

Free services  
for families  
with children  
under five

July to  
September  
2019

Stratford &  
West Ham  
Community  
Neighbourhood

Forging forces  
to give children  
the Best  
Start In Life

**Rebecca Cheetham Nursery & Children's Centre**  
Marcus Street, London E15 3JT, Telephone: 020 8534 3136 option 4  
Email: [childrenscentre@rebeccacheetham.newham.sch.uk](mailto:childrenscentre@rebeccacheetham.newham.sch.uk)



Like our  
Facebook page



Follow us on  
Twitter@RCNCC15

# 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.

**Commencing: 9<sup>th</sup> September 2019**

**2:00pm-4:30pm. Drop-in session.**

Stratford  
Library

***PLEASE NOTE: Between 27<sup>th</sup> June - 24<sup>th</sup> July 2019 sessions at this site will be cancelled due to refurbishment. Please call the centre to check for updates / change of venue.***

## **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.**

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 any inconvenience.**

# Tuesday

Rebecca  
Cheetam

## 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.**

## 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 1<sup>st</sup> and 2<sup>nd</sup> Tuesday of each month)**  
**1:00pm- 2:30pm. Term Time Only.**



Stratford  
Library

***PLEASE NOTE: Between 27<sup>th</sup> June - 24<sup>th</sup> July 2019 sessions at this site will be cancelled due to refurbishment. Please call the centre to check for updates / change of venue.***

## 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  
Obenshaw

## 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  
Cheetam

## **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.**

## **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 1<sup>st</sup> 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: 11<sup>th</sup> September 2019.**

**1:00pm- 2:00pm**

**If you would like to find out more about this course, please do not hesitate to 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.**

## **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

Rebecca  
Cheetham

## Baby Bunch

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 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 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.**



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

***PLEASE NOTE: Between 27<sup>th</sup> June - 24<sup>th</sup> July 2019 sessions at this site will be cancelled due to refurbishment. Please call the centre to check for updates / change on venue.***

## 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

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.

**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.**

## 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.**

## Here, There and Everywhere (Educational Visit)

### 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.

**Newham City Farm / City Airport- 19<sup>th</sup> July 2019**

**Queen Elizabeth Olympic Park- 20<sup>th</sup> September 2019**

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

**Book your space now by calling the centre.**

Abbey Lane

## **NEW** Time for Two (EE2 Session)

A weekly introduction to 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.  
**9:00am- 11:00am. Term Time Only.**

Stratford  
Library

***PLEASE NOTE: Between 27<sup>th</sup> June - 24<sup>th</sup> July 2019 sessions at this site will be cancelled due to refurbishment. Please call the centre to check for updates / change on venue.***

## 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).

# 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.



## 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

### 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> September 2019,

**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 24<sup>th</sup> September 2019,

**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 27<sup>th</sup> September 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.**

### Abbey Lane Children's Centre

**1<sup>st</sup> course:** Tuesday 23<sup>rd</sup> July 2019,

**1:00pm-2:00pm**

**2<sup>nd</sup> course:** Wednesday 28<sup>th</sup> August 2019,

**1:00pm-2:00pm**

## 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

Come along and gain some tips on how to create an effective CV. Samples will be shared to assist you when needed.

**\*\*\*Especially if planning to apply for jobs in the Summer break\*\*\***

**Booking essential. Creche provided.**

**Rebecca Cheetham:** Tuesday 16<sup>th</sup> July 2019, **12:45pm- 1:45pm**

## Education

### FE2 Parent Workshops

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

**Rebecca Cheetham:**

**Early Reading-** Tuesday 2<sup>nd</sup> July 2019

**Water Play-** Tuesday 10<sup>th</sup> September 2019

**12:45pm-1:45pm**

### FE2 Application Surgeries

**Rebecca Cheetham:**

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) of a free educational placement.



