

# STRATFORD AND WEST HAM CHILDREN'S CENTRE VIRTUAL AND SESSIONAL TIMETABLE



July – September  
2022

## Monday

**Stay and Play @ Abbey Lane**  
0-4 years  
**Booking required**  
10:00am – 11:30am

**Messy Play @ Abbey Lane**  
0-4 years  
**Booking required**  
1:00pm - 2:30pm

**Baby Massage @ Rebecca Cheetham**  
4 weeks course  
**Referral/ Invitation only**  
12:30pm – 1:30pm

Please find our Summer  
Activity Programme on  
the final page

## Tuesday

**Stay and Play for 2 year olds @ Rebecca Cheetham**  
**Booking required**  
9:30am – 11:00am

**Physiotherapist**  
**\*Face to face**  
**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  
**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 E-PaTs @ Rebecca Cheetham**  
8 weeks Parent Course ( for parents with children under the age of 5 who have a learning or developmental disability)  
**Booking required**  
9:30am – 11:30am

**Baby Yoga @ Rebecca Cheetham**  
4 weeks course  
**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 3<sup>rd</sup> 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

**Messy Play @ Rebecca Cheetham**  
0-4 years  
**Booking required**  
10:00am – 11:30am

**Nature Trail @ West Ham Park**  
0-4 years  
**Booking required**  
10:00am – 11:30am

**Book Start Corner @ Rebecca Cheetham**  
12- 30 months  
4 weeks course  
**Booking required**  
1:15pm – 2:15pm

**Stay and Play SEND @ Rebecca Cheetham**  
0-4 years  
**Booking required**  
1:00pm-2:30pm

**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>  
**Invitation Only:** These sessions are created for families who have been invited into a session only.

**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 via Zoom (Booking required)

#### Bye Bye Bottle

Join a member of our Family Support Team to gather ideas and strategies on how you support your child to transition from a bottle to a cup. Share experiences and gain ideas.

Booking required.

**Tuesday 30th August 2022**  
**10:45am – 11:45am**

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

#### Making Time for Me

Join a member of our Family Support Team for a group discussion around ways that you can take time out for yourself. This session focuses on mindfulness.

Booking required.

**Tuesday 27th September 2022**  
**1:45pm – 2:45pm**

### Health Promotion Sessions with our local Health Visiting Team via Zoom

#### Accident Prevention and Minor Ailment

Thursday 14th July 2022  
1:30pm– 2:00pm

#### Healthy lifestyles and Weaning

Thursday 18th August 2022  
1:30pm – 2:00pm

#### Toilet Training

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

You can register your interest by calling the  
centre or following this link

<https://forms.gle/Q5LeigCKdCEZum6Z6>

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](http://www.newham.gov.uk/newhamfoodalliance)

#### Refugee and Migrant Project

<https://www.renewalprogramme.org.uk/Page/s/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](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](mailto: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 affecting  
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\\_famil  
y\\_support\\_referral](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.

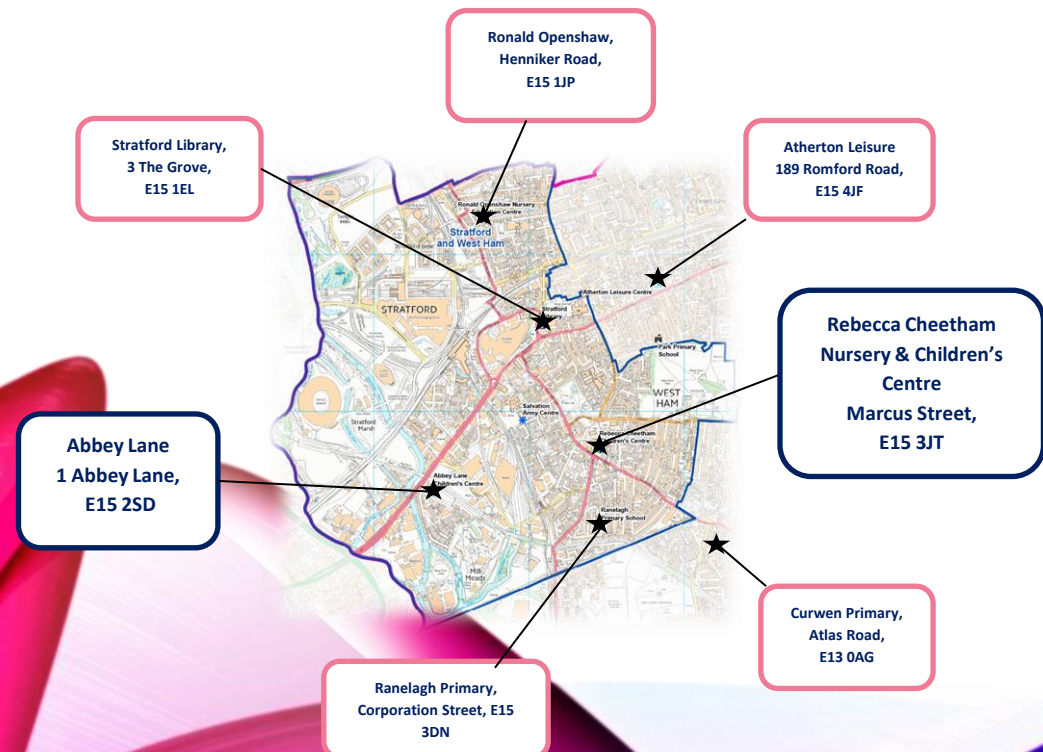


## WHY NOT BORROW A FREE LEARNING BAG?

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.



