

# STRATFORD AND WEST HAM CHILDREN'S CENTRE

## Activity Programme



July - September  
2023

### Monday

**Family Stay & Play** (Messy Play)  
@ Abbey Lane Children's Centre  
0-4 years

*Booking required*

**10:00am - 11:30am**

**Family Stay & Play**  
@ Abbey Lane Children's Centre  
0-4 years

*Booking required*

**1:00pm - 2:30pm**

**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: We understand that children develop at their own unique pace, therefore, this session is also appropriate for children who are not yet walking.*

### Tuesday

**Toddler Stay & Play**

2-3 year olds @ Rebecca Cheetham

*Booking required*

*Please note: This session is created for the specified age group only.*

**9:30am - 11:00am**

**Physiotherapist Team**

@ Rebecca Cheetham

*Referral/ invitation only*

**10:00am - 11:00am**

**Family Out & About**

(West Ham Park)

0-4 years

*Commencing: 5<sup>th</sup> September*

*Booking required*

**10:00am - 11:30am**

**Little Talkers @ Rebecca Cheetham**

2-3 years

*5 week course*

*Commencing: TBC*

*Referral/ invitation only*

**1:15pm - 2:30pm**

### Wednesday

**Hug in a Mug** (Tea/ Coffee  
morning) @ Rebecca Cheetham  
0-4 years

*Booking required*

**9:30am - 10:30am**

**Baby Massage @ Rebecca  
Cheetham**

*4 weeks course*

*Commencing: 23<sup>rd</sup> August*

*Referral/ Invitation only*

**12:30pm - 1:30pm**

#### PLEASE NOTE:

The Centre will be closed  
from

Monday 24<sup>th</sup> July 2023 –

Friday 4<sup>th</sup> August 2023

(2 weeks).

We will be re-opening on  
Monday 7<sup>th</sup> August 2023

**Please find our Summer  
Programme on the last page!**

### Thursday

**Baby Stay & Play** (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) @ Rebecca Cheetham

*Every 3<sup>rd</sup> Thursday of the month along  
side Stay and Play*

*Booking required*

**1:30pm - 2:00pm**

401

**Family Stay & Play**

@ Rebecca Cheetham

0-4 years

*Booking required*

**1:00pm - 2:30pm**

### 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**

**Book Start Corner @ Rebecca  
Cheetham**

12-30 months

Find the love of books with your child.

*4 week course*

*Commencing: 8<sup>th</sup> September*

*Booking required*

**1:15pm - 2:15pm**

**Booking required:** You can book sessions by calling the centre on **0208 534 3136** option 4 – Line will be open from 8:30am – 4:00pm (Mon-Fri) excluding Bank Holiday/ Inset Days

**Referral/ Invitation Only:** These sessions are created for families who have been invited/ referred into a session by another professional or agency.

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

# Workshops and Drop-In sessions

## Health Promotion Sessions (Booking required by calling the Centre)

### Toilet Training

Thursday 20<sup>th</sup> July 2023  
1:30pm – 2:00pm

### Healthy Lifestyles and Weaning

Thursday 17<sup>th</sup> August 2023  
1:30pm – 2:00pm

### Accident Prevention

Thursday 21<sup>st</sup> September 2023  
1:30pm – 2:00pm

### Child Health Clinic 10 Vicarage Lane, E15 4ES

### See a Health Visitor @ Vicarage Lane Health Centre (NO APPOINTMENT NEEDED)

Every 2<sup>nd</sup> Thursday of the month 1:30pm–3:30pm  
Every 4<sup>th</sup> Thursday of the Month 9:30am–11:30am

### Family Support - Wellbeing Drop-In (monthly) (17<sup>th</sup> July, 14<sup>th</sup> August & 18<sup>th</sup> September) 1:00pm–3:00pm

We all sometimes need a space where we can speak about our experiences in a safe, confidential and non judgmental environment. This is the reason as to why we have created this monthly drop in session for you! You will be able to speak to one of our highly skilled and professional Family Support Worker to help provide you some guidance or just a listening ear.  
Booking through QR Code provided above.



