

VIRTUAL AND SESSIONAL TIMETABLE



April - June
2021

Monday

**Exploring our Local Park-
Stratford Park** (Face to Face)

***Please call the centre to
book your space***

Booking required

10:00am – 11:30am

**Adult ESOL classes by NALS
via Zoom *Online**

**Registration / Booking
required**

1:00pm - 3:00pm

**Tea with the EYP's via Zoom
*Online**

Every 3rd Monday of the month

Booking required

1:00pm-1:30pm

Tuesday

**Singing & Storytelling via
Zoom *Online 0-5 years**

Booking required

10:00am - 10:30am

Baby Massage

(Face to Face)

Referral/ Invitation only

11:00am - 12:00pm

**Childminders Network &
Training via Zoom *Online**

Invitation only

2:00pm - 3:00pm

Wednesday

**Exploring our Local Park-
Elizabeth Olympic Park**

(Face to Face)

***Please call the centre to
book your space***

Booking required

10:00am – 11:30am

Little Talkers

(Face to Face)

2-3 years

***Please call the centre for
more information***

Invitation only

1:00pm-2:00pm

Thursday

Baby Singing via Zoom

***Online Under 18 months**

Booking required

10:00am - 10:30am

**Exploring our Local Park-
West Ham Park**

(Face to Face)

Invitation only

1:00pm - 2:30pm

Health promotion Session

Every 3rd Thursday of the month

Booking required

1:30pm – 2:00pm

**Befriending Programme
Support**

Invitation only

1:00pm - 3:00pm

Friday

**Exploring our Local Park-
West Ham Park**

(Face to Face)

Invitation only

10:00am – 11:30am

**Singing & Storytelling via
Zoom *Online 0-5 years**

Booking Required

1:00pm - 1:30pm

Baby Massage

(Face to Face)

Referral/ Invitation only

2:30pm- 3:30pm

Book required: You can book sessions by either calling the centre on **0208 534 3136** option 4 or by completing a short registration by visiting this link:

<http://forms.gle/ev4eQigw4HBRtKhGA>

Invitation Only: These sessions are created for families who have been invited into a session only.

***PLEASE NOTE:** When parents are in the building for face to face sessions, medical graded masks are required to be worn at all times (this can be provided).

Family Support Workshops via Zoom (Booking required)

Making Time for Me

(Encouraging mindfulness and wellbeing)

Join the Family Support Team to get ideas on how to manage your wellbeing and take care of your mental health.

Tuesday 20th April 2021
1:45pm – 2:45pm

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

Advice around Housing

Join the Family Support Team to gain advice around your housing needs and understand the process and services available to help you.

Tuesday 18th May 2021
1:45pm – 2:45pm

Please feel free to call the centre for more information

Health Promotion Sessions with our local Health Visiting Team via Zoom

Home Safety and Accident Prevention

Thursday 15th April 2021
1:30pm – 2:00pm

Healthy Eating

Thursday 20th May 2021
1:30pm – 2:00pm

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

<https://forms.gle/Q5LeigCKdCEZum6Z6>

Free Early Education for Two Year Olds

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/directary/localoffer.page> for more information.

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

Refugee and Migrant Project

https://www.renewalprogramme.org.uk/Pages/Cat_/refugee-and-migrants-project

Shelter 0808 800 4444

Newham Council 0208 430 2000

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

Chat Newham (Befriending)
08081963510

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 affecting your family life, they are ready to see how they can help and support you.

For more information please feel free to call us on 0208 534 3136 or you can make a self referral into the service by visiting:

https://newham-self.achieveservice.com/service/early_help_family_support_referral