Child Clinic/Dental Care/Speech and Language Occupational Therapy, Universal Therapies Health Visitors (**Drop-in**)	9:30am to 11:30am
6-to-8-week reviews: Health Visitors (**By appointments**)	9:30am to 11:30am
Breastfeeding Clinic (**Drop-in**)	9:30am to 11:30am
Citizens Advice **By Appointments Only. For further details please email Ponders End (on front page)**	9:30am to 1:00pm
Smoke free (**By appointments**)	9:30am to 2:30pm
Family Support (**Drop-in**) for parents/carers	9:30am to 3:00pm
Baby massage (**By invitation only)HV**	1:30pm to 2:30pm
After school club (cooking, multi-sports, boxing, music, arts & crafts, hair & beauty)	3:30pm to 8:00pm
Boxing Session/multi-sports	5:00pm to 8:00pm
Wednesday	
Perinatal Mental Health (**By appointments**)	9:00am to 12:30pm
Family Support (**Drop-in**) for parents/carers	9:30am to 3:00pm
EPEC – Being a parent course **contact email:** parentingprogrammes@enfield.gov.uk **(starting 7th Oct)**	9:45am to 12:00pm
Baby Massage (**By invitation only EIW)**	10:00am to 11:30am
Triple P for Baby Parenting Programme **contact email: parentingprogrammes@enfield.gov.uk**	10:00am to 12:00pm
Let's Play: Speech and Language (**appointments**) To book **call 0208 106 9996**	1:00pm to 2:00pm
First Time Parenting Programme To book **call 0208 106 9996 (Starting 18th November)**	1:45pm to 3:00pm
Let's Play: Speech and Language (**appointments**) To book **call 0208 106 9996**	2:30pm to 3:30pm
Boxing	3:00pm to 6:00pm
Youth Club	3:30pm to 6:30pm
After School youth club – Girls for Goals (**Girls Only**)	6:30pm to 8:30pm
Boxing session/multi-sports **GIRLS ONLY** (WOMENS SESSION INCLUDED FROM 7:00PM TO 8:00PM)	6:30pm to 8:00pm
Thursday	
Community Midwives Antenatal Initial Bookings (**North Middlesex Hospital**)	8:30am to 12:00pm
6-to-8-week reviews: Health Visitors (**By appointments**)	9:00am to 12:30pm
1 & 2-year-old developmental reviews Health Visitors (**By appointments**)	9:00am to 3:00pm
Citizens Advice **By Appointments Only. For further details please email Ponders End (on front page)**	9:30am to 1:00pm
Family Support (**Drop-in**) for parents/carers	9:30am to 3:00pm
Turkish Strengthening Families, Strengthening Communities (SFSC) for parents/carers **contact email: parentingprogrammes@enfield.gov.uk**	9:45am to 12:45pm
Antenatal Classes (**By Appointment – North Middlesex Hospital**) Every fourth Thursday	1:00pm to 3:00pm
After school club (music, braiding/hair & beauty, cooking, football)	3:30pm to 7:30pm
Boxing Club Sessions (Level 1 and 2)	3:30pm to 8:00pm
Friday	
Antenatal Health Checks: Community Midwifery Team (**By appointments**)	8:30am to 12:00pm
Let's Play: Speech and Language (**By appointments**) To book **call 0208 106 9996**	9:30am to 10:30am
Family Support (**Drop-in**) for parents/carers	9:30am to 3:00pm
Strengthening Families, Strengthening Communities (SFSC) for parents/carers **contact email: parentingprogrammes@enfield.gov.uk**	9:45am to 12:45am
Sling Library **to book – slinginglondon.simplybook.it**	10.00am to 12.00pm
Let's Play: Speech and Language (**By appointments**) To book **call 0208 106 9996**	11:00am to 12:00pm
Postnatal Health Checks: Community Midwifery Team (**By appointments**)	1:00pm to 3:00pm
NHS Talking Therapies (**By invitation Only**)	1:00pm to 4:30pm
Junior youth club (**age 8 to 12 years old.** Multi-sports, arts & crafts)	4:00pm to 6:00pm
Powerbox Fitness **Boys 14-18yrs only**	9:00pm to 11:00pm
Saturday	
Women Boxercise/BOXING SESSION	2:00pm to 3:00pm
Men's Session CIRCUIT/BOXING	3:30pm to 7:00pm
Sunday	
Ace Youth Club (multi-sports, cooking, crafts, martial arts aimed at the Bangladeshi community) **Ages 8 – 18yrs**	12:00pm to 6:00pm
Boxing and Fitness including circuits **Ages 8 – 18yrs**	1:00pm to 4:00pm
Men and boys session CIRCUIT/BOXING	6:00pm to 8:00pm