

STRATFORD AND WEST HAM CHILDREN'S CENTRE

Activity Programme



October – December
2022

Monday

Messy Play @ Abbey Lane

0-4 years

Booking required

10:00am – 11:30am

Nutrition Kitchen @ Rebecca Cheetham

Booking Required

Fun activities for the whole family to help you be more active and make healthier choices. 5 weeks course

Commencing: 17th October 2022

9:45am – 11:15am

Stay and Play @ Abbey Lane

0-4 years

Booking required

1:00pm - 2:30pm

Baby Yoga @ Rebecca Cheetham

4 weeks course

Referral/ Invitation only

12:30pm – 1:30pm

Tuesday

Stay and Play for 2 year olds @ Rebecca Cheetham

Booking required

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 weeks course

Booking required

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

Invitation only

9:30am – 11:30am

Baby Massage @ Rebecca Cheetham

4 weeks course

Referral/ Invitation only

12:30pm – 1:30pm

Book Start Corner @ Rebecca Cheetham

12 - 30 months

Find the love of books with your child. 4 weeks course

Booking required

1:15pm – 2:15pm

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

1:30pm – 2:00pm

Stay and Play @ Rebecca Cheetham

0-4 years

Booking required

1:00pm - 2:30pm

Friday

Stay and Play SEND @ Rebecca Cheetham

0-4 years

Booking required

10:00am – 11:30am

Messy Play @ Rebecca Cheetham

0-4 years

Booking required

1:00pm - 2:30pm

Sing and Sign

18 months -3 years

Booking required

This is a relaxed course which will help you communicate better with your child through simple signing.

3 week course

Commencing: 6th December

1:45pm - 2:45pm

Booking required: You can book sessions by either calling the centre on **0208 534 3136 option 4** or by completing a short registration by visiting this link: <http://forms.gle/ev4eQigw4HBRtKhGA>
Referral/ Invitation Only: These sessions are created for families who have been invited/ referred into a session by another professional or agency.

Please Note: Staff within the centre are given the choice to wear a face mask at any time. We would advise to wear a face mask when you are in the centre.
All our sessions are subject to change in accordance to capacity and availability.

Family Support Workshops (Virtually via Zoom)

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 22nd November 2022
10:45am – 11:45am**

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

Parenting Q&A Workshop

Join our Family Support Team to talk through your challenges of parenting and gain some tips and guidance on how to deal with stressful moments.

Booking required.

**Tuesday 13th December 2022
1:45pm – 2:45pm**

Health Promotion Sessions (Booking required by calling the Centre)

Weaning Workshop

Thursday 20th October 2022
1:30pm – 2:00pm

Accident Prevention

Thursday 17th November 2022
1:30pm – 2:00pm

Healthy Lifestyles

Thursday 15th December 2022
1:30pm – 2:00pm

Advisory drop-in Child Health Clinic

**See a Health Visitor @ Abbey Lane Children's Centre
(NO APPOINTMENT NEEDED)**

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

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

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

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 centre and ask to speak with our Early Education Practitioner who is always happy to help.

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.

ADULT ESOL CLASSES

Sessions are run online via Zoom by Newham Adult Learning Service from 1:00pm – 3:00pm
For more information or to register your interest, please call the centre on 0208 534 3136

USEFUL CONTACTS AND INFORMATION

BASIC NEEDS ASSISTANCE

For residents who have difficulty accessing food due to financial issues- **Newham Food Alliance** can help:

www.newham.gov.uk/newhamfoodalliance

Refugee and Migrant Project

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

Shelter 0808 800 4444

Newham Council 0208 430 2000

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

Chat Newham (Befriending)
08081963510

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 or you can make a self referral by visiting:

https://newham-self.achieveservice.com/service/early_help_family_support_referral

Or by scanning the following QR code



Newham's Children's Centres

Offer a range of services to help give your child the Best Start in Life.

You can register for free if you are a Newham resident with a child under 5 (including if you're pregnant).

You can register by scanning the QR code.



WHY NOT BORROW A FREE LEARNING BAG?

