



Haringey Universal Therapies Service (HUTS)

OT drop-in

Do you want to talk to an Occupational Therapist?

Do you have a child aged 0 - 5 years?

Do you have a question about their daily activities or skill development?

Come along to a drop-in and talk to an OT!

Occupational Therapists (OTs) help children take part in the daily activities that are important to them and their families – at home, nursery and school.

These activities help prepare children for the future and include:

- **self-care activities** – eating, washing hands, toileting, tooth brushing and sleeping
- **nursery-based activities** – learning to use a pencil, paintbrush, and scissors
- **play and leisure** – messy play, throwing, catching and kicking a ball, and dancing.

Drop-ins will take place during Stay and Play sessions. The drop-ins are for parents and carers of children who have not been referred to NHS Occupational Therapy or are on the Occupational Therapy waitlist, but who would like to speak to an Occupational Therapist.

Location	Date	Time
Triangle Children Family Hub, 91-93 St Ann's Rd, N15 6NU	Tuesday 5 th May 2026	2:00PM – 3:30PM
Rowland Hill Children's Centre N17 7LT	Thursday 7th May	10:00AM – 11:30AM
Pembury House Nursery School & Children's Centre N17 9XE	Wednesday 13th May	9:30AM – 11:00AM
Woodside Children's Centre N22 5SJ	Monday 18th May	10:00AM – 11:30AM
Rising Green Family Hub N22 6JA	Thursday 21st May 2026	2:00PM – 3:30PM
Broadwaters Children's Centre N17 6HE	Monday 1st June 2026	9:15AM – 11:00AM



Location	Date	Time
Park Lane Children's Centre N17 0HB	Tuesday 2nd June 2026	10:30AM – 12:00PM
Welbourne Children's Centre N15 4EA	Monday 15th June 2026	1:00PM – 2:30PM
West Children's Centre & Family Hub (Union Church)	Tuesday 16th June 2026	10:30AM – 12:00PM
Woodlands Children's Centre (N15 3SD)	Wednesday 15th July 2026	10:00AM – 11:30AM

 You can also call the Occupational Therapy advice line on **0203 224 4399**.

If the therapist is off sick and we can't find someone to cover, we might have to cancel. Please call us on our advice line or email us on whh-tr.huts@nhs.net if you have concerns.