

STRATFORD AND WEST HAM CHILDREN'S CENTRE ACTIVITY PROGRAMME



July – September 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



July – September
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

Wednesday

Hug in a Mug (Coffee morning)

@ Rebecca Cheetham

0-4 years

Drop In

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 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

IMPORTANT INFORMATION: The Children's Centre is currently going through a transformation in line with the council's plan. All our sessions are subject to change according to our availability and guidance from the Local Authority.

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!

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

GENTLE REMINDER:

- To give all 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 20 minutes after the session start time. For drop in session we will operate on a first come first serve basis (first 12- 15 families).
- The Centre will not be responsible for any personal 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 and information.

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.



DATES FOR YOUR DIARY

20th July- 31st August

CENTRE CLOSED

3rd August

BANK HOLIDAY

4th August

CENTRE RE-OPENS
Beginning of Summer Programme

31st August

BANK HOLIDAY

23rd September

Macmillian Coffee Morning (Cake Sale)
Charity Event

HEALTH PROMOTION SESSIONS - (Booking required by calling the Centre)

Toilet Training

Thursday 16th July 2026
1:30pm – 2:00pm

Healthy Eating and Weaning

Thursday 20th August 2026
1:30pm – 2:00pm

Accident Prevention and Minor Ailments

Thursday 17th September 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

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.

For more information please speak to a
member of the Children's Centre Team.

Free support for families at every stage

beststartinlife.gov.uk

Family Hubs contact:

020 3373 2555 familyhub@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](tel:02084302041)

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/ mensadviceline.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](http://Newham Free 2 year old early years education - Welcome - Newham Online Forms)

achieveservice.com

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.'

Children's Centre Summer Programme



Rebecca Cheetham Children's Centre



		Monday	Tuesday	Wednesday	Thursday	Friday
Week Beginning 20 th – 31 st July	AM	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED
	PM	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED
Week beginning 3 rd August	AM	CENTRE CLOSED	STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 10:00am-11:30am	HUG IN A MUG (Coffee Morning) 0-5 years Rebecca Cheetham CC 9:30am-10:30am	BABY STAY & PLAY DROP IN 0-12 months Rebecca Cheetham CC 10:00am-11:30am	STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 10:00am-11:30am
	PM		STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 1:00pm-2:30pm		STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 1:00pm-2:30pm	STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 1:00pm-2:30pm
Week beginning 10 th August	AM	STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 10:00am-11:30am	STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 10:00am-11:30am	EDUCATIONAL VISIT 2-8 years Queen Elizabeth Olympic Park 10:00am-12:00pm  Please call the centre to make a booking.	BABY STAY & PLAY DROP IN 0-12 months Rebecca Cheetham CC 10:00am-11:30am	FAMILY COOK, EAT AND PLAY 0-8 years Rebecca Cheetham CC 10:00am-12:30pm
	PM	BABY STAY & PLAY DROP IN 0-12 months Rebecca Cheetham CC 1:00pm-2:30pm	STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 1:00pm-2:30pm			STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 1:00pm-2:30pm
Week beginning 17 th August	AM	STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 10:00am-11:30am	STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 10:00am-11:30am	EDUCATIONAL VISIT 2-8 years Princess Diana Park 10:00am-12:00pm  Please call the centre on 020 8534 3136 to make a booking.	BABY STAY & PLAY DROP IN 0-12 months Rebecca Cheetham CC 10:00am-11:30am	FAMILY PICNIC & PLAY IN THE PARK 0-8 years West Ham Park Meeting Point: Playground 11:00am- 2:00pm
	PM	BABY STAY & PLAY DROP IN 0-12 months Rebecca Cheetham CC 1:00pm-2:30pm				STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 1:00pm-2:30pm
Week beginning 24 th August	AM	STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 10:00am-11:30am	STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 10:00am-11:30am	HUG IN A MUG (Coffee Morning) 0-5 years Rebecca Cheetham CC 9:30am-10:30am	BABY STAY & PLAY DROP IN 0-12 months Rebecca Cheetham CC 10:00am-11:30am	STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 10:00am-11:30am
	PM	BABY STAY & PLAY DROP IN 0-12 months Rebecca Cheetham CC 1:00pm-2:30pm				STAY & PLAY DROP IN 0-5 years Rebecca Cheetham CC 1:00pm-2:30pm