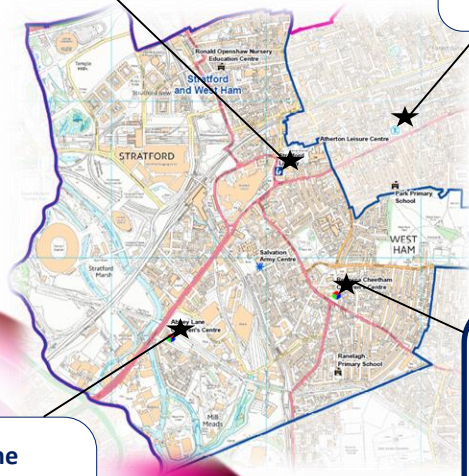
We have lots of great themed learning bags for you to borrow to extend on your child's learning at home. Please feel free to speak with a member of staff to learn more about our learning bags and to find out how to register and start borrowing.

Stratford and West Ham Community Neighbourhood Map

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

Stratford Library,
3 The Grove,
E15 1EL

Atherton Leisure
189 Romford Road,
E15 4JF

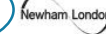


Abbey Lane
Children's Centre
1 Abbey Lane,
E15 2SD

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



OUR CENTRE IS A
DISTRIBUTING SITE FOR
HEALTHY START VITAMINS



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



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.

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.

WE ARE NEWHAM.

FREE Healthy Start
vitamins with Vitamin D
for all children under 4 years, pregnant women and new mums.

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.



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

People of the Heart
of Everything We Do



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)
BfN 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



Important Diary Dates

Half Term
24th-28th October

Diwali
24th October

Day Light saving
Time ends (clocks go back)

30th October
Halloween
31st October

First Day of
Hanukkah 19th December

Christmas Day
25th December
The Centre will be closed for
Winter Break
26th December- 3rd January
2023

October Half Term Programme

	MONDAY 24/10/2022	TUESDAY 25/10/2022	WEDNESDAY 26/10/2022	THURSDAY 27/10/2022	FRIDAY 28/10/2022
AM	Nutrition Kitchen @ Rebecca Cheetham 9:45am – 11:15am (week 4 of course) Messy Play@ Abbey Lane 10:00am – 11:30am 0-4 years Booking Required	Stay and Play @ Rebecca Cheetham 10:00am – 11:30am 0-4 years Booking Required	Educational Visit @ Mudchute Farm 10:00am - 12:00pm 2-4 years Booking required	Baby Sensory @ Rebecca Cheetham 10:00am - 11:30am 0- 12 months (Non walkers are welcome) Booking Required	Eat and Play @ Rebecca Cheetham Invitation Only 10:00am - 12:00pm
PM	Stay and Play @ Abbey Lane 1:00pm – 2:30pm Booking Required Stay and Play @ Rebecca Cheetham 1:00pm – 2:30pm 0-4 years Booking Required	Family Fun @ Rebecca Cheetham 1:00pm - 3:00pm Whole family Invitation Only	(Limited Buggy spaces)	Stay and Play @ Rebecca Cheetham 1:00pm – 2:30pm 0-4 years Booking Required	Family Stay and Play @ Rebecca Cheetham 10:00am – 11:30am Whole Family Booking Required

Parent Champion Volunteer Opportunity

We are always on the lookout for volunteers! Anyone with experience of being a parent can be a Parent Champion. If you like the idea of volunteering for a few hours each week to reach out to local parents to share your experiences of childcare and providing information and guidance, then becoming a Parent Champion may be for you.

If you would like to be a Parent Champion volunteer, please call the Centre on 0208 534 3136

Stratford and West Ham Community Neighbourhood

END OF YEAR CELEBRATION

Come along and join us for a festive themed play session to celebrate a successful year together.
This will take place during the week beginning 19th December to 23rd December 2022.

Please ensure you book your spaces to avoid any disappointments.

Fun Activities

Games

Creative activities

Finger Foods

Music

And much more...

Winter Raffle

Raffle tickets will be on sale from the 5TH December 2022
To be in with the chance of winning a raffle prize, make sure you buy your lucky ticket either in sessions or from our front office.

Tickets will be drawn on 21st December 2022

(During our Coffee Morning)

Good luck!