

STRATFORD AND WEST HAM CHILDREN'S CENTRE ACTIVITY PROGRAMME



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



October- December
2025

Monday

Family Stay & Play (Messy Play)

@ Abbey Lane CC
0-4 years

Drop in

10:00am - 11:30am

Please Note: No session on 10/11/2025

Family Stay & Play

@ Abbey Lane CC
0-4 years

Drop In

1:00pm - 2:30pm

Please Note: No session on 10/11/2025

Baby Feeding Café

@ Rebecca Cheetham

Drop In

10:00am-12:00pm



Babies Stay & Play

(Singing and Story time)

@ Rebecca Cheetham

Group 1 - 1:00pm - 1:45pm

Group 2 - 2:00pm - 2:45pm

0-12 months (Pre walkers)

Booking required

Please note: This session is also open to children who are not yet walking. We do not allow shoes in our baby room.

Tuesday

Toddler Stay & Play

@ Rebecca Cheetham
18 months-under 3 years

Booking Required

10:00am - 11:30am

Mini Readers Book Club

@ Rebecca Cheetham
18 months- 3 years

Alongside Toddler Stay and Play

Booking Required

10:00am - 11:30am



Rhyme Time

@ Stratford Library
0-4 years

Drop In

10:00am - 11:00am

Baby Massage

@ Rebecca Cheetham
5 weeks course
Commencing: 04/11/2025

Referral/ Invitation only

1:00pm-2:00pm



Little Talkers Programme

@ Rebecca Cheetham
2-3 years

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

Family Support Drop in

@ Rebecca Cheetham

9:30am - 10:30am



Physiotherapy Group

@ Rebecca Cheetham
Referral/ Invitation only

10:30am-11:30am

Being a Parent (2-16 years)

9 week course

@ Rebecca Cheetham
Commencing: 1st October 2025

Referral/ Invitation only

10:00am-12:00pm

NCT Infant feeding Support Group

@ Rebecca Cheetham

Drop In

(Term Time Only)

11:45am-12:45pm



NCT Parents in Mind

@ Rebecca Cheetham
Referral/Invitation only

1:00pm-2:30pm

Thursday

Baby Stay & Play (Baby Sensory)

@ Rebecca Cheetham
0-12 months

Booking Required

Please note: This session is also open to children who are not yet walking. We do not allow shoes in our baby room.

10:00am - 11:30am

Health Promotion

@ Rebecca Cheetham

Delivered by the Health Visiting Team
Every 3rd Thursday of the month

Booking Required

1:30pm - 2:00pm



Family Stay & Play

@ Rebecca Cheetham
0-4 years

Booking Required

1:00pm - 2:30pm

Please note: we will have a member of the Speech and language Team (NHS) visiting us on 20/11/2025 so please book to speak to them about any worries you have with regards to your child's speech and language development.

Friday

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

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



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

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 sessions if you arrive later than 30 minutes after the session start time.

DATES FOR YOUR DIARY

10th October

WORLD MENTAL HEALTH DAY (WEAR YELLOW TO SHOW SUPPORT)

27th – 31st October

OCTOBER HALF TERM
Please look out for our October Half Programme

13th November

WORLD KINDNESS DAY

10th December

HUMAN RIGHTS DAY

25th December- 6th January

CENTRE CLOSED – Christmas Break

05TH January 2026

STAFF INSET DAY – CENTRE CLOSED

06TH January 2026

CENTRE RE-OPENS
Please visit our website for further information

PARENT WORKSHOPS Held by our Family Support Team

BEDTIME ROUTINE

If you require any extra support with establishing a bedtime routine for your child, then come along to get some tips.

Tuesday 28th October 2025 - 9:15am-10:30am

Booking required.

LET'S TALK PARENTING!

Join the Family Support Team to talk through some of your parenting challenges and gain tips and guidance on how to deal with stressful moments.

Tuesday 18th November - 9:15am-10:30am

Booking required.

NEED SUPPORT THIS WINTER?

Join a member of the Family Support Team to find out about help that is available for you and your family, during the winter period (including activities for your child/ren).

Tuesday 9th December 2025 - 9.15am to 10.30am

Booking required.

