



Family Support for Parents and Children aged 0-5.



To book onto a group or refer someone
please contact Page:

page@thewinch.org | 07784691156

Tuesdays: Cradles to Crawling

for expectant mothers and parents with under 1s.

Start date: 29 September

The Winch | 9:30 - 14:30

Wednesdays: Introduction to Childcare Level 1

Accredited Course (2 Units)

Start date: 30th September

The Winch | 10:30 - 12:30

Creche is available

Thursdays: Parent to Parent Course

Start date: 1st October

The Winch | 10:30 - 12:30

Creche is available

Please note that if you attend one of the groups above you will also be able to access Connecting Parents at Belsize Library on Monday Mornings! Contact us to find out more.



Family Support for Under 5s.

Tuesdays: Cradles to Crawling

This is a peer support group for expectant and new mums with under 1s. We also invite experts to cover health and wellbeing topics for parents and their new babies. This includes mental wellbeing, breastfeeding, postnatal recovery, oral care, vaccinations, weaning and sleep.

Wednesdays: Introduction to Childcare Level 1 - Accredited (2 units)

This course will cover the importance of play and the all round development of children. It will include the promotion of equality, ensuring that all children have an equal opportunity to reach their full potential in the early years settings. A tutor will provide learners with group and individual support. It will include practical and written tasks. No previous experience is necessary.

Thursdays: Parent to Parent Support Course

This course is facilitated and developed by a parent who will run the sessions. Join us to learn, share, make new friends and discuss day to day challenges and experiences of parenting children of all ages.

NB The Connecting Parents programme on Mondays will be decided by the parents attending. This might include Rhyme time | Arts & Crafts | Outings | Guest talks or something else! Book onto one of the groups above to come along!

We confirm we are complying with the government's latest guidance on managing the risk of COVID-19.

