

STRATFORD AND WEST HAM CHILDREN'S CENTRE

Activity Programme



April – June
2023

Monday

Messy Play @ Abbey Lane

0-4 years

Booking required

10:00am - 11:30am

Stay and Play @ Abbey Lane

0-4 years

Booking required

1:00pm - 2:30pm

Baby Singing and Story time @ Rebecca Cheetham

0-12 months (Pre walkers)

Please note: We understand that children develop at their own unique pace, therefore, this session is also appropriate for children who are not yet walking.

Booking required

1:00pm - 1:45pm

Tuesday

Stay and Play for 2-3 year olds @ Rebecca Cheetham

Booking required

Please note: This session is created for the specified age group only.

9:30am - 11:00am

Physiotherapist Team @ Rebecca Cheetham

Referral/ invitation only

10:00am - 11:00am

Rhyme Time @ Stratford Library

0-2 years

Booking required

10:00am - 11:00am

Little Talkers @ Rebecca Cheetham

2-3 years

5 week course

Commencing: 6th June

Referral/ invitation only

1:15pm - 2:30pm

Wednesday

Hug in a Mug (Tea/ Coffee morning) @ Rebecca Cheetham

0-4 years

Booking required

9:30am - 10:30am

Early Positive Approaches to Support (EPAtS) @ Rebecca Cheetham

8 week course

Commencing: 10th May

Invitation only

9:30am - 11:30am

Baby Massage @ Rebecca Cheetham

4 weeks course

Commencing: 3rd May

Referral/ Invitation only

12:30pm - 1:30pm

Thursday

Baby Sensory @ Rebecca Cheetham

0-12 months

Booking required

Please note: We understand that children develop at their own unique pace, therefore, this session is also appropriate for children who are not yet walking.

10:00am - 11:30am

Health Promotion delivered by the Health Visiting Team @ Rebecca Cheetham

Every 3rd Thursday of the month along
side Stay and Play

Booking required

1:30pm - 2:00pm

Stay and Play @ Rebecca Cheetham

0-4 years

Booking required

1:00pm - 2:30pm

Friday

Stay and Play @ Rebecca Cheetham

0-4 years

Booking required

10:00am - 11:30am

Messy Play @ Rebecca Cheetham

0-4 years

Booking required

1:00pm - 2:30pm

Book Start Corner @ Rebecca Cheetham

12-30 months

Find the love of books with your child.

4 weeks course

Commencing: 5th May

Booking required

1:15pm - 2:15pm

Booking required: You can book sessions by either calling the centre on **0208 534 3136 option 4**

Referral/ Invitation Only: These sessions are created for families who have been invited/ referred into a session by another professional or agency.

Please Note:

All of our sessions are subject to change in accordance to capacity and availability. Families from the Stratford and West Ham Community will be given priority, however, families from outside of this community are welcome to add their names onto our waiting list for the opportunity to gain a space, if there are cancellations or a spaces becomes available.

Workshops and Drop-In sessions

Workshops Delivered By Our Family Support Team

Making Time for Me Workshop

Join our Family Support Team to gain tips and take part in group discussion on how you can better take care of your own mental health and wellbeing.

Booking required

Tuesday 18th April 2023
10:00am – 11:00am (Face to face)

Please call the centre for more information and to book your space.

Toilet Training Workshop

Join a member of our Family Support Team to gather ideas and strategies on how you support your child to transition from nappies to the toilet.

Booking required

Tuesday 13th June 2023
10:00am – 11:00am (Face to Face)

Health Promotion Sessions (Booking required by calling the Centre)

Toilet Training

Thursday 20th April 2023
1:30pm – 2:00pm

Healthy Lifestyles and Weaning

Thursday 18th May 2023
1:30pm – 2:00pm

Accident Prevention

Thursday 15th June 2023
1:30pm – 2:00pm

Child Health Clinic 10 Vicarage Lane, E15 4ES

See a Health Visitor @ Vicarage Lane Health Centre (NO APPOINTMENT NEEDED)

Every 2nd Thursday of the month 1:30pm-3:30pm
Every 4th Thursday of the Month 9:30am-11:30am

Family Support - Wellbeing Drop-In (monthly) (24th April, 22nd May and 19th June) 1:00pm-3:00pm



We all sometimes need a space where we can speak about our experiences in a safe, confidential and non judgmental environment. This is why we have created this monthly drop in for you, to come and speak to one of our highly skilled and professional Family Support Workers.

Booking through QR Code provided above.

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 please contact the Children's Centre for more information.

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

Refugee and Migrant Project

<https://www.renewalprogramme.org.uk/Pages/Cat/refugee-and-migrants-project>

Shelter (Housing Support) 0808 800 4444

Our Newham Money 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

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

SAFEGUARDING AND SAFETY

Newham MASH
0203 373 4600/ 0208 430 2000

Hestia (Newham) Domestic Abuse Support
referralsnewham.dsv@hestia.org
0808 196 1482

Freephone National Domestic Abuse Helpline
0808 2000 247

Childline
0800 1111 or 0808 800 5000

In emergency situations please call 999

FAMILY SUPPORT ARE HERE TO HELP

If you require to speak to a member of our Family Support Team about anything effecting your family life, they are ready to see how they can help and support you.

