

VIRTUAL AND SESSIONAL TIMETABLE



January – March
2022

Monday

Stay and Play @ Abbey Lane
(Face to Face) 0-5 years

Booking required

10:00am – 11:30am

Childminders Network & Training
@ Rebecca Cheetham

(Face to Face)

Invitation only

10:00am – 11:30am

Messy Play @ Abbey Lane
(Face to Face) 0-5 years

Booking required

1:00pm – 2:30pm

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

Tuesday

Stay and Play for 2 year olds @
Rebecca Cheetham

(Face to Face)

Booking required

9:30am – 11:00am

Physiotherapist

*Face to face

Referral/ Invitation only

10:00am – 11:00am

Singing & Storytelling via Zoom
(Online) 0-5 years

Booking required

10:00am – 10:30am

Little Talkers @ Rebecca
Cheetham

(Face to Face) 2-3 years

5 weeks course

Invitation only

1:00pm – 2:30pm

Wednesday

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

(Face to face) 0-5 years

Every 1st and 3rd Wednesday of the
month

Booking required

9:30am – 10:30am

Early Positive Approaches to
Support E-PaTs @ Rebecca
Cheetham

8 weeks Parent Course (for parents with
children under the age of 5 who have a
learning or developmental disability)

Booking required

9:30am – 11:30am

Baby Massage @ Rebecca
Cheetham

(Face to Face)

4 weeks course

Referral/ Invitation only

12:30pm – 1:30pm

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 delivered by the
Health Visiting Team via Zoom
(Online)

Every 3rd Thursday of the month

Booking required

1:30pm – 2:00pm

Stay and Play @ Rebecca
Cheetham

(Face to face) 0-5 years

Booking required

1:00pm – 2:30pm

Friday

Messy 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 @ Rebecca
Cheetham

(Face to face) 12- 30 months
4 weeks course

Booking required

1:00pm – 2:00pm

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

Booking required: You can book sessions by either calling the centre on **0208 534 3136** option 4 or by completing a short registration by visiting this link: <http://forms.gle/ev4eQigw4HBRtKhGA>

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. We would advise to wear a face mask when you are in the centre.

All our sessions are subject to change in accordance to capacity and availability.

Family Support Workshops via Zoom (Booking required)

Making Time for Me (Mindfulness)

Join a member of our Family Support Team to gather ideas and strategies on how you can take time out for yourself to help manage your wellbeing and mental health.

Booking required.

Tuesday 18th January 2022
10:45am – 11:45am

You can book by visiting
<https://forms.gle/5LtEyLgRgkztEtqB7>

Managing a Bedtime Routine

Join a member of our Family Support Team to explore Bedtime routines to support your child to settle for the night and have a restful sleep.

Booking required.

Tuesday 8th March 2022
1:45pm – 2:45pm

Please feel free to call the centre
for more information

Health Promotion Sessions with our local Health Visiting Team via Zoom

Weaning/ Healthy Eating

Thursday 20th January 2022
1:30pm – 2:00pm

Toilet Training

Thursday 17th February 2022
1:30pm – 2:00pm

Accident Prevention and Minor Ailment

Thursday 17th March 2022
1:30pm – 2:00pm

You can register your interest by calling the
centre or following this link

<https://forms.gle/Q5LeigCKdCEZum6Z6>

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.

Adult ESOL Classes with Newham Adult Learning Service

Sessions are run online via Zoom from 1:00pm – 3:00pm

For more information or to register your interest
please call the centre on 0208 534 3136 option 4

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

Nursery placements are NOW AVAILABLE at **Rebecca Cheetham Nursery** for more information



please call the centre on 0208 534 3136 option 1

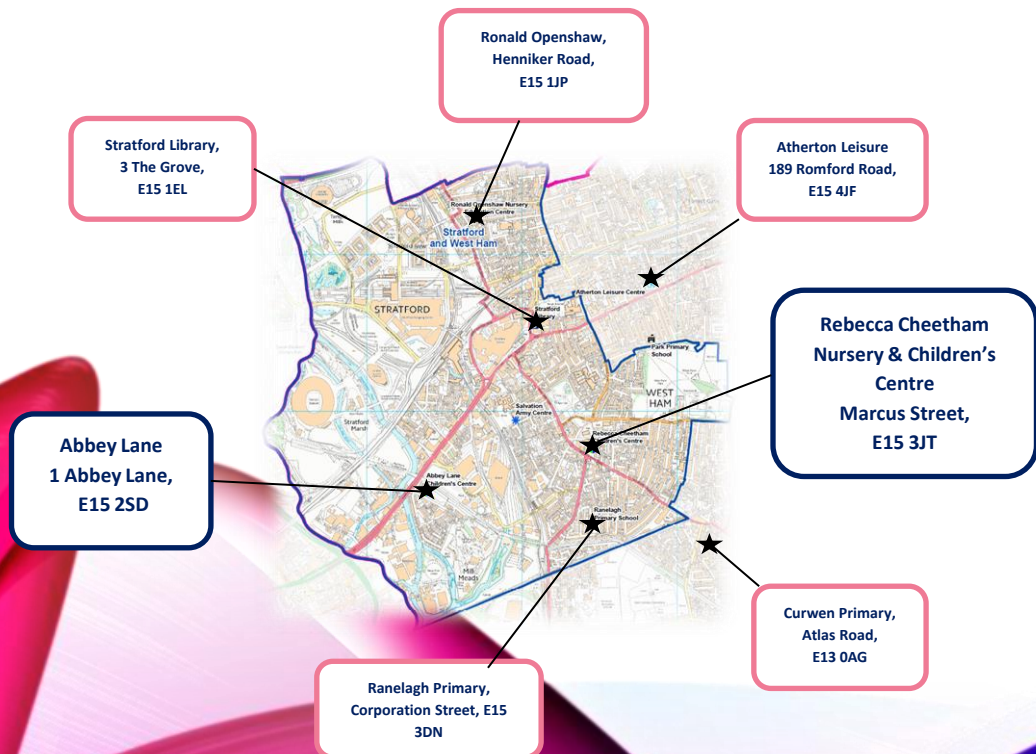
Spaces available for free 15/ 30 hour provision, full-time extended day or term-time places for 2,3&4 year olds

WHY NOT BORROW A FREE LEARNING BAG?

We have lots of great themed learning bags for you to borrow to extend on your child's learning at home. Please feel free to speak with a member of staff to learn more about our learning bags and to find out how to register and start borrowing.

Stratford and West Ham Community Neighbourhood Map

Put the postcode of the venues into google maps or download the city mapper app for directions.



OUR CENTRE IS A
DISTRIBUTING SITE FOR
HEALTHY START VITAMINS



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



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

Applying DOES NOT affect benefits you might be receiving.

WE ARE NEWHAM.

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.

People of the Heart of Everything We Do



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)
BfN 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



IMPORTANT DATES FOR YOUR DIARY

Friday 7th January- *Inset Day for Staff*
30th January – 6th February- *National Storytelling Week*
14th February – 18th February- *Spring Half Term*
Thursday 17th February- *Random act of Kindness day*
Thursday 3rd March- *World Book Day*
Friday 18th March- *Global Recycling Day*