

# STRATFORD AND WEST HAM CHILDREN'S CENTRE

## Activity Programme



April – June  
2023

### Monday

**Messy Play @ Abbey Lane**

0-4 years

**Booking required**

**10:00am - 11:30am**

**Stay and Play @ Abbey Lane**

0-4 years

**Booking required**

**1:00pm - 2:30pm**

**Baby Singing and Story time @ Rebecca Cheetham**

0-12 months (Pre walkers)

***Please note:** We understand that children develop at their own unique pace, therefore, this session is also appropriate for children who are not yet walking.*

**Booking required**

**1:00pm - 1:45pm**

### Tuesday

**Stay and Play for 2-3 year olds @ Rebecca Cheetham**

**Booking required**

***Please note:** This session is created for the specified age group only.*

**9:30am - 11:00am**

**Physiotherapist Team @ Rebecca Cheetham**

**Referral/ invitation only**

**10:00am - 11:00am**

**Rhyme Time @ Stratford Library**

0-2 years

**Booking required**

**10:00am - 11:00am**

**Little Talkers @ Rebecca Cheetham**

2-3 years

**5 week course**

*Commencing: 6<sup>th</sup> June*

**Referral/ invitation only**

**1:15pm - 2:30pm**

### Wednesday

**Hug in a Mug (Tea/ Coffee morning) @ Rebecca Cheetham**

0-4 years

**Booking required**

**9:30am - 10:30am**

**Early Positive Approaches to Support (EPAtS) @ Rebecca Cheetham**

**8 week course**

*Commencing: 10<sup>th</sup> May*

**Invitation only**

**9:30am - 11:30am**

**Baby Massage @ Rebecca Cheetham**

**4 weeks course**

*Commencing: 3<sup>rd</sup> May*

**Referral/ Invitation only**

**12:30pm - 1:30pm**

### Thursday

**Baby Sensory @ Rebecca Cheetham**

0-12 months

**Booking required**

***Please note:** We understand that children develop at their own unique pace, therefore, this session is also appropriate for children who are not yet walking.*

**10:00am - 11:30am**

**Health Promotion delivered by the Health Visiting Team @ Rebecca Cheetham**

*Every 3<sup>rd</sup> Thursday of the month along side Stay and Play*

**Booking required**

**1:30pm - 2:00pm**

**Stay and Play @ Rebecca Cheetham**

0-4 years

**Booking required**

**1:00pm - 2:30pm**

### Friday

**Stay and Play @ Rebecca Cheetham**

0-4 years

**Booking required**

**10:00am - 11:30am**

**Messy Play @ Rebecca Cheetham**

0-4 years

**Booking required**

**1:00pm - 2:30pm**

**Book Start Corner @ Rebecca Cheetham**

12-30 months

*Find the love of books with your child.*

**4 weeks course**

*Commencing: 5<sup>th</sup> May*

**Booking required**

**1:15pm - 2:15pm**

**Booking required:** You can book sessions by either calling the centre on **0208 534 3136 option 4**

**Referral/ Invitation Only:** These sessions are created for families who have been invited/ referred into a session by another professional or agency.

**Please Note:**

All of our sessions are subject to change in accordance to capacity and availability. Families from the Stratford and West Ham Community will be given priority, however, families from outside of this community are welcome to add their names onto our waiting list for the opportunity to gain a space, if there are cancellations or a spaces becomes available.

# Workshops and Drop-In sessions

## Workshops Delivered By Our Family Support Team

### Making Time for Me Workshop

Join our Family Support Team to gain tips and take part in group discussion on how you can better take care of your own mental health and wellbeing.

**Booking required**

Tuesday 18<sup>th</sup> April 2023

10:00am – 11:00am (Face to face)

Please call the centre for more information and to book your space.

### Toilet Training Workshop

Join a member of our Family Support Team to gather ideas and strategies on how you support your child to transition from nappies to the toilet.

**Booking required**

Tuesday 13<sup>th</sup> June 2023

10:00am – 11:00am (Face to Face)

## Health Promotion Sessions (Booking required by calling the Centre)

### Toilet Training

Thursday 20<sup>th</sup> April 2023

1:30pm – 2:00pm

### Healthy Lifestyles and Weaning

Thursday 18<sup>th</sup> May 2023

1:30pm – 2:00pm

### Accident Prevention

Thursday 15<sup>th</sup> June 2023

1:30pm – 2:00pm

## Child Health Clinic 10 Vicarage Lane, E15 4ES

### See a Health Visitor @ Vicarage Lane Health Centre (NO APPOINTMENT NEEDED)

Every 2<sup>nd</sup> Thursday of the month 1:30pm-3:30pm

Every 4<sup>th</sup> Thursday of the Month 9:30am-11:30am

## Family Support - Wellbeing Drop-In (monthly) (24<sup>th</sup> April, 22<sup>nd</sup> May and 19<sup>th</sup> June) 1:00pm-3:00pm



We all sometimes need a space where we can speak about our experiences in a safe, confidential and non judgmental environment. This is why we have created this monthly drop in for you, to come and speak to one of our highly skilled and professional Family Support Workers.