Please feel free to call us on 0208 534 3136

If you would like to make a self referral into Family Support, you can do this by visiting: [Login \(newham.gov.uk\)](http://Login(newham.gov.uk))

(Please note: you will need to register before making a referral for support). You could also contact Newham MASH on 0203 373 4600 for further guidance.

April Half Term Programme

	Monday 3 rd April	Tuesday 4 th April	Wednesday 5 th April	Thursday 6 th April	Friday 7 th April
AM	UNIVERSAL Educational Visit 2 - 4 years (Mudchute Farm) Booking required <i>Please Note:</i> Limited Buggy Spaces 10:00am - 12:00pm	UNIVERSAL Stay and Play 0-4 years (Rebecca Cheetham) Booking required 10:00am - 11:30am	INVITE Eat and Play 0-4 years (Rebecca Cheetham) Invitation/ Referral Only 10:00am - 12:30pm	UNIVERSAL Baby Sensory 0-12 months and non-walkers (Rebecca Cheetham) Booking required 10:00am - 11:30am	BANK HOLIDAY NO SESSION
PM	UNIVERSAL Baby Singing and Story time 0-12 months (Pre walkers) (Rebecca Cheetham) Booking required 1:30pm - 2:15pm	INVITE Family Fun Whole family (Rebecca Cheetham) Invitation Only 1:00pm - 3:00pm		UNIVERSAL Stay and Play 0-4 years (Rebecca Cheetham) Booking required 1:00pm - 2:30pm	
	Monday 10 th April	Tuesday 11 th April	Wednesday 12 th April	Thursday 13 th April	Friday 14 th April
AM	BANK HOLIDAY NO SESSION	UNIVERSAL Stay and Play 0-4 years (Rebecca Cheetham) Booking required 10:00am - 11:30am	UNIVERSAL Educational Visit Children under 4 years/ older siblings welcome (Picnic at West Ham Park) Booking required 12:00pm- 2:00pm	UNIVERSAL Baby Sensory 0-12 months and non-walkers (Rebecca Cheetham) Booking required 10:00am - 11:30am	INVITE Eat and Play 0-4 years (Rebecca Cheetham) Invitation/ Referral Only 10:00am - 12:30pm
PM		INVITE Family Fun Whole family (Rebecca Cheetham) Invitation Only 1:00pm - 3:00pm		UNIVERSAL Stay and Play 0-4 years (Rebecca Cheetham) Booking required 1:00pm - 2:30pm	

UPCOMING DATES FOR THE DIARY

3rd April-14th April (Half Term)
7th April (Bank Holiday)
10th April (Bank Holiday)
1st May (Bank Holiday)
8th May (Kings Coronation)
29th May (Bank Holiday)
30th June (Inset Day- Fiesta Fun Day)

WE ARE RESPONDING.
WE ARE NEWHAM.
TAKING VITAL ACTION
TO HELP OUR RESIDENTS.
www.newham.gov.uk/costoflivingresponse

Fiesta Fun Day

A fun filled day for children under the age of five and their families.

Friday 30th June 2023

1:00pm – 5:00pm

Rebecca Cheetham Nursery
and Children's Centre,
Marcus Street, Stratford, E15 3JT

£1 contribution on entrance



- Refreshments
- Henna/Mehndi
- Nearly New Sale
- Cake Stall
- Live entertainment
- Bouncy Castle
- Game stalls
- Buzz Wire
- Food stalls
- Karaoke
- Biscuit decorating
- Raffle
- Petting Zoo
- Face painting
- Tombola
- And Much More...

May Half Term Programme

	Monday 29 th May	Tuesday 30 th May	Wednesday 31 st May	Thursday 1 st June	Friday 2 nd June
AM	<p>BANK HOLIDAY NO SESSION</p>	<p>UNIVERSAL Stay and Play 0-4 years (Rebecca Cheetham) Booking required 10:00am - 11:30am</p>	<p>INVITE Eat and Play 0-4 years (Rebecca Cheetham) Invitation/ Referral Only 10:00am – 12:30pm</p>	<p>UNIVERSAL Baby Sensory 0-12 months and non-walkers (Rebecca Cheetham) Booking required 10:00am - 11:30am</p>	<p>UNIVERSAL Educational Visit 2 - 4 years (Thames Barrier Park) Booking required <i>Please Note:</i> Limited Buggy Spaces 10:00am - 12:00pm</p>
PM		<p>INVITE Family Fun Whole family (Picnic in the park) Invitation Only 11:30am – 2:30pm</p>		<p>UNIVERSAL Stay and Play 0-4 years (Rebecca Cheetham) Booking required 1:00pm - 2:30pm</p>	

NHS Newham London

Baby feeding support

We provide baby feeding support to all families. Breast milk is tailor-made for your baby. It boosts your baby's ability to fight illness and infection. Speak to your Health Visitor, Midwife or Peer Supporter for practical information and support with feeding your baby.

