

# 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](http://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: 3<sup>rd</sup> 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: 21<sup>st</sup> 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 3<sup>rd</sup> 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

5<sup>th</sup> January 2026

CENTRE CLOSED – STAFF INSET DAY

06<sup>th</sup> January 2026

CHILDREN'S CENTRE SESSION RECOMMENCE

09<sup>th</sup> -15<sup>th</sup> February 2026

CHILDREN'S MENTAL HEALTH WEEK

16<sup>th</sup> - 20<sup>th</sup> February 2026

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

05<sup>th</sup> March 2026

WORLD BOOK DAY

29<sup>th</sup> March 2026

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

## PARENT WORKSHOPS Held by our Family Support Team

### BENEFITS BREAKDOWN

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

**Tuesday 13<sup>th</sup> 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 18<sup>th</sup> 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 24<sup>th</sup> March - 10:00am-11:15am**

Booking required.

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

### Toilet Training

Thursday 15<sup>th</sup> January 2026

1:30pm– 2:00pm

### Healthy Lifestyles and Weaning

Thursday 19<sup>th</sup> February 2026

1:30pm – 2:00pm

### Accident Prevention and Minor Ailments

Thursday 19<sup>th</sup> 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 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

## CONTACT DETAILS FOR HEALTH VISITING TEAM

## NEWHAM HEALTH VISITING TEAM

[healthvisiting@newham.gov.uk](mailto:healthvisiting@newham.gov.uk)

020 3373 9983

[www.newham.gov.uk/childrenshealth](http://www.newham.gov.uk/childrenshealth)

or

[CHIS@newham.gov.uk](mailto: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](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** 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](mailto: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](http://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](mailto: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](http://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](https://beststartinlife.gov.uk)

Family Hubs contact:

☎ 020 3373 2555 ✉ [familyhub@newham.gov.uk](mailto:familyhub@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.

### 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

# 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.