### 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 please contact the Children's Centre for more information.

## 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](http://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** 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 2043 0241](tel:020204302041)

Email: [ournewhammoney@newham.gov.uk](mailto: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

### 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 effecting 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

If you would like to make a self referral into Family Support, you can do this by visiting:  
[Login \(newham.gov.uk\)](https://www.newham.gov.uk/login)

(Please note: you will need to register before making a referral for support). You could also contact Newham MASH on 0203 373 4600 for further guidance.

**SPEECH AND LANGUAGE THERAPY - EARLY YEARS  
ADVICE HOTLINE FOR PARENTS  
PRE-NURSERY and NURSERY AGED CHILDREN**

Do you need advice about your child's **talking**?  
Do you feel that your child doesn't always **listen** to you?  
Are you concerned about their **eating or drinking**?  
Would you like some **advice** on how to help your child as you wait for Speech and Language Therapy?  
If so, then please call and speak to a member of the **Early Years Speech and Language Therapy Team** for advice and ideas.

Call us at **020 8586 6245**  
Every **Tuesday** from **10.00am to 4.00pm**

**First Tuesday** of the month: **Bengali** (and English) speaker available  
**Second Tuesday** of the month: **Tamil** (and English) speaker available

**TALKING TOTS PROGRAMME**

**TALKING TOTS PROGRAMME:**  
The Children's Health 0-19 Service are excited to launch the Talking Tots Programme commencing in September 2021. The programme has been developed to enable parents to achieve the best start in supporting their child(ren) to develop their speech, language and communication skills.

- Is your child aged between **12 months to 30 months**?
- Do you want to gain more confidence in supporting your child to develop their speech, language and communication skills?
- Do you want to speak to your health visiting team about boosting your child's play and listening skills?

If your answer is yes to any of these questions, then booking yourself on to the 6 weeks Talking Tots programme will enable you to achieve the best start in supporting your child to develop their speech, language and communication skills. Six sessions will be delivered over six weeks. Each session will take place for 90 minutes and parents/carers are given 2 top tips to work on each week to support their child's speech, language and communication skills. The Talking Tots programme is hosted by the Health Visiting teams on a virtual platform (Zoom). The details will be made available following registration.

**HOW TO BOOK:**  
To book a place onto the Talking Tots programme you can;

- Complete a registration form – [https://newham-self.achieveservice.com/service/Specialist\\_Health\\_Visiting\\_Service\\_Talking\\_Tots\\_programme](https://newham-self.achieveservice.com/service/Specialist_Health_Visiting_Service_Talking_Tots_programme). A member of the team will then be in touch with the session details.
- Or call the team on **0203 373 9983 - Option 3**

Joining details will be available after registration.

**NHS** Newham London

**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)  
BIN 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

**NHS** OUR CENTRE IS A DISTRIBUTING SITE FOR HEALTHY START VITAMINS Newham London

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

**£8.50 a week** for babies under 1 year old  
**£4.25 a week** for pregnant women and children from 1 up to 4 years old

**FREE** Healthy Start vitamins including Vitamin D

**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

**DATES to REMEMBER**

**PLEASE NOTE:** The Centre will be closed from Monday 24<sup>th</sup> July 2023 – Friday 4<sup>th</sup> August 2023 (2 weeks). We will be re-opening on Monday 7<sup>th</sup> August 2023

Friday 21<sup>st</sup> July 2023- STAFF INSET DAY  
Friday 1<sup>st</sup> September 2023- STAFF INSET DAY  
Monday 4<sup>th</sup> September 2023- STAFF INSET DAY

If you have any concerns about your child's growth, emotional and mental health, their physical development or cognition, or if you are concerned about your own well-being as a parent, you can always speak to your health visitor by contacting the **Single Point of Access** on 020 3373 9983.

