

STRATFORD AND WEST HAM CHILDREN'S CENTRE ACTIVITY PROGRAMME



JANUARY – MARCH 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



January – March
2026

Monday

Family Stay & Play @ Abbey Lane CC

0-4 years

Drop in

10:00am - 11:30am



Baby Feeding Café

@ Rebecca Cheetham

Drop In

10:00am-12:00pm

Dad's Nailing It - Dad's Group

@ Rebecca Cheetham

10:00am-11:30am

0-4 years

Drop in



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

Consultation with Alex (CAMHS)

@ Rebecca Cheetham

Come and talk through any worries that is having an affect on the relationship with your child.

Booking required

1:30pm - 4:45pm

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

Commencing: 06/01/2026

10:00am - 11:00am

Little Talkers Programme

@ Rebecca Cheetham

2-3 years

Commencing: 3rd February 2026

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

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

Early Positive Approaches to Support (EPAtS)

@ Rebecca Cheetham

8 week course

Commencing: 21st January 2026

Invitation only

9:30am - 11:30am

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

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 **12/02/2026** 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

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



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

DATES FOR YOUR DIARY

5th January 2026

CENTRE CLOSED – STAFF INSET DAY

06th January 2026

CHILDREN'S CENTRE SESSION RECOMMENCE

09th -15th February 2026

CHILDREN'S MENTAL HEALTH WEEK

16th - 20th February 2026

FEBRUARY HALF TERM PROGRAMME
(Please look out for our half term programme)

05th March 2026

WORLD BOOK DAY

29th March 2026

BRITISH SUMMER TIME BEGINS
(Clocks go forward 1 hour at 1am)

PARENT WORKSHOPS Held by our Family Support Team

BENEFITS BREAKDOWN

Come along to find out how to access financial support that you are entitled to, from government benefits to local grants and schemes.

Tuesday 13th January – 10:00am-11:15am

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.

Wednesday 18th February - 9:30am-10:30am

Booking required.

BEDTIME ROUTINE (VIRTUAL SESSION)

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

Tuesday 24th March - 10:00am-11:15am

Booking required.

HEALTH PROMOTION SESSIONS (Booking required by calling the Centre)

Toilet Training

Thursday 15th January 2026

1:30pm– 2:00pm

Healthy Lifestyles and Weaning

Thursday 19th February 2026

1:30pm – 2:00pm

Accident Prevention and Minor Ailments

Thursday 19th March 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

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 \(achieveservice.com\)](#)

Free support for families at every stage

beststartinlife.gov.uk

Family Hubs contact:

☎ 020 3373 2555 ✉ familyhub@newham.gov.uk



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.'



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.



HLE- LITTLE TALK-BIG VOICE PROGRAMME

Our Home Learning Environment (HLE) Programme, helps you understand that the everyday spaces, routines, and warm interactions that you have in your home have a greater impact on your child's development and helps them thrive. It's not just about the physical environment, but also the little moments - the chats that you share, the encouragement you give, and the positive connections you build with your child that matters.

Find out more about this 4 week programme delivered at the centre by calling us on 2028 534 3136

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.

MEET THE TEAM



Children's Centre
Lead



Children's Centre
Administrator



Senior Family Support
Worker



Family Support
Worker



Early Years
Practitioner



Early Years
Practitioner



Early Years
Practitioner

GENTLE REMINDER:

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

Please visit our website for the most recent updates.