







Rebecca Cheetham Nursery & Children's Centre

Marcus Street, London E15 3JT Telephone: 020 8534 3136 option 4

Email: info@rebeccacheetham.newham.sch.uk

Ranelagh Primary

Stratford

Library

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.

Bumps and Bundles Group

A fun and interactive session designed for expectant parents and for parents and carers of babies under 18 months.

10:00am-12:00pm. 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.

1:30pm-2:30pm. Term time only.

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 Monday of each month alongside the Stay and Play session.

9:15am-10:15am. 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.

Abbey Lane

Tuesday

Rebecca Cheetham

Stay and Play

A fun and interactive session for mums, dads, carers & family members with children under 5. 9:30am-11:30am. Term time only.

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.

 16^{th} October, 20^{th} November and 18^{th} December 2018

1:00pm-3:00pm. Referrals only.



tratford Library

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.

Abbey Lane

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.



Konald penshaw

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.**



Like our Facebook page



Follow us on Twitter@RCNCC15



Wednesday

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.

Chatterbox Sessions

A Speech and Language Therapist will discuss any concerns you have about your child's communication.

Booking is essential.

17th October 2018, 1:15pm- 3:30pm 5th December 2018, 1:15pm- 3:30pm

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.

3rd October 2018, 7th November 2018 and 5th December 2018 8:45am-9:45am.

Curwen Primary

BSiL Family Support Worker

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 Wednesday of each month alongside the Stay and Play session. **1:30pm-2:30pm. 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.

Thursday

Bumps and Bundles Group

Drop in session. A fun and interactive session designed for expectant parents and for parents and carers of babies under 18 months.

10:00am-12:00pm. 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.

18th October, 15th November and 20th December 2018

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.





Abbey Lane

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.



Stratford Library

Stay and Play

A fun and interactive session for mums, dads, carers & family members with children under 5.

9:30am-11:30am. Term time only.

berty

Baby Clinic - Taster Play Session

Have fun with us 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.

Every 1st and 2nd Thursday, 1:30pm-3:00pm.



Friday

Stay and Play

A fun and interactive session for

mums, dads, carers & family members with children under 5.

Term time only.

9:30am-11:30am

(No Session Friday 5th October 2018)

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.

Greenwich Museum/ Park- 19th October 2018 **Docklands Museum-** 16th November 2018 **Atherton Soft Play-** 14th December 2018

10:00am-2:00pm

Please Note: The meeting point for most of our visits 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.

Stratford

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.

Atherton Leisure

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).

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.

Family Play

A fun and interactive session for mums, dads, carers & family members with children under 5. **Term time only.**

1st and 3rd Saturday of each month. 9:30am-11:00am



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.

- 15 hours of free eligible childcare, with this increasing to 30 hours when the government proposals are rolled out.
- Regular Stay and Play sessions every week in each Community Neighbourhood.
- Programmes, workshops and sessions offering evidence-based advice and guidance to improve parenting capacity in each Neighbourhood.
- Regular employment advice sessions will be available in each Neighbourhood.
- 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

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.

Commencing at Rebecca Cheetham:

Wednesday 10th October 2018, 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.**

Commencing at Rebecca Cheetham:

Wednesday 14th November 2018, 1:00pm-2:00pm

Positive Parenting Programme (Triple P)

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 15th October 2018, 9:00am-11:00am. Term Time only

Toilet Training Workshop

Get tips, share experiences and ideas on how to help your child use the toilet.

Booking essential. Creche provided.

Rebecca Cheetham: Tuesday 27th November 2018, 12:45pm-2:45pm

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 5th October 2018 9:30am-12:30pm

Employment / Training

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 along 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 13th November 2018 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 20th November 2018

12:45pm- 2:45pm

Education

FF2 Parent Workshop

Targeted workshops for families seeking or in receipt of a free educational placement. Delivered at Rebecca Cheetham

Early Reading- 9th October 2018 Outdoor Play- 6th November 2018 Water Play- 4th December 2018

12:45pm-1:45pm

FF2 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. (Appointment only)

Term Time only.

Upcoming Dates

Sensory Room Play

Offering stimulation and relaxation for children and their parents and carers – includes lights, music and padded play equipment.

Booking essential. Term time only. (20 minute slots)

Tuesday (AM):

9:30am- 9:50am and 9:50am-10:10am

Thursday (AM):

9:30am- 9:50am and 9:50am-10:10am

Thursday (PM):

1:30pm- 1:50pm and 1:50pm- 2:10pm

Call to book your slot now!

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

Wednesday- 3rd October, 7th November and 5th December 2018 8:45am to 9:45am

We look forward to seeing you there!

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.

Bumps and Bundles (Stratford Library) 8th October 2018- 10:30am- 11:30am

Stay and Play (Rebecca Cheetham)
16th November 2018- 10:00am- 11:00am

Stay and Play (Abbey Lane) 14th December 2018- 1:45pm- 2:45pm

Relax for Birth

21st November 2018, 11:00am- 3:00pm (Appointments only)

Please call 0207 363 8026 to book your space.

Learning Bags

Come and have a look at our new conservatory, the home for our learning bags. We have lots of great themed learning bags for you to borrow.

Every Tuesday and Wednesday 8:45am-9:00am and 3:30pm-3:45pm (only) in the conservatory.

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. You can use preferred bags for up to 2 weeks and extended time can be given if needed.

Please speak to a member of the Children's Centre team for further information.

(Term time only)

Don't forget to bring in your yellow or white Newham Children's Centre Cards to every session. Hand them in at Reception to be scanned.





Important dates

Autumn Half Term

22nd October 2018 - 26th October 2018

Inset Day 23rd November 2018

Christmas Break 20th December 2018 – 4th January 2018

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.

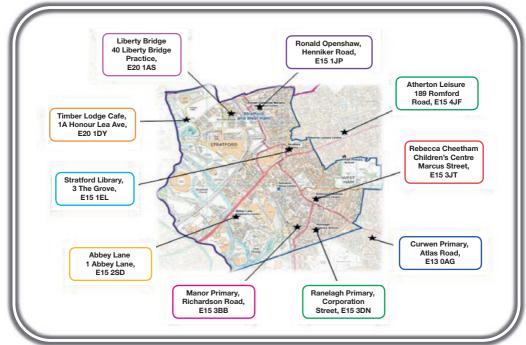
Your view counts and we want to hear them.

Friday 23rd November 2018 2:00pm-3:00pm

(Alongside Stay and Play at Abbey Lane)

Stratford and West Ham Community Neighbourhood Map

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



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.

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



Stratford and West Ham Community Neighbourhood Christmas/ End of year party at Rebecca Cheetham

Come along and join us for our Christmas themed play session followed by a Christmas party.

Tuesday 18th December 2018 9:30am- 11:30am

Thursday 20th December 2018 1:00pm-3:00pm

Friday 21st December 2018 9:30am- 11:30am

Please Note: Booking essential. You will only be able to book in for one of the Parties, to give more families a chance to experience the unique event.

Christmas Raffle

Raffle tickets will be on sale from the 1st of December 2018.

To be in the chance of winning a raffle prize, make sure you buy your lucky ticket!

Tickets will be drawn on 18th December 2018.

Good luck!

Would you like to be a member of our Advisory Board?

Are you passionate about building a better future for children and their families in the local area? If so, I would love to hear from you.

For further information, please call reception and ask to speak to
Subina Begum
Children's Centre Coordinator