

# STRATFORD AND WEST HAM CHILDREN'S CENTRE

## Activity Programme



April – June  
2022

### Monday

**Stay and Play @ Abbey Lane**

0-5 years

Booking required

10:00am – 11:30am

**Messy Play @ Abbey Lane**

0-5 years

Booking required

1:00pm - 2:30pm

**Childminders Network &  
Training @ Rebecca Cheetham**

Every 4<sup>th</sup> Monday of the month

Invitation only

10:00am – 11:30am

**Cook and Play with Nutrition  
Kitchen @ Rebecca Cheetham**

2-5 years (5 week course)

Booking required

12:30pm - 1:45pm

### Tuesday

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

0-5 years

Booking required

9:30am – 11:00am

**Rhyme Time @ Stratford Library**

0-2 years

Booking required

10:00am – 11:00am

**Physiotherapist**

Referral/ Invitation only

10:00am – 11:00am

**Little Talkers @ Rebecca  
Cheetham**

2-3 years

(5 weeks course)

Invitation only

1:00pm - 2:30pm

### Wednesday

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

0-5 years

Every 1<sup>st</sup> and 3<sup>rd</sup> 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**

(4 weeks course)

Referral/ Invitation only

1:15pm- 2:15pm

### 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 via  
Zoom (Online)**

Every 3<sup>rd</sup> Thursday of the month

Booking required

1:30pm – 2:00pm

**Stay and Play @ Rebecca  
Cheetham**

0-5 years

Booking required

1:00pm- 2:30pm

### Friday

**Messy Play @ Rebecca Cheetham**

0-5 years

Booking required

10:00am – 11:30am

**Nature Trail @ West Ham Park**

0-5 years

Booking required

10:00am – 11:30am

**Stay and Play SEND @ Rebecca  
Cheetham**

*A safe, welcoming and non-judgemental  
environment for parent/ carers of  
children under the age of 5 who have a  
learning or developmental disability.*

0-5 years

Booking required

1:00pm- 2:30pm

Please book your space by calling the centre on 0208 534 3136 (Option 4 ) Between 8:30am- 3:30pm, a week before the session delivery.

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)

### Toilet Training Workshop

Join our Family Support Team to gather tips, strategies and share experiences on how to support your child (over the age of 18 months) to transition from the nappy to the toilet.

**Booking required.**

**Tuesday 10<sup>th</sup> May 2022**  
**1:45pm – 2:45pm**

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

### Parenting Q&A

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

**Booking required.**

**Tuesday 14<sup>th</sup> June 2022**  
**10:45am – 11:45am**

Please feel free to call the  
centre for more information

## Health Promotion Sessions delivered by our local Health Visiting Team via Zoom

### Weaning/ Healthy Eating

Thursday 21<sup>st</sup> April 2022  
1:30pm – 2:00pm

### Toilet Training

Thursday 19<sup>th</sup> May 2022  
1:30pm – 2:00pm

### Accident Prevention and Minor Ailment

Thursday 16<sup>th</sup> June 2022  
1:30pm – 2:00pm

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

<https://forms.gle/Q5LeigCKdCEZUm6Z6>

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

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

## 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 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

Online via Zoom led by Newham Adult Learning Service on Monday from  
1:00pm – 3:00pm. For more information or to register your interest, please call the centre.

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

### Refugee and Migrant Project

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

**Shelter** 0808 800 4444

**Newham Council** 0208 430 2000

For mothers with children under 5 at risk of homelessness or in an insecure accommodation. **The Magpie Project**  
075 6118 0825

### 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

#### Newham MIND

020 7510 1081

### 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 affecting 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 or you can make a self referral by visiting:

[https://newham-self.achieveservice.com/service/early\\_help\\_family\\_support\\_referral](https://newham-self.achieveservice.com/service/early_help_family_support_referral)

