April - June 2019

Free services for families with children under five

Forging forces to give children the Best Start In Life

Stratford & West Ham Community Neighbourhood

Rebecca Cheetham Nursery & Children’s Centre
Marcus Street, London E15 3JT, Telephone: 020 8534 3136 option 4
Email: childrenscentre@rebeccacheetham.newham.sch.uk

Like our Facebook page

Follow us on Twitter@RCNCC15
**Monday**

**Breastfeeding Support Group**
Find out more about breastfeeding, share experiences and gain professional advice and support from the BARTS Health Parent Education Team.
2:00pm-4:30pm. Drop-in session.
Please note: No drop ins on the following date 1st April and 29th April 2019

**Bumps and Bundles Group**
A fun and interactive session designed for expectant parents and for parents and carers of babies under one year of age.
10:00am-11:30am. Term Time Only.

**Move it to Music**
A fun and interactive session designed for mums, dads, carers and family members to get active through music and dance.
1:00pm-2:00pm. Term Time Only.

**Stay and Play**
A fun and interactive session for mums, dads, carers & family members with children under 5.
10:00am-11:30am. Term Time Only.

**Singing and Storytelling**
Come along and enjoy singing nursery rhymes and other fun songs together with your child and help us to bring stories alive.
1:30pm-2:30pm. Term Time Only.

Don’t forget to bring in your yellow or white Newham Children’s Centre Cards to every session.
Stay and Play
A fun and interactive session for mums, dads, carers & family members with children under 5.
9:30am-11:00am. Term Time Only.
PLEASE NOTE: No session: 11th June 2019

Tiddlywinks & Pat-a-cake
Sessions run by NHS Speech and Language Therapists, Physiotherapists and Occupational Therapists for children with complex needs under the age of 5. Referrals only.
1:00pm-3:00pm.
For more information please contact the Speech and Language Team on: 0208 586 6380

Free Play (SEND Group)
A fun and interactive session for children with Special Educational Needs and disabilities in a safe, welcoming and non-judgemental environment.
(Every 1st and 2nd Tuesday of each month)
1:00pm-2:30pm. Term Time Only.

Singing and Storytelling
Come along and enjoy singing nursery rhymes and other fun songs together with your child and help us to bring stories alive.
11:00am-12:00pm. Term Time Only.
PLEASE NOTE: No session: 11th June 2019

Messy Play
Explore many different activities including sand, water, play dough, painting and many more. Dress to get messy!
10:00am-11:30am. Term Time Only.
PLEASE NOTE: No session: 11th June 2019

BSiL Family Support drop in
A Family Support Worker will be available during the stay and play session held at the school to support and listen to any concerns that may be affecting your family life.
Every 3rd Tuesday of each month alongside the Stay and Play session.
9:30am-10:30am. Term Time Only.
BSiL Family Support Worker
A Family Support Worker will be available during the stay and play session held at the school to offer support and listen to any concerns that may be affecting your family life.

Every 3rd Wednesday of each month alongside the Stay and Play session.
1:30pm-2:30pm. Term Time Only.

A Hug in a Mug - Coffee Morning
Come and join us for a catch up over a warm drink in a relaxed and friendly environment. Meet other families within your community and find out more about what we offer in the Stratford and West Ham Neighbourhood.

Every 1st Wednesday of each month, 8:45am-9:45am.
Term Time Only.

Little Talkers (Invite Only)
5 week programme, to support children’s early language and communication. Gain tips and strategies to help your child communicate.

Commencing: 24th April 2019.
1:00pm-2:00pm

If you would like to attend the next programme or for more information please contact the centre.

Childminders Network (Stratford and West Ham)
This is a support group catered for registered childminders with training opportunities as well. Guidance and one to one support available from our Early Education Practitioner.
10:00am-12:30pm. Term Time Only.

SEND Information and Support
Would you like to find out about support groups and sessions held around the Community Neighbourhood for you to access with your child?
Please speak to a member of our Children’s Centre Team.

Family Support
Our skilled and experienced Family Support Team is here to help and support you when difficult situations arise in your life. They are able to help you with situations such as: health advice, emotional support, employment and training, housing (application) and benefit advice, community participation, child development, safety at home and much more.
For more information please contact the centre.
Bumps and Bundles Group
A fun and interactive session designed for expectant parents and for parents and carers of babies under one year of age.
10:00am-11:30am. Term Time Only.

Health Visitor drop in
These drop in sessions can also be used to speak to a Health Visitor about any health related queries/ issues that you may have, regarding your child and their development. Please bring your child’s red health book.
Every 3rd Thursday of the each month alongside the Bumps and Bundles session.

