

STRATFORD AND WEST HAM CHILDREN'S CENTRE ACTIVITY PROGRAMME

Newham London



April – June 2026



We are a distributing site
for Healthy Start Vitamins

Mon-Fri:

9:00am-12:00pm

& 1:30pm-4:00pm



Forging forces to
give children
The Best
Start in Life

FREE ACTIVITIES FOR CHILDREN UNDER THE AGE OF FIVE

Call us on: 0208 534 3136 Option 4
Rebecca Cheetham Children's Centre,
Marcus Street, Stratford, E15 3JT

Visit our website: www.rebeccacheetham.newham.sch.uk

Register for free by
scanning the QR CODE:



You are welcome to
breastfeed at Rebecca
Cheetham Children's
Centre & Abbey Lane
Children's Centre

STRATFORD AND WEST HAM CHILDREN'S CENTRE ACTIVITY PROGRAMME



April – June 2026

Monday

Family Stay & Play @ Abbey Lane CC

0-4 years

Drop in

10:00am - 11:30am

Dad's Nailing It (Fathers Group)

@ Rebecca Cheetham

10:00am-11:30am

0-4 years

Drop in



Baby Feeding Café

@ Rebecca Cheetham

Drop In

10:00am-12:00pm

Family Stay & Play @ Abbey Lane CC

0-4 years

Drop In

1:00pm - 2:30pm

Baby Stay & Play (Singing and Story time)

@ Rebecca Cheetham

0-12 months

Drop in

1:30pm - 2:30pm



Tuesday

Toddler Stay & Play @ Rebecca Cheetham

18 months-under 3 years

Booking Required

10:00am - 11:30am

Borrow a Learning Bag

@ Rebecca Cheetham

Alongside Toddler Stay and Play

10:00am – 11:30am

Rhyme Time

@ Stratford Library

0-4 years

Drop In

10:00am - 11:00am

Baby Massage

@ Rebecca Cheetham

5 weeks course

(Babies aged 6 weeks to 6 months)

Commencing: 02/06/2026

Referral/ Invitation only

1:00pm-2:00pm

For more information please call the centre on

0208 534 3136

Little Talkers Programme

@ Rebecca Cheetham

2-3 years

Commencing: 21/04/2026

Referral/ Invitation only

1:15pm - 2:30pm



Wednesday

Hug in a Mug (Coffee morning)

@ Rebecca Cheetham

0-4 years

Drop In

9:30am - 10:30am

Please note: we will have a member of the *Speech and language Team (NHS)* visit us on **13/05/2026** so please come along speak to them about any worries you have with regards to your child's speech and language development.

Family Support Drop in

@ Rebecca Cheetham

9:30am – 10:30am



Physiotherapy Group

@ Rebecca Cheetham

Referral/ Invitation only

10:30am-11:30am

NCT Infant feeding Support Group

@ Rebecca Cheetham

Drop In

(Term Time Only)

11:45am-12:45pm

NCT Parents in Mind

@ Rebecca Cheetham

Once a month

Referral/Invitation only

1:00pm-2:30pm



Thursday

Baby Stay & Play (Baby Sensory)

@ Rebecca Cheetham

0-12 months

Booking Required

Please note: We do not allow shoes in our baby room.

10:00am - 11:30am

Family Stay & Play

@ Rebecca Cheetham

0-4 years

Booking Required

1:00pm - 2:30pm

Health Promotion

@ Rebecca Cheetham

Delivered by the Health Visiting Team

Every 3rd Thursday of the month

Booking Required

1:30pm - 2:00pm



Friday

Change, Grow and Live

Consultation with Anushi

@ Rebecca Cheetham

Come and talk through concerns relating to drug addition or alcohol use which is having an affect in your personal/ family life in a confidential and non-judgmental space.

Booking required

9:00am – 12:00pm

Family Support Drop in

@ Rebecca Cheetham

Come and speak to our friendly Family Support Team to see if they can help you with your current situation and home life.

Drop In

9:30am – 10:30am

Family Stay & Play

@ Rebecca Cheetham

0-4 years

Booking Required

10:00am - 11:30am

Family Stay & Play (Messy Play)

@ Rebecca Cheetham

0-4 years

Booking Required

1:00pm - 2:30pm



Booking required: You can book sessions by calling the centre on **0208 534 3136 option 4** between 9:00am - 4:00pm (please note: we take bookings a week in advance)

Referral/ Invitation only: These sessions are created for families who have been invited/ referred into a session by another professional or agency. **Drop in:** These are open sessions and no booking is required. Just come along!

