

VIRTUAL AND SESSIONAL TIMETABLE



September -
December 2021

Monday

Messy Play @ Abbey Lane

*Face to Face 0-5 years

Booking required

10:00am - 11:30am

Adult ESOL classes by NALS via

Zoom *Online

Registration / Booking required

1:00pm - 3:00pm

Baby Singing via Zoom

*Online Under 18 months

Booking required

1:00pm - 1:30pm

Tuesday

Singing & Storytelling via Zoom

*Online 0-5 years

Booking required

10:00am - 10:30am

Childminders Network & Training

via Zoom *Online

Invitation only

2:00pm - 3:00pm

Physiotherapist

*Face to Face

Referral / Invitation only

2:30pm - 3:30pm

EPATS (Early Positive Approach to Support) @ Abbey Lane

*Face to face

Referral and Invitation only

12:30pm - 2:30pm

Wednesday

Here, There and Everywhere

*Face to face 0-5 years

Every 1st Wednesday of the month

Booking required

10:00am - 12:00pm

Little Talkers

*Face to Face 2-3 years

Please call the centre for more information

Invitation only

1:15pm - 2:15pm

Baby Massage

*Face to face

Referral / Invitation only

1:15pm - 2:15pm

Thursday

Baby Sensory @ Rebecca

Cheetham

*Face to Face 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 Session

*Online

Every 3rd Thursday of the month

Booking required

1:30pm - 2:00pm

Stay and Play @ Abbey Lane

*Face to face 0-5 years

Booking required

1:00pm - 2:30pm

Friday

Stay and Play @ Rebecca

Cheetham

*Face to face 0-5 years

Booking required

10:00am - 11:30am

Singing & Storytelling via Zoom

*Online 0-5 years

Booking Required

1:00pm - 1:30pm

Book Start Corner

*Face to face

4 week course

Invitation only

1:15pm - 2:15pm

Booking required: You can book any of our face to face sessions by calling the centre on 0208 534 3136 option 4.

You can register for any of our virtual sessions by scanning the barcode to the right.

Alternatively, please follow the link below: <http://forms.gle/ev4eOigw4HBRtKhGA>

Invitation Only: These sessions are created for families who have been invited into a session only.

Please Note: Staff within the centre are given the choice to wear a face mask at any time. All our sessions are subject to change in accordance to capacity and availability.



Family Support Workshops via Zoom (Booking required)

Toilet Training

Get tips, share experiences and ideas on how to help your child (over 18 months) to use the toilet.

Booking required.

Tuesday 14th September 2021

1:45pm - 2:45pm



Parenting Q&A

Join the Family Support Team to explore challenges of parenting. Gain tips and guidance on how to deal with stressful moments.

Booking required.

Tuesday 16th November 2021

1:45pm - 2:45pm

You can register your interest by scanning the barcode above. Alternatively, please register by following the link below:

<https://forms.gle/5LtFyLgRgkztEtoB7>

Health Promotion Sessions with the Health Visiting Team via Zoom

Healthy Lifestyle / Weaning

Thursday 16th September 2021

1:30pm - 2:00pm

Accident Prevention and Minor Ailments

Thursday 21st October 2021

1:30pm - 2:00pm

Toilet Training

Thursday 18th November 2021

1:30pm - 2:00pm

Healthy Lifestyle / Weaning

Thursday 16th December 2021

1:30pm - 2:00pm



You can register your interest by scanning the barcode above. Alternatively, please register by following the link below:

<https://forms.gle/O5LeigCKdCEZum6Z6>

Free Early Education for Two Year Olds

To check whether your two year old is eligible for 15 hours of free education please contact the centre and ask to speak with our Early Education Practitioner who is always happy to help.

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.

USEFUL CONTACTS AND INFORMATION

BASIC NEEDS ASSISTANCE

For residents who have difficulty accessing food due to financial issues- **Newham Food Alliance** can help:

www.newham.gov.uk/newhamfoodalliance

Refugee and Migrant Project

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

Shelter 0808 800 4444

Newham Council 0208 430 2000

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

Chat Newham (Befriending)
08081963510

SAFEGUARDING AND SAFETY

Newham MASH
0203 373 4600/ 0208 430 2000

Hestia (Newham) Domestic Abuse Support
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.

For more information please feel free to call us on 0208 534 3136 or you can make a self referral by visiting:

https://newham-self.achieveservice.com/service/early_help_family_support_referral