Or by scanning the following QR code





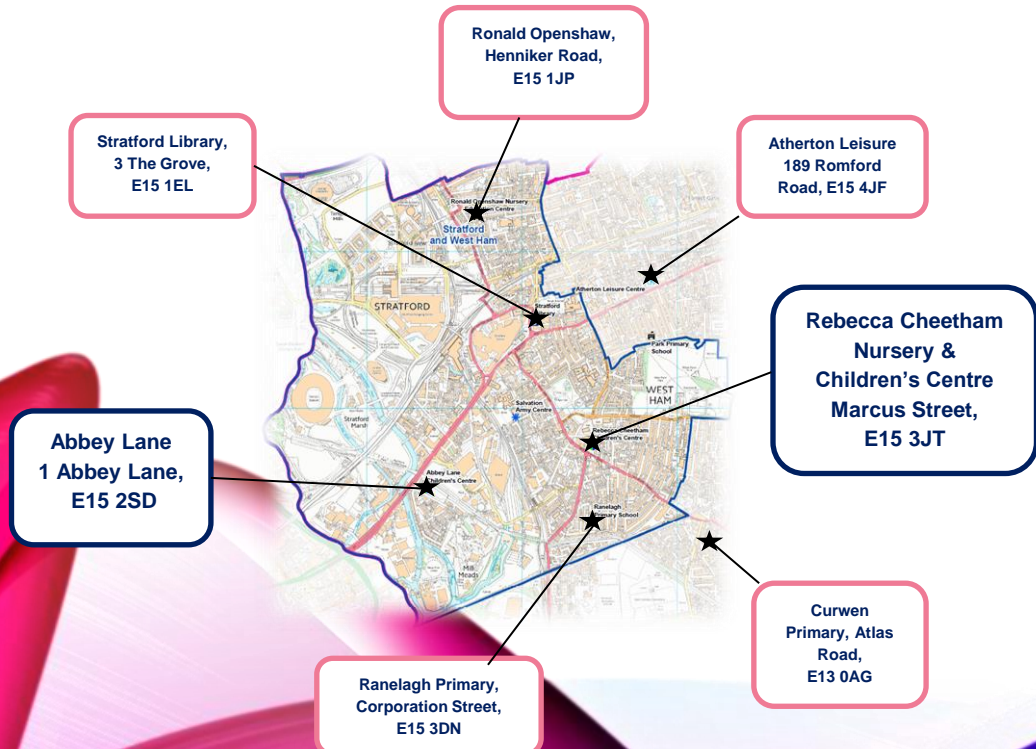
**April Half Term**  
4<sup>th</sup> April – 15<sup>th</sup> April  
**Good Friday**  
15<sup>th</sup> April  
**Easter Monday**  
18<sup>th</sup> April  
**World Heritage Day**  
22<sup>nd</sup> April  
**Walk to School Week**  
16<sup>th</sup> May – 20<sup>th</sup> May

**Early May Bank Holiday**  
2<sup>nd</sup> May  
**Spring Bank Holiday**  
2<sup>nd</sup> June  
**Platinum Jubilee Bank Holiday**  
2<sup>nd</sup> June – 3<sup>rd</sup> June  
**Child Safety Week**  
6<sup>th</sup> June – 12<sup>th</sup> June  
**Early May Bank Holiday**  
30<sup>th</sup> May – 4<sup>th</sup> May

## IMPORTANT DATES FOR YOUR DIARY

## Stratford and West Ham Community Neighbourhood Map

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



## 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.



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](http://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](mailto:healthvisiting@newham.gov.uk)  
020 3373 9983  
[www.newham.gov.uk/childrenshealth](http://www.newham.gov.uk/childrenshealth)

**Newham Baby Feeding**  
07534 249611  
Facebook: Newham Baby Feeding  
[baby.feeding@newham.gov.uk](mailto:baby.feeding@newham.gov.uk)

**Baby feeding online support group**  
Tuesdays 1.30pm – Book via Eventbrite  
[www.eventbrite.co.uk/e/123179744933](http://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 Leche League – 0345 120 2918  
NCT – 0300 330 0700 (8am – 12.00 midnight)

Correct at October 2020



**Newham's Children's Centres**  
offer a range of services to help  
give your child the Best Start in  
Life.

You can register for free if you are  
a Newham resident with a child  
under 5 (including if you're  
pregnant).  
You can register by scanning the  
QR code.