Booking through QR Code provided above.

## SPECIAL EDUCATIONAL NEEDS SUPPORT

Would you like to know more about the LOCAL SEND OFFER in Newham? Visit: <https://families.newham.gov.uk/kb5/newham/directory/localoffer.page> for more information.

## FREE EARLY EDUCATION FOR TWO YEAR OLD

To check whether your two year old is eligible for 15 hours of free education please contact the Children's Centre for more information.

## USEFUL CONTACTS AND INFORMATION

### BASIC NEEDS ASSISTANCE

**Newham Food Alliance** For residents who have difficulty accessing food due to financial issues.

[www.newham.gov.uk/newhamfoodalliance](http://www.newham.gov.uk/newhamfoodalliance)

### Refugee and Migrant Project

<https://www.renewalprogramme.org.uk/Pages/Cat/refugee-and-migrants-project>

**Shelter** (Housing Support) 0808 800 4444

**Our Newham Money** Our Newham Money offers support to Newham residents who may be struggling with debt or the everyday cost of living. Monday to Friday 9am-5pm

Tel: [020 8430 2041](tel:020204302041)

Email: [ournewhammoney@newham.gov.uk](mailto:ournewhammoney@newham.gov.uk)

### HEALTH AND WELLBEING

#### Children's Health Visiting, Infant Feeding and Family Nurse Partnership Services

020 3373 9983 For families in Newham

**Maternity Support Newham NCT** (includes breastfeeding support) and Postnatal depression support

<https://www.nct.org.uk/local-activities-meetsups/region-london/newham>

**Newham Mental Health Crisis Helpline**  
0800 073 0066

**Change, Grow and Live** (drug and alcohol Support)  
0800 652 3879

### SAFEGUARDING AND SAFETY

#### Newham MASH

0203 373 4600/ 0208 430 2000

#### Hestia (Newham) Domestic Abuse Support

[referralsnewham.dsv@hestia.org](mailto:referralsnewham.dsv@hestia.org)  
0808 196 1482

#### Freephone National Domestic Abuse Helpline

0808 2000 247

#### Childline

0800 1111 or 0808 800 5000

**In emergency situations please call 999**

### FAMILY SUPPORT ARE HERE TO HELP

If you require to speak to a member of our Family Support Team about anything effecting your family life, they are ready to see how they can help and support you.

Please feel free to call us on 0208 534 3136

If you would like to make a self referral into Family Support, you can do this by visiting: [Login \(newham.gov.uk\)](https://www.newham.gov.uk/login)

(Please note: you will need to register before making a referral for support). You could also contact Newham MASH on 0203 373 4600 for further guidance.



# April Half Term Programme

	Monday 3 <sup>rd</sup> April	Tuesday 4 <sup>th</sup> April	Wednesday 5 <sup>th</sup> April	Thursday 6 <sup>th</sup> April	Friday 7 <sup>th</sup> April
AM	<b>UNIVERSAL</b> Educational Visit 2 - 4 years (Mudchute Farm) Booking required <i>Please Note:</i> Limited Buggy Spaces 10:00am - 12:00pm	<b>UNIVERSAL</b> Stay and Play 0-4 years (Rebecca Cheetham) Booking required 10:00am - 11:30am	<b>INVITE</b> Eat and Play 0-4 years (Rebecca Cheetham) Invitation/ Referral Only 10:00am - 12:30pm	<b>UNIVERSAL</b> Baby Sensory 0-12 months and non-walkers (Rebecca Cheetham) Booking required 10:00am - 11:30am	<b>BANK HOLIDAY</b> <b>NO SESSION</b>
PM	<b>UNIVERSAL</b> Baby Singing and Story time 0-12 months (Pre walkers) (Rebecca Cheetham) Booking required 1:30pm - 2:15pm	<b>INVITE</b> Family Fun Whole family (Rebecca Cheetham) Invitation Only 1:00pm - 3:00pm		<b>UNIVERSAL</b> Stay and Play 0-4 years (Rebecca Cheetham) Booking required 1:00pm - 2:30pm	
	Monday 10 <sup>th</sup> April	Tuesday 11 <sup>th</sup> April	Wednesday 12 <sup>th</sup> April	Thursday 13 <sup>th</sup> April	Friday 14 <sup>th</sup> April
AM	<b>BANK HOLIDAY</b> <b>NO SESSION</b>	<b>UNIVERSAL</b> Stay and Play 0-4 years (Rebecca Cheetham) Booking required 10:00am - 11:30am	<b>UNIVERSAL</b> Educational Visit Children under 4 years/ older siblings welcome (Picnic at West Ham Park) Booking required 12:00pm- 2:00pm	<b>UNIVERSAL</b> Baby Sensory 0-12 months and non-walkers (Rebecca Cheetham) Booking required 10:00am - 11:30am	<b>INVITE</b> Eat and Play 0-4 years (Rebecca Cheetham) Invitation/ Referral Only 10:00am - 12:30pm
PM		<b>INVITE</b> Family Fun Whole family (Rebecca Cheetham) Invitation Only 1:00pm - 3:00pm		<b>UNIVERSAL</b> Stay and Play 0-4 years (Rebecca Cheetham) Booking required 1:00pm - 2:30pm	

