

STRATFORD AND WEST HAM CHILDREN'S CENTRE

Activity Programme



January – March
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)



Booking required

1:00pm-1:45pm

Toddler Singing and Story time @

Rebecca Cheetham

12 months – 2 years

Booking required

2:00pm-2:45pm



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

1st course commencing: 10th Jan

2nd course commencing: 28th Feb

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: 25th Jan

Invitation only

9:30am – 11:30am

Baby Yoga @ Rebecca Cheetham

3 weeks course

Commencing: 11th Jan

Referral/ Invitation only

12:30pm – 1:30pm

Baby Massage @ Rebecca

Cheetham

4 weeks course

Commencing: 1st Feb

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

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: 3rd February

Booking required

1:15pm – 2:15pm

Sing and Signalong

18 months - 3 years

Booking required

Learn songs using simple signing.

3 week course

Commencing: 3rd March

1:45pm - 2:45pm



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 our sessions are subject to change in accordance to capacity, availability and advice given by public health.

Workshops Delivered By Our Family Support Team

E-Safety 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 17th January 2023
10:00am – 11:00am (via Zoom)

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

Bye Bye Bottle 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 7th March 2023
10:00am – 11:00am (Face to Face)

Health Promotion Sessions (Booking required by calling the Centre)

Toilet Training

Thursday 19th January 2023
1:30pm– 2:00pm

Healthy Lifestyles and Weaning

Thursday 16th February 2023
1:30pm – 2:00pm

Accident Prevention

Thursday 16th March 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

ADULT ESOL CLASSES

Sessions are run online via Zoom by Newham Adult Learning Service
Monday's from 1:00pm – 3:00pm (Term Time Only)
For more information or to register your interest,
please call the centre on 0208 534 313

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 \(newham.gov.uk\)](https://www.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.

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.

Important Diary Dates

INSET DAY

6th January

CHINESE NEW YEAR

22nd January

HALF TERM

13th - 17th February

PANCAKE DAY

21st February

RANDOM ACT OF KINDNESS DAY

17th February

MOTHER'S DAY

19th March

FIRST DAY OF RAMADAN

22nd March (dates may vary)

Stratford and West Ham Community Neighbourhood Map

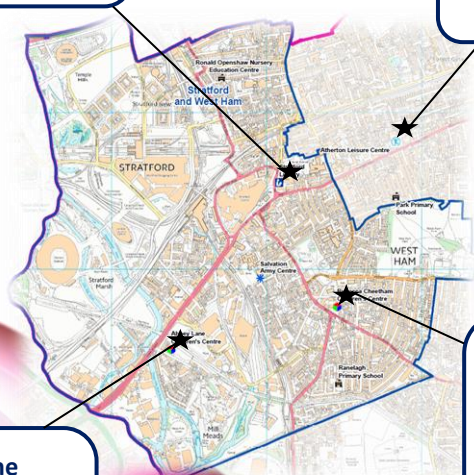
Put the postcode of the venues into google maps or download the city mapper app for directions.

Stratford Library,
3 The Grove,
E15 1EL

Atherton Leisure
189 Romford
Road, E15 4JF

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

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



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 at the Heart of Everything We Do

OUR CENTRE IS A DISTRIBUTING SITE FOR HEALTHY START VITAMINS



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



FREE HELP WITH LIVING COSTS



Free help with money

- Our Newham Money: ☎ 020 8430 2041 ✉ ournewhammoney@newham.gov.uk
🌐 www.ournewhammoney.co.uk
- Money A+E: money advice & education for Newham residents.
☎ 020 8616 3750 🌐 www.moneyaande.co.uk
- Community Links: for housing, debt, consumer and employment advice, free legal services from FreeLaw. ☎ 020 7473 2270 🌐 www.community-links.org
- Bonny Downs: welfare and welfare benefit checks for over 65s ☎ 020 8586 7070



Free help with housing

- If you're having problems with a private landlord or letting agency, contact:
☎ 020 3373 1950 ✉ privatehousing@newham.gov.uk
- If you're homeless, you can get support from our Homelessness Prevention service at:
🌐 www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice
- If you're threatened with homelessness, contact: ✉ hpas@newham.gov.uk
- Emergency help for families with children: MASH ☎ 020 3373 4600 during office hours (Mon-Thur, 9am-5.15pm or Fri 9am-5pm) ☎ 020 8430 2000 at any other time
- If you're pregnant and need immediate help or you're clinically or physically vulnerable.
✉ Accesssto.AdultsSocialCareTeam@newham.gov.uk



Free help with food

- Newham Food Alliance ☎ 07790 975 086 ✉ frontdoor@newhamfoodalliance.org
🌐 www.newham.gov.uk/newhamfoodalliance



Free help with energy bills

- Our Newham Money: ☎ 020 8430 2041
- East End Citizens Advice: ☎ 020 8525 6379 Tuesdays & Wednesdays 10am-1pm
- Mayor of London Warmer Homes Programme: ☎ 0300 555 0195 ✉ shine@islington.gov.uk



Free help with work

- Our Newham Work: ☎ 020 3373 1101 ✉ ournewhamwork.engagementteam@newham.gov.uk
🌐 www.ournewhamwork.co.uk
- Employment Rights Hub for free confidential support and advice if someone is having problems at work ☎ 020 3373 6494
- Work Rights Centre for help with employment rights, CV building and benefits
☎ 030 0400 0100 (EN) 07437 110951 ✉ contact@workrightscentre.org



Free help with stress and emotional pressure

- Free and confidential psychological support for adults:
☎ 020 8175 1770 🌐 www.newhamtalkingtherapies.nhs.uk
- For children (under 18): Talk to your doctor or the school.
- For school health support ☎ 020 3373 9983 🌐 www.newham.gov.uk/schoolhealth
- Mental health crisis line for anyone: ☎ 0800 073 0066 anytime

costoflivingresponse@newham.gov.uk
www.newham.gov.uk/council/cost-living-response

WE ARE NEWHAM.



Spring Half Term Programme

	Monday 13 th February 2023	Tuesday 14 th February 2023	Wednesday 15 th February 2023	Thursday 16 th February 2023	Friday 17 th February 2023
AM	Mark Making @ Rebecca Cheetham 10:00am – 11:30am 0-4 years Booking Required	Eat and Play @ Rebecca Cheetham 9:30am – 12:00pm 0-4 years Invitation/ Referral Only	Educational Visit @ Science Museum (South Kensington) 10:00am – 2:00pm 2-4 years Booking Required	Baby Sensory @ Rebecca Cheetham 10:00am – 11:30am 0-12 months (Non walkers are welcome) Booking Required	Family Play Celebrating different Cultures @ Rebecca Cheetham 10:00am – 12:00pm Children under 4 years (Older sibling welcome) Booking Required
PM	Block 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	Messy Play @ Rebecca Cheetham 1:30pm – 3:00pm 0-4 years Booking Required



PARENT CONNECT



Parent Connect is a monthly newsletter for children, young people and families living in Newham which highlights services, events, consultations as well as key information direct from the [Early Help Partnership Team](#).

Register for Parent Connect -

<https://docs.google.com/forms/d/e/1FAIpQLScqNG6tNRPpm43XebQu0jXNETo4ZbryAuLuo7dXa2xRb6kwqA/viewform>

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

