

Stratford &  
West Ham  
Community  
Neighbourhood

January to  
March  
2020

Forging forces  
to give children  
the Best  
Start In Life

Free services  
for families  
with children  
under five

**Rebecca Cheetham Nursery & Children's Centre**  
Marcus Street, London E15 3JT, Telephone: 020 8534 3136 option 4  
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# Monday

Rebecca  
Cheetham

## Breastfeeding Support Group

Find out more about breastfeeding, share experiences and gain professional advice and support from the BARTS Health Parent Education Team.

(Every 4<sup>th</sup> Monday of the month).

2:00pm-4:30pm. Drop-in session. Term Time Only.

Stratford  
Library

## 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-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. Designed For Children over 12 months.

1:00pm-2:00pm. Term Time Only.

Abbey Lane

## 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.

Timber  
Lodge

## 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.

## Please Note

**Most of our sessions, both booked or drop in, are offered on a first come, first serve basis. At times we need to cap our busy sessions to ensure the safety of all participants. At times we may need to enforce a postcode restriction on some sessions; we apologise for an inconvenience.**

# Tuesday

Rebecca  
Cheetham

## 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.**

## 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 1<sup>st</sup> and 2<sup>nd</sup> Tuesday of each month)**

**1:00pm- 2:30pm. Term Time Only.**

## 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 making an application along with answering any questions you may have. Please bring your national insurance number to the appointment.

## Physiotherapist (Referrals Only)

Sessions run by NHS Physiotherapists for children with complex needs under the age of 5.

**2:30pm- 3:30pm.**



Stratford  
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.**

Ronald  
Openshaw

## 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 3<sup>rd</sup> Tuesday of each month alongside the Stay and Play session.

**9:30am-10:30am. Term Time Only.**

# Wednesday

Rebecca  
Cheetham

## 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.**

### Upcoming Training dates:

**15<sup>th</sup> January, 12<sup>th</sup> February and 11<sup>th</sup> March**

**9:30am- 11:15am**

For more details of the topics on offer, please contact the centre.

## A Hug in a Mug- Coffee Morning / Clothes Exchange

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 1<sup>st</sup> Wednesday of each month, 8:45am-9:45am**

**Term Time Only.**

## 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: 8<sup>th</sup> January , 1:00pm-2:00pm**

## 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: 26<sup>th</sup> February, 1:00pm-2:00pm**

## Little Talkers (Invite Only)

5 week programme, to support children's early language and communication. Gain tips and strategies to help your child communicate. For children over the age of 2 years.

**Commencing: 26<sup>th</sup> February, 1:00pm- 2:00pm**

*If you would like to find out more about this course, please contact the centre.*

Curwen  
Primary

## 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 3<sup>rd</sup> Wednesday of each month alongside the Stay and Play session.**

**1:30pm-2:30pm. Term Time Only.**

# Thursday

Rebecca  
Cheetham

## 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-11:30am. Term Time Only.**

## Health Visitor- Health Promotion

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 3<sup>rd</sup> Thursday of the each month alongside the Baby Bunch 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.**



NEW

## Move it to Music

A fun and interactive session designed for mums, dads, carers and family members to get active through music and dance. Designed For children over 12 months.

**10:00am-11:00am. 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.**

Abbey Lane

Stratford  
Library

## 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.**

Liberty  
Bridge

## Baby Clinic Drop In (GP Patients Only)

Find out about the services 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.

**1<sup>st</sup> and 2<sup>nd</sup> Thursday of each month, 1:30pm-3:00pm**



# Friday

Rebecca  
Cheetham

## 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 on 10<sup>th</sup> January)**

## Messy Play

Explore many different activities including sand, water, play dough, painting and many more. Dress to get messy!

**1:30pm-3:00pm. Term Time Only.**

**(Please Note: No session on 10<sup>th</sup> January)**

## Here, There and Everywhere (Educational Visit)

Join us for fun and educational visits to the following location: children under 5 and their families.

**Mudchute Farm- 20<sup>th</sup> March 2020**

**10:00am-2:00pm.**

**Booking required. Term Time Only.**

***Please contact the centre for more information.***

## Time for Two (EE2 Session)

A weekly introduction to a Nursery session for children who are eligible for a funded place but are not ready for a full time placement. Parents/carers will attend with their child to help them explore a Nursery provision and make relationships with other children. (Held in the Nursery- two year old provision).