For more information and support:

Newham's Health Visiting Team
healthvisiting@newham.gov.uk
020 3373 9983
www.newham.gov.uk/childrenshealth

Newham Baby Feeding
07534 249611
Facebook: Newham Baby Feeding
baby.feeding@newham.gov.uk

Baby feeding online support group
Tuesdays 1.30pm – Book via Eventbrite
www.eventbrite.co.uk/e/123179744933

Thursdays 10am – Facebook:
Newham NCT Milk Bar

National baby feeding helplines
National Breastfeeding Helpline – 0300 100 0212 (9.30am – 9.30pm)
BIN Supporterline – Bengali / Sylheti 0300 456 2421 (9.30am – 9.30pm)
La Lech League – 0345 120 2918
NCT – 0300 330 0700 (8am – 12.00 midnight)



Correct at October 2020

Approved and rated
Good
Care Quality Commission

NHS OUR CENTRE IS A DISTRIBUTING SITE FOR HEALTHY START VITAMINS Newham London

WE ARE HEALTHY. FREE FOOD AND MILK WITH HEALTHY START.

£8.50 a week for babies under 1 year old

£4.25 a week for pregnant women and children from 1 up to 4 years old

FREE Healthy Start vitamins including Vitamin D

PREGNANT? CHILDREN UNDER 4?
You may be able to get help to buy healthy food and milk. 2,400 eligible families in Newham are missing out.

Vitamins help young children grow up healthy and strong and help mum to maintain her health during pregnancy and support healthy growth of her unborn baby.

Pick up a form from your local Children's Centre, library, midwife, health visitor or visit www.healthystart.nhs.uk

Applying DOES NOT affect benefits you might be receiving.

Collect from a number of distribution outlets in Newham. Scan the QR code to find your nearest location.

WE ARE NEWHAM. People of the Heart of Everything We Do

NHS East London NHS Foundation Trust

SPEECH AND LANGUAGE THERAPY - EARLY YEARS ADVICE HOTLINE FOR PARENTS PRE-NURSERY and NURSERY AGED CHILDREN



Do you need advice about your child's **talk**ing?

Do you feel that your child doesn't always **listen** to you?

Are you concerned about their **eat**ing or **drink**ing?

Would you like some **adv**ice on how to help your child as you wait for Speech and Language Therapy?

If so, then please call and speak to a member of the **Early Years Speech and Language Therapy Team** for advice and ideas.

Call us at **020 8586 6245**

Every **Tuesday** from **10.00am to 4.00pm**



First Tuesday of the month: **Bengali** (and English) speaker available
Second Tuesday of the month: **Tamil** (and English) speaker available

TALKING TOTS PROGRAMME

TALKING TOTS PROGRAMME:
The Children's Health 0-19 Service are excited to launch the Talking Tots Programme commencing in September 2021. The programme has been developed to enable parents to achieve the best start in supporting their child(ren) to develop their speech, language and communication skills.

- Is your child aged between **12 months to 30 months**?
- Do you want to gain more confidence in supporting your child to develop their speech, language and communication skills?
- Do you want to speak to your health visiting team about boosting your child's play and listening skills?

If your answer is yes to any of these questions, then booking yourself on to the 6 weeks Talking Tots programme will enable you to achieve the best start in supporting your child to develop their speech, language and communication skills. Six sessions will be delivered over six weeks. Each session will take place for 90 minutes and parents/carers are given 2 top tips to work on each week to support their child's speech, language and communication skills. The Talking Tots programme is hosted by the Health Visiting teams on a virtual platform (Zoom). The details will be made available following registration.

HOW TO BOOK:
To book a place onto the Talking Tots programme you can;

- Complete a registration form – https://newham-self.achieveservice.com/service/Specialist_Health_Visiting_Service_Talking_Tots_programme. A member of the team will then be in touch with the session details.
- Or call the team on 0203 373 9983 - Option 3
Joining details will be available after registration.

If you have any concerns about your child's growth, emotional and mental health, their physical development or cognition, or if you are concerned about your own well-being as a parent, you can always speak to your health visitor by contacting the **Single Point of Access** on 020 3373 9983.

WORK4ALL
Start your journey towards finding a job that works for you! Please feel free to make contact with the groundwork advisors:
Lorraine: 07889755505 or lorraine.rose@groundwork.org.uk
Lucy: 07889756138 or lucy.mpofu@groundwork.org.uk



Are you eligible for Healthy Start Vouchers? To find out more speak to a member of staff.

Have you received a Free Book Start pack for your child? For more information please speak to a member of staff.

Are you struggling due to the cost of living? See a member of staff to explore The HSF funding.