Key: Babies Stay & Play - (Bumps, Under 1 years and older non-confident walkers up to 18 months), Toddler Stay & Play - Under 3 years, Family Stay and Play - (all children) Under 5 years

DATES FOR YOUR DIARY

30th March – 10th April

EASTER HALF TERM
(Please look out for our half term programme)

2nd April

WORLD AUTISM AWARENESS DAY

3rd April – 6th April

GOOD FRIDAY & EASTER MONDAY
(Centre Closed)

4th May

BANK HOLIDAY- CENTRE CLOSED

11th – 17th May

MENTAL HEALTH WEEK

25th – 29th May

HALF TERM
(Please look out for our half term programme)

26th June

FIESTA FUN DAY
(Community Family Event- everyone is welcome!)

PARENT WORKSHOPS Held by our Family Support Team

THRIVE AT HOME WORKSHOP

A supportive workshop focused on giving parents practical strategies to encourage development through every day play. Together we explore fun using simple activities that build strong foundations for future learning and development.

Tuesday 7th April– 1:00pm - 2:15pm Booking required.

E SAFETY WORKSHOP

Join our E-Safety workshop to learn practical ways to safeguard your child when using mobile phones, tablets, gaming devices and other technology at home. We'll explore online risks, privacy settings, parental controls and simple steps you can take to keep your child safe in the digital world.

Tuesday 5th May - 10:00am - 11:15am Booking required.

REDISCOVER YOURSELF WORKSHOP

Designed to help parents reconnect with their strengths, build on self-belief and develop greater personal confidence, through reflection, practical exercises and group discussion.

Tuesday 9th June- 10:00am-11:15am Booking required.

HEALTH PROMOTION SESSIONS
(Booking required by calling the Centre)

Toilet Training
Thursday 16th April 2026
1:30pm– 2:00pm

Healthy Lifestyles and Weaning
Thursday 21st May 2026
1:30pm – 2:00pm

Accident Prevention and Minor Ailments
Thursday 18th June 2026
1:30pm– 2:00pm

Delivered by
The Health
Visiting Team

CHILD HEALTH CLINIC
10 Vicarage Lane, E15 4ES

See a Health Visitor @ Vicarage Lane Health Centre
(NO APPOINTMENT NEEDED)
Every 2nd Thursday of the month 1:30pm-3:30pm
Every 4th Thursday of the month 9:30am-11:30am

CONTACT DETAILS FOR HEALTH VISITING TEAM

NEWHAM HEALTH VISITING TEAM

healthvisiting@newham.gov.uk

020 3373 9983

www.newham.gov.uk/childrenshealth

or

CHIS@newham.gov.uk

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

Refugee and Migrant Project

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

Shelter (Housing Support) 0808 800 4444

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**

Email: 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

Live Well Newham

Better.org.uk/livewell-newham

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

Child line

0800 1111 or 0808 800 5000

Respect (Men's advice Line)

0808 801 0327/ mensadvice.org.uk

In emergency situations please call 999

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 by visiting: [Newham Free 2 year old early years education - Welcome - Newham Online Forms \(achieveservice.com\)](#)

The United West Family Hub

Operates across two Children's Centre sites:
Rebecca Cheetham Children's Centre and Kay
Rowe Children's Centre, so families in both areas
can access hub services.



Free support for families at every stage

beststartinlife.gov.uk

Family Hubs contact:

020 3373 2555 familyhub@newham.gov.uk

Children's Centre Service Users Feedback..



'I feel lively when I come here, as when I'm at home I feel dull.'

Friendly, informative, helpful and supportive for children and families. Super good and very professional in jobs that makes us confident to go centre for children and help'.



'The best feeling I ever got in this country. I do not feel alone.'

'Friendly staff including reception staff, great facilities, refreshing to change scenery and break away from home.'



'Building community and helping parent when stuck.'



LEARNING BAGS & BABY SENSORY BAGS

Speak to a member of the team to find out more about how to borrow free home learning bags for **FREE** for you to use at home with your child.



DAD'S NAILING IT- FATHERS GROUP

COME ALONG TO OUR FATHERS GROUP THAT RUN'S EVERY
MONDAY 10:00AM-11:30AM (TERM TIME ONLY)

Join other fathers from the community neighbourhood to connect whilst spending quality time with your little ones.

For more information please call the centre on 0208 534 3136 or speak to a member of the staff team.

GENTLE REMINDER:

- All our sessions are subject to change according to our availability and guidance from the Local Authority.
- To give families the opportunity to gain the full benefit of our sessions, we ask you to arrive on time. You may not be given access into our Stay and Play sessions if you arrive later than 30 minutes after the session start time. For drop in session we will operate on a first come first serve basis (first 15 families).
- The centre will not be responsible for any missing items, therefore we ask that you do not bring in expensive and valuable goods into our sessions.

Please visit our website for the most recent updates.

MEET THE TEAM



Children's Centre
Lead



Children's Centre
Administrator



Senior Family Support
Worker



Family Support
Worker



Early Years
Practitioner



Early Years
Practitioner



Early Years
Practitioner