Stay and Play
A fun and interactive session for mums, dads, carers & family members with children under 5.
1:30pm-3:00pm. Term Time Only.

Sensory / Heuristic Play
This session is created to develop sense of touch, smell, sight, hearing and balance while encouraging creativity and exploration for babies under 18 months.
1:30pm-3:00pm. Term Time Only.

Stay and Play
A fun and interactive session for mums, dads, carers & family members with children under 5.
9:30am-11:00am. Term Time Only.

Baby Clinic Drop In
Find out about the services we have on offer at the Children’s Centre whilst you wait to be seen by the Health Visitor. Gather information about our services and find out what we have to offer you and your family.
1st and 2nd Thursday of each month, 1:30pm-3:00pm.
**Swimming Sessions**  
(Residents of Stratford and West Ham Community only)  
For parents, family members and carers with children from 4 months – 4 years. Led by a qualified swimming instructor. **Term time only.**  
**1:30pm-2:00pm 2 – 4 year olds**  
**2:30pm-3:00pm Under 2’s**  
(Please arrive 15 minutes before the session to change yourself and your baby. Swimming nappies and baby swimwear must be worn – these are not provided).

**Singing and Storytelling**  
Come along and enjoy singing nursery rhymes and other fun songs together with your child and help us to bring stories alive.  
**11:00am-12:00pm. Term Time Only.**

**Stay and Play**  
A fun and interactive session for mums, dads, carers & family members with children under 5.  
**9:30am-11:00am. Term Time Only.**  
**PLEASE NOTE: No session: 21st June 2019**

**Messy Play**  
Explore many different activities including sand, water, play dough, painting and many more. Dress to get messy!  
**Commencing: 26th April 2019, 1:30pm-3:00pm. Term Time Only.**

**Here, There and Everywhere**  
**VARIOUS LOCATIONS**  
Join us for educational visits to a range of fun and exciting places for mums, dads, carers and family members with children under 5.  
**Thames Barrier Park- 17th May 2019**  
**West Ham Park- 21st June 2019**  
**10:00am-2:00pm**  
**Please Note:** The meeting point for Thames Barrier Park will be at Stratford train station. Please arrive 15 minutes before the start time to allow us to leave at 10:00am.  
**Book your space now by calling the centre.**
**Family Play**
A fun and interactive session for mums, dads, carers & family members with children under 5.
1st and 3rd Saturday of each month. 9:30am-11:00am
Term time only.

---

**What is the Best Start in Life?**
We are committed to maintaining a free, universal, local offer to support every family with young children in Newham to give their child the Best Start in Life. Investment in the early years is critical to securing positive outcomes later in life. We aim to be that one-stop shop, where families can access a range of services.

1. 15 hours of free eligible childcare, with this increasing to 30 hours when the government proposals are rolled out.

2. Regular Stay and Play sessions every week in each Community Neighbourhood.

3. Programmes, workshops and sessions offering evidence-based advice and guidance to improve parenting capacity in each Neighbourhood.

4. Regular employment advice sessions will be available in each Neighbourhood.

5. In each Neighbourhood, a range of family health and development sessions including: antenatal support; the transition to parenthood; the early weeks of life; perinatal wellbeing; breastfeeding initiation; healthy weight and nutrition; managing minor ailment and reducing accidents; and supporting speech and language development.
Courses and Workshops

Parenting

Triple P (Positive Parenting Programme)
Triple P gives you the opportunity to learn new strategies on how to manage challenging behaviour and practice ways to improve your relationship with your child. This course includes methods to use to promote good behaviour and how to manage misbehaviour effectively. 7 week course. Booking essential and Crèche provided.
Rebecca Cheetham: Monday 29th April 2019, 9:00am-11:00am. Term Time only

Toilet Training Workshop
Get tips, share experiences and ideas on how to help your child (over 18 months) to use the toilet. Booking essential. Creche provided.
Rebecca Cheetham: Tuesday 18th June 2019, 12:45pm-2:45pm

Bedtime Routine
Positive parenting tips and strategies for developing a good bedtime routines. Booking essential. Creche provided.
Rebecca Cheetham: Tuesday 21st May 2019, 12:45pm- 2:45pm

ESOL (English) Classes
Learn how to speak, listen, read and write in the English language. A great class to enhance your communication skills. One year course.
Booking essential. Creche provided.
Rebecca Cheetham: Every Monday 1:00pm-3:00pm. Term Time Only.

