

STRATFORD AND WEST HAM CHILDREN'S CENTRE ACTIVITY PROGRAMME



October - December
2023

Monday

Family Stay & Play (Messy Play)

@ Abbey Lane CC

0-4 years

Booking required

10:00am - 11:30am

Nutrition Kitchen

@ Rebecca Cheetham CC

Delivered by the Nutrition Kitchen Team

Commencing: 2nd October

Booking required

10:30am - 11:45am

Family Stay & Play

@ Abbey Lane CC

0-4 years

Booking required

1:00pm - 2:30pm

Babies Stay & Play (Singing & Story time) @ Rebecca Cheetham

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

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

0-12 months (Pre walkers)

Booking required

Tuesday

Toddler Stay & Play

2 year olds @ Rebecca Cheetham

Booking required

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

9:30am - 11:00am

SALT Tune in- Music Group

@ Rebecca Cheetham

Delivered by the Speech and Language Team

Referral/ invitation only

10:00am - 11:00am

Rhyme Time

@ Stratford Library

0-4 years

Commencing: 10th October

10:00am - 11:00am

Little Talkers @ Rebecca Cheetham

2-3 years

5 week course

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

Family Support Drop in

@ Rebecca Cheetham

Come and speak to one of our friendly Family Support Workers to see what support can be put in place for you and your family.

18th October

15th November

13th December

9:30am - 11:00am

Early Positive Approaches to Support (EPAtS)

@ Rebecca Cheetham

8 week course

Commencing: 11th October

Invitation only

9:30am - 11:30am

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
Every 3rd Thursday of the month along side Stay and Play

Booking required

1:30pm - 2:00pm

Family Stay & Play

@ Rebecca Cheetham

0-4 years

Booking required

1:00pm - 2:30pm

The Fantastic Speech and Language Team will be visiting our sessions on the **14th December**, so please speak to them to gain advice around your child's speech and communication.

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

Baby Massage

@ Rebecca Cheetham

4 weeks course

Commencing: 24th November

Referral/ Invitation only

12:30pm - 1:30pm

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.

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

All our sessions are subject to change according to our availability and guidance from the local authority

Workshops and Drop-In sessions

Health Promotion Sessions (Booking required by calling the Centre)

Toilet Training

Thursday 19th October 2023
1:30pm – 2:00pm

Healthy Lifestyles and Weaning

Thursday 16th November 2023
1:30pm – 2:00pm

Accident Prevention and Minor Ailments

Thursday 21st December 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 2nd Thursday of the month 1:30pm–3:30pm
Every 4th Thursday of the Month 9:30am–11:30am

Family Support Drop-In (monthly)

Wednesday 18th October
Wednesday 15th November
Wednesday 13th December
9:30am - 11:00am

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.

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

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 2041](tel:020204302041)

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

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

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

**STAY AND PLAY FOR UNDER 5s
WITH A SPEECH AND
LANGUAGE THERAPIST
Thursday 14th December 2023**

Please feel free to drop in and speak to us if:

YOU ARE WORRIED YOUR CHILD IS NOT TALKING OR DOESN'T UNDERSTAND YOU

YOU ARE WONDERING IF YOUR CHILD NEEDS A REFERRAL TO SPEECH AND LANGUAGE THERAPY

YOU WOULD LIKE TO KNOW MORE ABOUT THE SPEECH AND LANGUAGE THERAPY JOURNEY

IS YOUR CHILD ON THE WAITING LIST FOR SPEECH AND LANGUAGE THERAPY?

DO YOU WANT TO KNOW WHAT THE NEXT STEP FOR YOUR CHILD IS?

DO YOU WANT TO KNOW MORE ABOUT STRATEGIES TO SUPPORT YOUR CHILD'S COMMUNICATION

WOULD YOU LIKE SOME ADVICE?

If you are worried about your child's communication skills, please come to one of our drop-in sessions

Contact your local Children's Centre for more information



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)
BfN 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



**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

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

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 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

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
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://login.newham.gov.uk)

(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.

DATES to REMEMBER

UPCOMING EVENTS

11th October

CHARITY EVENT-

Macmillian Coffee Morning (CAKE SALE) Come and Join us!!!

23rd - 27th October

HALF TERM

Join us for our Half Term Programme
(Please visit our website for more info)

30th October

INSET DAY

The centre will be closed for staff inset

12th November

DIWALI

Hindu Holiday

8th December

HANNUKAH

First day of Hannukah
Jewish Holiday

25th – 29th December

CHRISTMAS BREAK

The centre will be closed

2nd January 2014

CENTRE RE-OPENS

Look out for our new activity programme

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 11th December – Tuesday 19th December

Please ensure you book your spaces to avoid any disappointments.

Fun Activities

Finger Foods

Games

Music

Creative activities

And much more...

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

Lucy: 07889756138 or 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.