# 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)

**Every Thursdays 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 (Rebecca Cheetham)**

Friday 19<sup>th</sup> July 2019- 9:45am-10:45am

### **Baby Massage (Abbey Lane)**

Tuesday 30<sup>th</sup> July 2019- 1:35pm-2:00pm

### **Stay and Play (Stratford Library)**

Thursday 26<sup>th</sup> September 2019- 9:45am-10:45am

## 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

### **Antenatal Workshop**

Thursday 18<sup>th</sup> July- 9:30am- 11:30am

### **Baby Proofing- Home / Managing Minor Ailment**

Thursday 19<sup>th</sup> September- 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**

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

### **Abbey Lane Children's Centre**

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

### **West Ham Lane Health Centre**

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

Don't forget to bring in your yellow or white Newham Children's Centre Cards to every session.



## Important dates

**Hug in a Mug / Clothes Exchange**  
Wednesday 3<sup>rd</sup> July

**The Mayor's Show**  
Saturday 13<sup>th</sup> & Sunday 14<sup>th</sup> July  
(Central Park- East Ham)

**Summer Break**  
25<sup>th</sup> July - 30<sup>th</sup> August

**Bank Holiday**  
Monday 26<sup>th</sup> August

**Inset Day**  
Monday 2<sup>nd</sup> September

## 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.

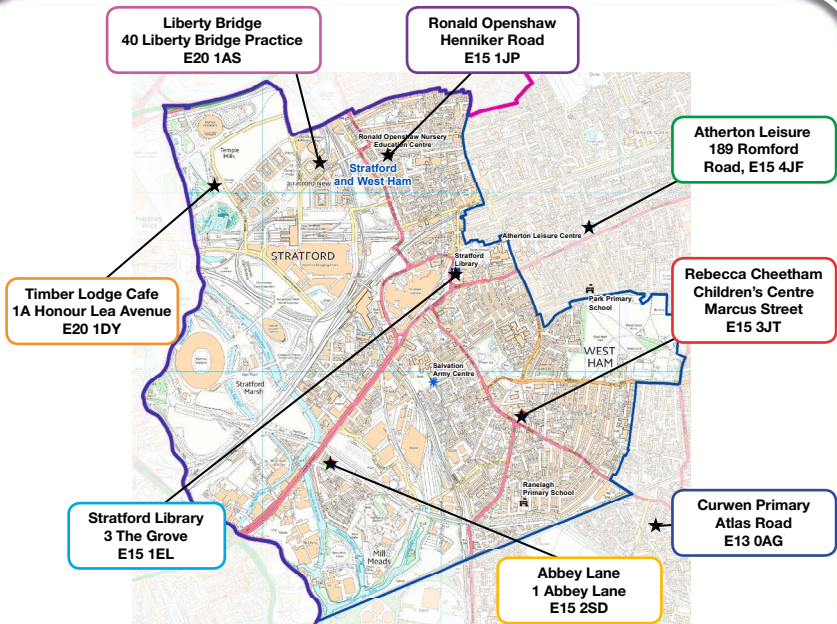
**Tuesday 17<sup>th</sup> September 2019**

**11:00am- 12:00pm**

(Alongside Singing and Storytelling session at Stratford Library)

## 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 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.

# Summer Programme

**Please note: There will be no sessions running at Rebecca Cheatham Children's Centre due to refurbishment.**

To speak to a member of staff for any sessional updates please call 075 2559 2955