## UPCOMING DATES FOR THE DIARY

3<sup>rd</sup> April-14<sup>th</sup> April (Half Term)  
 7<sup>th</sup> April (Bank Holiday)  
 10<sup>th</sup> April (Bank Holiday)  
 1<sup>st</sup> May (Bank Holiday)  
 8<sup>th</sup> May (Kings Coronation)  
 29<sup>th</sup> May (Bank Holiday)  
 30<sup>th</sup> June (Inset Day- Fiesta Fun Day)




**WE ARE RESPONDING.**

**WE ARE NEWHAM.**

**TAKING VITAL ACTION  
TO HELP OUR RESIDENTS.**

[www.newham.gov.uk/costoflivingresponse](http://www.newham.gov.uk/costoflivingresponse)


# Fiesta Fun Day

A fun filled day for children under the age of five and their families.

**Friday 30<sup>th</sup> June 2023**  
**1:00pm – 5:00pm**

Rebecca Cheetham Nursery  
 and Children's Centre,  
 Marcus Street, Stratford, E15 3JT

**£1 contribution on entrance**



- Refreshments
- Live entertainment
- Food stalls
- Petting Zoo
- Henna/Mehndi
- Bouncy Castle
- Karaoke
- Face painting
- Nearly New Sale
- Game stalls
- Biscuit decorating
- Tombola
- Cake Stall
- Buzz Wire
- Raffle
- And Much More...

# May Half Term Programme

	Monday 29 <sup>th</sup> May	Tuesday 30 <sup>th</sup> May	Wednesday 31 <sup>st</sup> May	Thursday 1 <sup>st</sup> June	Friday 2 <sup>nd</sup> June
AM		<b>UNIVERSAL</b> Stay and Play 0-4 years (Rebecca Cheetham) Booking required 10:00am - 11:30am	<b>INVITE</b> Eat and Play 0-4 years (Rebecca Cheetham) Invitation/ Referral Only 10:00am - 12:30pm	<b>UNIVERSAL</b> Baby Sensory 0-12 months and non-walkers (Rebecca Cheetham) Booking required 10:00am - 11:30am	<b>UNIVERSAL</b> Educational Visit 2 - 4 years (Thames Barrier Park) Booking required <i>Please Note:</i> Limited Buggy Spaces 10:00am - 12:00pm
PM	<b>BANK HOLIDAY</b> <b>NO SESSION</b>	<b>INVITE</b> Family Fun Whole family (Picnic in the park) Invitation Only 11:30am - 2:30pm		<b>UNIVERSAL</b> Stay and Play 0-4 years (Rebecca Cheetham) Booking required 1:00pm - 2:30pm	

**NHS**  
East London  
NHS Foundation Trust

**SPEECH AND LANGUAGE THERAPY - EARLY YEARS**  
**ADVICE HOTLINE FOR PARENTS**  
**PRE-NURSERY and NURSERY AGED CHILDREN**



Do you need advice about your child's **talk**ing?

Do you feel that your child doesn't always **listen** to you?

Are you concerned about their **eating** or **drinking**?

Would you like some **advice** on how to help your child as you wait for Speech and Language Therapy?

If so, then please call and speak to a member of the **Early Years Speech and Language Therapy Team** for advice and ideas.