How to create a CV Workshop
Come a long and gain some tips on how to create an effective CV. Samples will be shared to assist you when needed. Booking essential. Creche provided.
Rebecca Cheetham: Tuesday 23rd April 2019, 12:45pm- 1:45pm

Building Confidence Workshop
This workshop will provide you a relaxed environment to discuss and build on strategies to help you get into your ideal job.
Booking essential. Creche provided.
Rebecca Cheetham: Tuesday 30th April 2019, 12:45pm- 2:45pm

Education

FE2 Parent Workshops
Targeted workshops for families seeking or in receipt of a free educational placement.

Delivered at Rebecca Cheetham:
Early Reading- Tuesday 2nd April 2019
Water Play- Tuesday 7th May 2019
Outdoor Play- Tuesday 4th June 2019
12:45pm-1:45pm

Health and Wellbeing

Paediatric First Aid
This course is designed to teach emergency paediatric first aid to parents. This course will cover: Causes and Treatment of an Unconscious of Baby or Child, Paediatric Recovery Position, Baby and Child CPR, Choking and Asphyxia, Wounds and Bleeding and question and answers. Booking essential. Creche provided.
Rebecca Cheetham: Friday 21st June 2019 9:30am-12:30pm

Baby Massage
Learn the benefits of baby massage and simple techniques to relax and bond with your baby. For babies 6 weeks to mobile. Five week course.
Booking essential.
Rebecca Cheetham: Wednesday 17th April 2019, 1:00pm-2:00pm

Baby Yoga
Baby yoga leads on perfectly from baby massage; it promotes the life-long bond between parent and infant. Learn the benefits of baby yoga for babies aged 16 weeks to mobile. Five week course.
Booking essential.
Rebecca Cheetham: Wednesday 12th June 2019, 1:00pm-2:00pm
Looking to Volunteer?
Can you spare a few hours a week to volunteer in your community or Children’s Centre.
The offer consists of: CPD certified programme of free training, supporting you to deliver services to families with children under five and a free DBS.
To apply please visit: www.earlystartgroup.com/volunteering
For further information contact: Early Start on 020 3373 0580 or email: EarlyStartVolunteers@newham.gov.uk

Come along to our
Hug in a Mug Coffee Mornings
3rd April, 1st May and 5th June 2019
8:45am to 9:45am
(Term Time Only)
We look forward to seeing you there!

Health Visitor Clinics
Vicarage Lane Health Centre
2nd Thursday of the month- 1:30pm-3:30pm
Liberty Bridge Road Practice
1st & 2nd Thursday- 1:30pm- 3:30pm
Abbey Lane Children’s Centre
4th Thursday- 9:30am- 11:30am
West Ham Lane Health Centre
Every Saturday- 10:00am- 12:00pm

Oral Health Advice Drop in
The dentist will be visiting to provide tips, techniques and advice to help maintain and improve your child’s oral health.
Baby Massage (Rebecca Cheetham)
24th April 2019- 1:40pm- 2:10pm
Bumps and Bundles (Stratford Library)
20th May 2019- 10:20am- 11:10am
Stay and Play (Abbey Lane)
17th June 2019- 10:15am- 11:15am

FE2 Application Surgeries
Would you like help to see whether your 2 year old is entitled to 15 hours of free education? For more information please call the centre to book an appointment with our Early Education Practitioner, who would be happy to help with any queries. Please bring your national insurance number. (Appointments only)

Learning Bags
We have lots of great themed learning bags for you to borrow to extend on your child’s home learning.

Every Tuesday
8:45am-9:00am and 3:30pm-3:45pm (only) in the conservatory.
We will also be offering learning bags within our sessions at Rebecca Cheetham.
A member of staff will be available to help you. If you would like to use the bags outside of the time stated please speak to a member of the front desk staff or a member of the Children’s Centre Team.
Register your interest today.
(Term Time Only)
**Important dates**

- **Easter Break**  
  8th – 19th April 2019
- **Good Friday**  
  Friday 19th April 2019
- **Bank Holiday**  
  Monday 22nd April 2019

- **Bank Holiday**  
  Monday 6th May 2019
- **Inset Day**  
  Friday 24th May 2019
- **Bank Holiday**  
  Monday 27th May 2019

**May Half Term**  
27th - 31st May 2019

**Walk to Raise**  
Tuesday 11th June 2019

**Fiesta Fun Day**  
Friday 28th June 2019

---

**Have your say, to shape our Children’s Centre**

Come along and share your ideas and help us identify how we can work together to strengthen our services in the Stratford and West Ham Community Neighbourhood.

Your view counts and we want to hear them.