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](http://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](http://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](http://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 Leche League – 0345 120 2918  
NCT – 0300 330 0700 (8am – 12.00 midnight)

Correct at October 2020



## IMPORTANT DATES FOR YOUR DIARY

**INSET DAY- 21<sup>st</sup> and 22<sup>nd</sup> July**  
**BANK HOLIDAY- 29<sup>th</sup> August**  
**INSET DAY- 1<sup>st</sup> and 2<sup>nd</sup> September**  
**INTERNATION PEACE DAY- 21<sup>st</sup> September**

# Summer Activity Programme 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week Beginning 25 <sup>th</sup> July	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED
Week beginning 1 <sup>st</sup> August	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED
Week beginning 8 <sup>th</sup> August	Eat and Play @ <b>Rebecca Cheetham CC</b> <b>INVITE ONLY</b> 10:00am-12:00pm ..... Messy Play @ <b>Abbey Lane CC</b> 0-4 years <b>Booking Required</b> 10:00am-11:30am	Stay and Play @ <b>Rebecca Cheetham CC</b> 0-4 years <b>Booking Required</b> 10:00am-11:30am ..... Cooking Together @ <b>Rebecca Cheetham CC</b> <b>INVITE ONLY</b> 1:00pm-3:00pm	Educational Visit @ <b>Queen Elizabeth Olympic Park</b> 0-4 years <b>Booking required</b> 10:00am - 12:30pm	Baby Sensory @ <b>Rebecca Cheetham CC</b> 0- 12 months <b>Booking Required</b> 10:00am-11:30am ..... Stay and Play @ <b>Rebecca Cheetham CC</b> 0-4 years <b>Booking Required</b> 1:00am-2:30pm	Family Play @ <b>West Ham Park</b> Children under 4 years and siblings <b>Booking required</b> 10:00am-11:30am ..... Stay and Play SEND @ <b>Rebecca Cheetham CC</b> <b>Booking required</b> 1:00pm-2:30pm
Week beginning 15 <sup>th</sup> August	Eat and Play @ <b>Rebecca Cheetham CC</b> <b>INVITE ONLY</b> 10:00am-12:00pm ..... Messy Play @ <b>Abbey Lane CC</b> 0-4 years <b>Booking Required</b> 10:00am-11:30am	Stay and Play @ <b>Rebecca Cheetham CC</b> 0-4 years <b>Booking Required</b> 10:00am-11:30am ..... Family Fun @ <b>Science Museum</b> <b>INVITE ONLY</b> 10:00am-2:00pm	Educational Visit @ <b>Central Park</b> 0-4 years <b>Booking required</b> 10:00am-12:30pm Limited Buggy Spaces	Baby Sensory @ <b>Rebecca Cheetham CC</b> 0- 12 months <b>Booking Required</b> 10:00am-11:30am ..... Stay and Play @ <b>Rebecca Cheetham CC</b> 0-4 years <b>Booking Required</b> 1:00am-2:30pm	Family Play @ <b>Rebecca Cheetham CC</b> Children under 4 years and siblings <b>Booking required</b> 10:00am-11:30am ..... Stay and Play SEND @ <b>Rebecca Cheetham CC</b> <b>Booking required</b> 1:00pm-2:30pm
Week beginning 22 <sup>nd</sup> August	Eat and Play @ <b>Rebecca Cheetham CC</b> <b>INVITE ONLY</b> 10:00am-12:00pm ..... Messy Play @ <b>Abbey Lane CC</b> 0-4 years <b>Booking Required</b> 10:00am-11:30am	Stay and Play @ <b>Rebecca Cheetham CC</b> 0-4 years <b>Booking Required</b> 10:00am-11:30am ..... Family Fun @ <b>Rebecca Cheetham CC</b> <b>INVITE ONLY</b> 1:00pm-2:30pm	Educational Visit @ <b>Gospel Oak Park</b> 0-4 years <b>Booking required</b> 10:00am-12:30pm Limited Buggy Spaces	Baby Sensory @ <b>Rebecca Cheetham CC</b> 0- 12 months <b>Booking Required</b> 10:00am-11:30am ..... Stay and Play @ <b>Rebecca Cheetham CC</b> 0-4 years <b>Booking Required</b> 1:00am-2:30pm	Family Singing @ <b>West Ham Park</b> Children under 4 years and siblings <b>Booking required</b> 10:00am-11:30am ..... Stay and Play SEND @ <b>Rebecca Cheetham CC</b> <b>Booking required</b> 1:00pm-2:30pm
Week beginning 29 <sup>nd</sup> August	BANK HOLIDAY	Stay and Play @ <b>Rebecca Cheetham CC</b> 0-4 years <b>Booking Required</b> 10:00am-11:30am	Educational Visit @ <b>Thames Barrier Park</b> 0-4 years <b>Booking required</b> 10:00am-12:30pm Limited Buggy Spaces	INSET DAY	INSET DAY

To book your space, please call the centre on **0208 534 3136**

**Please note:** The Centre will be closed from **25/07/2022 – 05/08/2022**. You may only be limited to book onto only one educational visit to enable all families who are interested to attend.

*Please be advised, limited spaces only.*