**12:30pm- 2:00pm. Term Time Only.**

***Please contact the centre for more information.***

Stratford  
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.**

**(Please Note: No session on 10<sup>th</sup> January)**

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).

**(Please Note: No session on 10<sup>th</sup> January)**

# Saturday

Rebecca  
Cheetham

## Family Play

A fun and interactive session for mums, dads, carers & family members with children under 5.  
**1<sup>st</sup> and 3<sup>rd</sup> Saturday of each month, 9:30am-11:00am.**  
**Term time only.**



## Newham's Best Start in Life Guarantee

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.



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.

**For more information please contact the centre.**

# Courses and Workshops

## Parenting Support

### Positive Parenting Programme (Triple P Group)

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.

**8 week course. Booking essential.**

**Abbey Lane:** Commencing on Tuesday 14<sup>th</sup> January

**12:30pm- 2:30pm. Term time only**

### Making Time for Me

This workshop has been created to support parent/ carers to explore ways in which they make time for themselves. The workshop will also help parent/ carers to focus on mindfulness which promotes paying attention to purpose, in the present moment and nonjudgmentally.

**Booking essential. Creche provided.**

**Rebecca Cheetham:** Tuesday 21<sup>st</sup> January

**12:45pm-2:45pm**

### Bye Bye Bottle

Come along and find out how to support your child to transition from a bottle to cup. Share experiences and gain ideas.

**Booking essential. Creche provided.**

**Rebecca Cheetham:** Tuesday 25<sup>th</sup> February

**12:45pm-2:45pm**

### 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 17<sup>th</sup> March

**12:45pm-2:45pm**

## 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.**

### Building Confidence Workshop

This workshop will provide you a relaxed environment to discuss and build on strategies to help you move onto securing your ideal job.

**Booking essential. Creche provided.**

**Rebecca Cheetham:** Tuesday 28<sup>th</sup> January

**12:45pm- 2:45pm**

## Health and Wellbeing

### Paediatric First Aid

This course is designed to teach emergency Paediatric first aid to parent/ carers. 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, questions and answers. Certificate received following the course is valid for 3 years.

**Booking essential. Creche provided.**

**\*\*Due to high demand we will be running two separate courses this quarter\*\***

**Rebecca Cheetham:** Wednesday 26<sup>th</sup> February or Wednesday 25<sup>th</sup> March

**9:30am-12:30pm**



# Upcoming Dates

## Sensory Room Play at Rebecca Cheetham

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)**

**Every Thursday am/pm sessions available**

**Call to book your slot now!**

## 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.

**Stay and Play (Stratford Library)**

Thursday 23<sup>rd</sup> January - 10:15am- 10:45am

**Messy Play (Rebecca Cheetham)**

Friday 7<sup>th</sup> February - 1:45pm- 2:45pm

**Baby Massage (Rebecca Cheetham)**

Wednesday 4<sup>th</sup> March - 1:30pm- 2:00pm

## 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)**

## 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](http://www.earlystartgroup.com/volunteering)

For further information contact:

Early Start on 020 3373 0580 or email:

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

## Health Visitors Offer at Rebecca Cheetham

**Accident Prevention and Managing Minor Ailments**

Thursday 16<sup>th</sup> January- 10:30am- 11:30am

**Weaning Workshop**

Thursday 20<sup>th</sup> February- 10:30am- 11:30am

**Antenatal Workshop**

Thursday 19<sup>th</sup> March- 10:30am- 11:30am

## Health Visitor Clinics

**Vicarage Lane Health Centre**

2<sup>nd</sup> Thursday of the month- 1:30pm-3:30pm

**Liberty Bridge Road Practice (GP patients only)**

1<sup>st</sup> & 2<sup>nd</sup> Thursday of the month- 1:30pm- 3:30pm

**Abbey Lane Children's Centre**

4<sup>th</sup> Thursday of the month- 9:30am- 11:30am

**West Ham Lane Health Centre**

Every Saturday- 10:00am- 12:00pm

Don't forget to bring your Newham Children's Centre Cards to every session.

**Please note:** 2 proof of address is required for new registrations



# Information

## Educational Workshop

A Parent Forum delivered by our Early Education Practitioner.

### Topic: Importance of Outdoor Play

Take away creative ideas and strategies to promote outdoor play for children under 5.