Call us at **020 8586 6245**

Every **Tuesday** from **10.00am to 4.00pm**



**First** Tuesday of the month: **Bengali** (and English) speaker available  
**Second** Tuesday of the month: **Tamil** (and English) speaker available

**TALKING TOTS PROGRAMME**

**TALKING TOTS PROGRAMME:**

The Children's Health 0-19 Service are excited to launch the Talking Tots Programme commencing in September 2021. The programme has been developed to enable parents to achieve the best start in supporting their child(ren) to develop their speech, language and communication skills.

- Is your child aged between **12 months to 30 months**?
- Do you want to gain more confidence in supporting your child to develop their speech, language and communication skills?
- Do you want to speak to your health visiting team about boosting your child's play and listening skills?

If your answer is yes to any of these questions, then booking yourself on to the 6 weeks Talking Tots programme will enable you to achieve the best start in supporting your child to develop their speech, language and communication skills. Six sessions will be delivered over six weeks. Each session will take place for 90 minutes and parents/carers are given 2 top tips to work on each week to support their child's speech, language and communication skills. The Talking Tots programme is hosted by the Health Visiting teams on a virtual platform (Zoom). The details will be made available following registration.

**HOW TO BOOK:**

To book a place onto the Talking Tots programme you can;

- Complete a registration form - [https://newham-self.achieveservice.com/service/Specialist\\_Health\\_Visiting\\_Service\\_Talking\\_Tots\\_programme](https://newham-self.achieveservice.com/service/Specialist_Health_Visiting_Service_Talking_Tots_programme). A member of the team will then be in touch with the session details.
- Or call the team on 0203 373 9983 - Option 3

Joining details will be available after registration.

**NHS** Newham London

## Baby feeding support

We provide baby feeding support to all families. Breast milk is tailor-made for your baby. It boosts your baby's ability to fight illness and infection. Speak to your Health Visitor, Midwife or Peer Supporter for practical information and support with feeding your baby.

For more information and support:

**Newham's Health Visiting Team**  
healthvisiting@newham.gov.uk  
020 3373 9983  
www.newham.gov.uk/childrenshealth

**Newham Baby Feeding**  
07534 249611  
Facebook: Newham Baby Feeding  
baby.feeding@newham.gov.uk

**Baby feeding online support group**  
Tuesdays 1.30pm - Book via Eventbrite  
www.eventbrite.co.uk/e/123179744933

Thursdays 10am - Facebook:  
Newham NCT Milk Bar

**National baby feeding helplines**  
National Breastfeeding Helpline - 0300 100 0212 (9.30am - 9.30pm)  
BIN Supporterline - Bengali / Sylheti 0300 456 2421 (9.30am - 9.30pm)  
La Lech League - 0345 120 2918  
NCT - 0300 330 0700 (8am - 12.00 midnight)



Correct at October 2020

Inspected and rated  
**Good**  
Care Quality Commission

**NHS** OUR CENTRE IS A DISTRIBUTING SITE FOR HEALTHY START VITAMINS Newham London

## WE ARE HEALTHY. FREE FOOD AND MILK WITH HEALTHY START.

**£8.50 a week** for babies under 1 year old

**£4.25 a week** for pregnant women and children from 1 up to 4 years old

**FREE** Healthy Start vitamins including Vitamin D

**PREGNANT? CHILDREN UNDER 4?**  
You may be able to get help to buy healthy food and milk. **2,400** eligible families in Newham are missing out.

**Pick up a form** from your local Children's Centre, library, midwife, health visitor or visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Applying **DOES NOT** affect benefits you might be receiving.

**FREE Healthy Start** vitamins with Vitamin D for all children under 4 years, pregnant women and new mums.

Vitamins help young children grow up healthy and strong and help mum to maintain her health during pregnancy and support healthy growth of her unborn baby.

Collect from a number of distribution outlets in Newham. Scan the QR code to find your nearest location.



**WE ARE NEWHAM.** People of the Heart of Everything We Do

If you have any concerns about your child's growth, emotional and mental health, their physical development or cognition, or if you are concerned about your own well-being as a parent, you can always speak to your health visitor by contacting the **Single Point of Access** on 020 3373 9983.

## WORK4ALL

Start your journey towards finding a job that works for you! Please feel free to make contact with the groundwork advisors:

Lorraine: 07889755505 or [lorraine.rose@groundwork.org.uk](mailto:lorraine.rose@groundwork.org.uk)

Lucy: 07889756138 or [lucy.mpofu@groundwork.org.uk](mailto:lucy.mpofu@groundwork.org.uk)

Are you eligible for Healthy Start Vouchers? To find out more speak to a member of staff.

Have you received a Free Book Start pack for your child? For more information please speak to a member of staff.

Are you struggling due to the cost of living? See a member of staff to explore The HSF funding.