**WORK4ALL**  
Start your journey towards finding a job that works for you! Please feel free to make contact with the groundwork advisors:  
Lorraine: 07889755505 or [lorraine.rose@groundwork.org.uk](mailto:lorraine.rose@groundwork.org.uk)  
Lucy: 07889756138 or [lucy.mpofu@groundwork.org.uk](mailto:lucy.mpofu@groundwork.org.uk)

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

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

**Are you struggling due to the cost of living? See a member of staff to explore The HSF funding.**

# Summer Term Programme

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week Beginning</b> 24 <sup>th</sup> July	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED
<b>Week beginning</b> 31 <sup>st</sup> July	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED
<b>Week beginning</b> 7 <sup>th</sup> August	Stay and Play @ Rebecca Cheetham 0-4 years Booking Required 10:00am-11:30am ..... Stay and Play @ Abbey Lane CC 0-4 years Booking Required 1:00pm-2:30pm	Stay and Play @ Rebecca Cheetham 0-4 years Booking Required 10:00am-11:30am ..... Family Fun @ Rebecca Cheetham INVITE ONLY 1:00pm-2:30pm	Educational Visit @ Childhood Museum V&A 0-4 years Booking required 10:00am-1:00pm ..... Limited Buggy Spaces	Baby Sensory @ Rebecca Cheetham 0- 12 months Booking Required 10:00am-11:30am ..... Stay and Play @ Rebecca Cheetham 0-4 years Booking Required 1:00am-2:30pm	Family Play @ West Ham Park Children under 4 years and siblings Booking required 10:00am-11:30am ..... Stay and Play @ Rebecca Cheetham 0-4 years Booking Required 1:00pm-2:30pm
<b>Week beginning</b> 14 <sup>th</sup> August	Stay and Play @ Rebecca Cheetham 0-4 years Booking Required 10:00am-11:30am ..... Stay and Play @ Abbey Lane CC 0-4 years Booking Required 1:00pm-2:30pm	Stay and Play @ Rebecca Cheetham 0-4 years Booking Required 10:00am-11:30am ..... Family Fun @ West Ham Park INVITE ONLY 1:00pm-2:30pm	Educational Visit @ Greenwich Park and Museum 0-4 years Booking required 10:00am-1:00pm ..... Limited Buggy Spaces	Baby Sensory @ Rebecca Cheetham 0- 12 months Booking Required 10:00am-11:30am ..... Stay and Play @ Rebecca Cheetham 0-4 years Booking Required 1:00am-2:30pm	Family Play @ Rebecca Cheetham Children under 4 years and siblings Booking required 10:00am-11:30am ..... Stay and Play @ Rebecca Cheetham 0-4 years Booking Required 1:00pm-2:30pm
<b>Week beginning</b> 21 <sup>nd</sup> August	Stay and Play @ Rebecca Cheetham 0-4 years Booking Required 10:00am-12:00pm ..... Stay and Play @ Abbey Lane CC 0-4 years Booking Required 1:00pm-2:30pm	Stay and Play @ Rebecca Cheetham 0-4 years Booking Required 10:00am-11:30am ..... Family Fun @ Childhood Museum V&A INVITE ONLY 10:00pm-2:00pm	Family Play @ Rebecca Cheetham Children under 4 years and siblings Booking required 10:00am-11:30am	Baby Sensory @ Rebecca Cheetham 0- 12 months Booking Required 10:00am-11:30am ..... Stay and Play @ Rebecca Cheetham 0-4 years Booking Required 1:00am-2:30pm	Educational Visit @ Thames Barrier Park 0-4 years Booking required 10:00am-1:00pm ..... Limited Buggy Spaces
<b>Week beginning</b> 28 <sup>th</sup> August	BANK HOLIDAY	Family Fun @ Rebecca Cheetham CC INVITE ONLY 11:00am-2:00pm	Educational Visit @ Gospel Oak Park 0-4 years Booking required 10:00am-12:30pm ..... Limited Buggy Spaces	Family Play (Celebrating Different Cultures - bring a Dish) @ Rebecca Cheetham Children under 4 years and siblings Booking required 10:00am-12:30pm	INSET DAY