**Friday 17<sup>th</sup> January**

**9:00am- 10:00am and 12:45pm- 1:45pm**

**We look forward to seeing you there!**

## Important Dates

### **Staff Inset Day**

Friday 10<sup>th</sup> January

### **National Storytelling Week**

Monday 3<sup>rd</sup> February-

Friday 7<sup>th</sup> February

### **Half Term Programme**

Monday 17<sup>th</sup> February-

Friday 21<sup>st</sup> February

### **Pancake Day**

Tuesday 25<sup>th</sup> February

### **World Book Day**

Thursday 5<sup>th</sup> March

### **Sport Relief**

Monday 9<sup>th</sup> March-

Friday 13<sup>th</sup> March

### **Mothering Sunday**

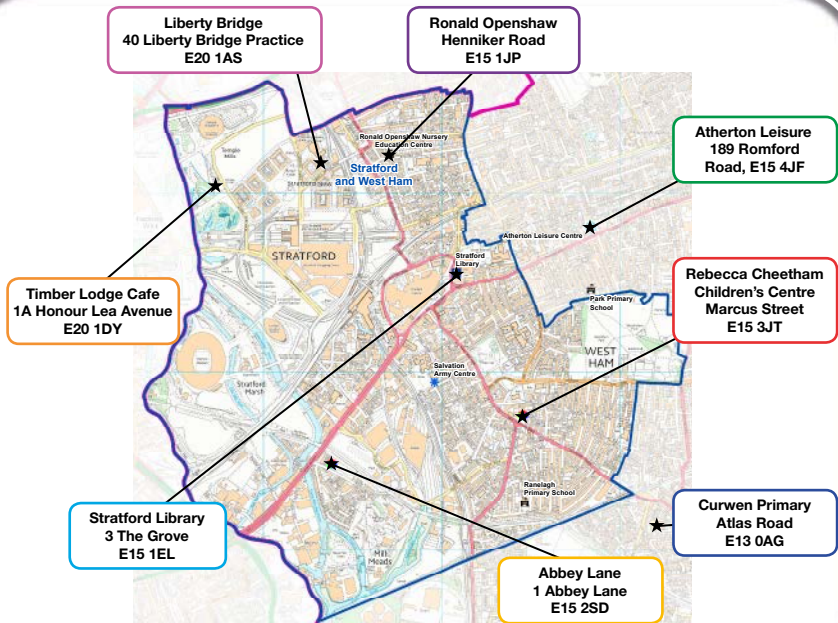
Sunday 22<sup>nd</sup> March

## 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.

## **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 MASH Team on: 020 3373 4600.

**Children's Centre Safeguarding/ Child Protection Lead:** Subina Begum  
**Children's Centre Safeguarding/ Child Protection Deputy:** Melissa Charlery

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 team 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).
Hestia	0207 378 3100	Advocacy and support for women and children who have experienced domestic abuse, slavery, young care leavers and older people. From giving someone a home, to helping them to get the right mental health support, we support people at the moment of crisis and enable them to build a life beyond a crisis.
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.

## Our Advisory Board Members



The role of each of the advisory board member is to:

- Provide support and challenge for our Children's Centres.
- Work with the centre coordinator to identify priorities through effective consultations
- Agree objectives and development plans.
- Monitor progress through performance management.
- Ensure the services on offer meet local needs and contribute to improving children's outcomes, in line with the Newham guarantee.

Our advisory board is made up of various partners across the neighbourhood and borough: Children Centre Coordinator (Subina Begum), Nursery Head Teacher (Rohan Allen), Children's Centre Commissioner (Jason Eustice), Local Police (Sue Lawler), Early Education Practitioner (Koli Miah), Library Manager (Jyoti Singh), Administrator (Emma Murrell), Parent Ambassadors (Arezo, Bursa and Alanta ), Forest Gate Children's Centre Lead (Farida Jasat).

## Family Support Drop in Sessions

Our skilled and experienced Family Support Team are 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 or come along to one of the following drop in sessions.

**Rebecca Cheetham Drop in: Friday 17<sup>th</sup> January, 1:30pm - 2:30pm**

**10 Victoria Street Drop in: Wednesday 19<sup>th</sup> February, 10:00am - 11:00am**

**Stratford Library Drop in: Monday 9<sup>th</sup> March, 1:30pm - 2:30pm**

## Our Parent Ambassadors



Busra

Arezo

Alanta

Our exceptional Parent Ambassadors play a key part in the journey to help us understand our community better and enable us to reach out to more families. They elevate the voices of parents and carers and support us to raise awareness of the work that we do within the Children's Centre and the reasons behind our services.