HEALTH PROMOTION SESSIONS
(Booking required by calling the Centre)

Toilet Training

Thursday 16th October 2025

1:30pm–2:00pm

Healthy Lifestyles and Weaning

Thursday 20th November 2025

1:30pm – 2:00pm

Accident Prevention and Minor Ailments

Thursday 18th December 2025

1:30pm–2:00pm

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

National Energy Action offers energy advice and support

0800 304 7159

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 \(achieveservice.com\)](#)

October Half Term Programme

Rebecca Cheetham Children's Centre



Newham London

Monday 27 th October	Tuesday 28 th October	Wednesday 29 th October	Thursday 30 th October	Friday 31 st October
<p>Family Stay and Play ANIMAL PLAY (Abbey Lane) 10:00am-11:30am Drop in 0-5 Years</p> <p>A fun and interactive session for parents/carers with children under 5.</p>	<p>Family Stay and Play TRANSPORTS (Rebecca Cheetham) 10:00am - 11:30am Drop in 0-5 years</p> <p>A fun and interactive session for parents/carers with children under 5 years.</p>		<p>Babies Stay and Play EXPLORING OUR FIVE SENSES (Rebecca Cheetham) 10:00am - 11:30am Drop in 0-18 months</p> <p>Enhance your child's social interaction through a friendly play session catered for babies.</p>	<p>Family Stay and Play FAIRY TALES/ STORIES (Rebecca Cheetham) 10:00am - 11:30am Drop in 0-5 years</p> <p>This session is created for children under the age of 5 years and their siblings. Single children also welcome.</p>
<p>Family Stay and Play MARK MAKING (Rebecca Cheetham) 1:30pm - 3:00pm Drop in 0-5 Years</p> <p>A fun and interactive session for parents/carers with children under 5.</p>	<p>Family Stay and Play SEND SESSION (Rebecca Cheetham) 1:30pm - 3:00pm Booking required 0-8 Years</p> <p>A session created for children with who may have special educational needs or disabilities.</p>	<p>Family Craft Session ARTS & CRAFT (Rebecca Cheetham) 10:00am - 11:30pm Booking required 0-8 years</p> <p>This session is created for children under the age of 5 years and their siblings. Single children also welcome.</p>	<p>Family Stay and Play MESSY PLAY (Rebecca Cheetham) 1:30pm - 3:00pm Drop in 0-5 years</p> <p>A fun and interactive session for parents/carers with children under 5 years.</p>	<p>Family Stay and Play IMAGINATIVE PLAY (Rebecca Cheetham) 1:30pm - 3:00pm Booking required 0-8 years</p> <p>This session is created for children under the age of 5 years and their siblings. Single children also welcome.</p>
<p>Babies Stay and Play SINGING AND STORY TIME (Rebecca Cheetham) 1:00pm - 1:45pm Drop in 0-12 months</p> <p>A session created for babies.</p>	<p>Family Fun MINIBEAST ADVENTURE (West Ham Park) 1:00pm - 2:30pm Invitation Only Whole family</p>			

Thank you for taking the time to look through our October Half Term Programme. Please note that you may be turned away if you arrive 30 minutes after the session start time.

All sessions are subject to change.

We look forward to seeing you and your little one/s soon.

For further information please Call the Centre on: 0208 5343136 option 4 or visit our website: www.rebeccaCheetham-newham.sch.uk

CONSULTATION WITH ALEX TSEFOS

AN EARLY YEARS SPECIALIST / PSYCHOLOGIST (CAMHS)

FOR PARENTS OF CHILDREN 0-5 YEARS

Do you wonder if your child is developing healthily?
Do you feel concerned about your child's behaviour?

Are you worried about your mood and how it may affect your relationship with your child?

Please call
Rebecca Cheetham Children's Centre
on 0208 534 3136 to find out more and book an appointment.



INFANT FEEDING SUPPORT

NEWHAM BABY FEEDING
07534249611

Facebook: Newham Baby Feeding
Baby.feeding@newham.gov.uk

NATIONAL BREASTFEEDING HELPLINE

0300 100 0212

LA LECH LEAGUE

0344 120 2918

BABY FEEDING ONLINE SUPPORT GROUP

Tuesdays 1:30pm (book via eventbrite)
www.eventbrite.co.uk/e/123178744933

BFN SUPPORTERLINE

Bengali/ Sylheti 0300 456 2421
(9:30am-9:30pm)

NCT (8am-12.00 midnight)
0300 330 0700

Stratford and West Ham Community Neighbourhood

END OF YEAR CELEBRATION

Come along and join us for a festive themed play session to celebrate a successful year together.

This will take place from

Monday 15th December – Friday 19th December

Please ensure you book your spaces to avoid any disappointments.

Service User Feedback..

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'.

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

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

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

'Building community and helping parent when stuck.'

Games

Finger Foods

Arts and Craft

Music

Fun Activities

And much more...