Thursday 25 <sup>th</sup> July		Friday 26 <sup>th</sup> July		
Sensory / Heuristic Play (Abbey Lane) Under 18 months 1:30pm- 3:00pm		Messy Play (Abbey Lane) 0-5 years 10:00am- 11:30am		
Tuesday 30 <sup>th</sup> July	Wednesday 31 <sup>st</sup> July	Thursday 1 <sup>st</sup> August	Friday 2 <sup>nd</sup> August	
Stay and Play (Abbey Lane) 0-5 years 10:00am- 11:30am	Mudchute Farm 0-5 years 10:00am- 2:00pm (Booking required)	Transport Play (Abbey Lane) 0-5 years 1:30pm- 3:00pm	West Ham Park 0-5 years 11:00am- 1:00pm	
Week 1				
Monday 5 <sup>th</sup> August	Tuesday 6 <sup>th</sup> August	Wednesday 7 <sup>th</sup> August	Thursday 8 <sup>th</sup> August	Friday 9 <sup>th</sup> August
Stay and Play (Abbey Lane) 0-5 years 10:00am-11:30am	Mark Making (Abbey Lane) 0-5 years 10:00am- 11:30am	Greenwich Park and Museum 0-5 years 10:00am- 2:00pm (Booking required)	Baby Group (Abbey Lane) Under 18 months 10:00am- 11:30am	Construction Play (Abbey Lane) 0-5 years 10:00am- 11:30am
Sensory Play (Abbey Lane) 0-5 years 1:30pm- 3:00pm			Small World Play (Abbey Lane) 0-5 years 1:30pm- 3:00pm	Abbey Lane Picnic in Park 0-5 years 11:30am- 1:30pm
Week 2				
Monday 12 <sup>th</sup> August	Tuesday 13 <sup>th</sup> August	Wednesday 14 <sup>th</sup> August	Thursday 15 <sup>th</sup> August	Friday 16 <sup>th</sup> August
Splash Play (Abbey Lane) 0-5 years 10:00am- 11:30am	Stay and Play (Abbey Lane) 0-5 years 10:00am- 11:30am	Thames Barrier Park 0-5 years 10:00am- 2:00pm (Booking required)	Baby Group (Abbey Lane) Under 18months 10:00am- 11:30am	Newham City Farm 0-5 years 10:00am- 2:00pm
Imaginative Play (Abbey Lane) 0-5 years 1:30pm- 3:00pm	Singing and Storytelling (Stratford Library) 0-5 years 11:00am- 12:00pm		Physical Play (Abbey Lane) 0-5 years 1:30pm- 3:00pm	Transport Play (Abbey Lane) 0-5 years 1:30pm- 3:00pm
Week 3				
Monday 19 <sup>th</sup> August	Tuesday 20 <sup>th</sup> August	Wednesday 21 <sup>st</sup> August	Thursday 22 <sup>nd</sup> August	Friday 23 <sup>rd</sup> August
Healthy Eating (Abbey Lane) 0-5 years 10:00am-11:30am	SEND Stay and Play (Abbey Lane) 0-8 years 10:00am- 11:30am	Cookies Island 0-5 years 10:00am- 2:00pm (Booking required)	Baby Group (Abbey Lane) Under 18 months 10:00am- 11:30am	Singing and Storytelling (Stratford Library) 0-5 years 11:00am- 12:00pm
Arts and Craft (Abbey Lane) 0-5 years 1:30pm- 3:00pm	Physical Play (Abbey Lane) 0-5 years 1:30pm- 3:00pm		Messy Play (Abbey Lane) 0-5 years 1:30pm- 3:00pm	Mile End Park 0-5 years 10:00am- 2:00pm (Booking required)
Week 4				
Monday 26 <sup>th</sup> August	Tuesday 27 <sup>th</sup> August	Wednesday 28 <sup>th</sup> August	Thursday 29 <sup>th</sup> August	Friday 30 <sup>th</sup> August
No session (Bank holiday)	Messy Play (Abbey Lane) 0-5 years 10:00am- 11:30am	Hampstead Heath Park 0-5years 10:00am- 3:00pm (Booking required)	Baby Group (Abbey Lane) Under 18 months 10:00am- 11:30am	Singing and Storytelling (Stratford Library) 0-5 years 11:00am- 12:00pm
	Animal Play (Abbey Lane) 0-5 years 1:30pm- 3:00pm		Mark Making (Abbey Lane) 0-5 years 1:30pm- 3:00pm	Bethnal Green Museum 0-5 years 10:00am- 2:00pm (Booking required)