**Thursday 16th May 2019**

2:00pm-3:00pm

(Alongside Stay and Play at Rebecca Cheetham PM)

---

**Stratford and West Ham Community Neighbourhood Map**

Put the postcode of the venues into google maps or download the city mapper app for directions.

---

**Location Details**

- **Stratford Library**  
  3 The Grove  
  E15 1EL

- **Abbey Lane**  
  1 Abbey Lane  
  E15 2SD

- **Liberty Bridge**  
  40 Liberty Bridge Practice  
  E20 1AS

- **Ronald Openshaw**  
  Henniker Road  
  E15 1JP

- **Atherton Leisure**  
  189 Romford Road, E15 4JF

- **Rebecca Cheetham**  
  Children’s Centre  
  Marcus Street  
  E15 3JT

- **Curwen Primary**  
  Atlas Road  
  E13 0AG

---

**Children’s Centres**

**Community Centres**

**Health Centres**

**Leisure Centres**

**Libraries**

**Other Facilities**

**Places of Worship**

**Schools**

---

**Legend**
## Useful Contact Numbers

**Safeguarding**
If you are worried about the safety or wellbeing of a child, please speak to a member of our Safeguarding Team on 020 8534 3136. Alternatively, you can also share your concerns with The Newham Triage Team on: 020 3373 4600.

Foodbank provides emergency food supplies for families in financial crisis, who have no other means of obtaining food.

At Rebecca Cheetham Children’s Centre the Family Support Team are able to refer families to Foodbank to get emergency food supplies.

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Contact number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newham Council</td>
<td>0208 430 2000</td>
<td>For any queries you may have regarding the Newham borough.</td>
</tr>
<tr>
<td>Newham Talking Therapies</td>
<td>0208 475 8080</td>
<td>This team can help with worry, anxiety, phobias, low mood, bereavement, relationship troubles, loss of confidence &amp; coping with long term conditions. They also provide employment &amp; welfare support.</td>
</tr>
<tr>
<td>Magpie Project</td>
<td>0776 118 0825</td>
<td>Practical support and advice for mothers and children under five in temporary or insecure accommodation in Newham.</td>
</tr>
<tr>
<td>Family Contact Centre</td>
<td>0203 373 4300</td>
<td>The Family Contact Centre (FCC) provides a seven day contact service for children and families in a safe, comfortable environment</td>
</tr>
<tr>
<td>Newham Rise</td>
<td>0800 652 3879</td>
<td>Newham Drug &amp; Alcohol Service is an integrated drug and alcohol recovery service delivered by change, grow, live (CGL).</td>
</tr>
<tr>
<td>Aanchal (Domestic abuse support)</td>
<td>0203 384 9412</td>
<td>Aanchal is dedicated to saving lives and safeguarding future generations from the scourge of domestic abuse</td>
</tr>
<tr>
<td>Food bank</td>
<td></td>
<td>Foodbank is a project founded by local churches and community groups, working together towards stopping hunger in our local area.</td>
</tr>
<tr>
<td></td>
<td>Every Tuesday- St Pauls Church: 9:00am-11:00am</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Every Thursdays- Wood Grange Church: 1:00pm-3:00pm</td>
<td></td>
</tr>
<tr>
<td>Shelter</td>
<td>0808 800 4444</td>
<td>This helpline is open 365 days a year and offers advice and support to anyone facing homelessness.</td>
</tr>
<tr>
<td>Health Visiting Team</td>
<td>0203 373 9983</td>
<td>This team can help with support and information from pregnancy to school entry.</td>
</tr>
<tr>
<td></td>
<td>0203 373 9984</td>
<td></td>
</tr>
</tbody>
</table>
Tiny Steps Count
Walk to Raise for Richard House
London’s first children’s hospice

Come and join us on Tuesday 11th June 2019
9:30am-11:00am
A walk around Stratford Park to help raise money for a good cause, followed by a Teddy Bears Picnic. Please bring a healthy packed lunch to share with your child/ren.
For more information please call the centre.

Pick up your fundraising pack from the front desk.

CALLING ALL SUPERHEROES
FAMILY FUN DAY
(50p contribution on entrance)
FRIDAY 28th JUNE 2019
1:00pm-5:00pm
Rebecca Cheetham Nursery & Children’s Centre, E15 3JT

Face Painting
Tombola
Refundsments
Bouncy Castle
Buzz Wire
Fun Games
Badge Making
Karaoke
Raffle
Cake Stall
Henna/Mehndi
Food Stalls
Nearly New Sale
And Much, much more...