

STRATFORD AND WEST HAM CHILDREN'S CENTRE ACTIVITY PROGRAMME



October – December 2026



FREE ACTIVITIES FOR CHILDREN UNDER THE AGE OF FIVE

We are a distributing site
for Healthy Start Vitamins



Forging forces to
give children
The Best
Start in Life

Call us on: 0208 534 3136 Option 4
Rebecca Cheetham Children's Centre,
Marcus Street, Stratford, E15 3JT

Visit our website: www.rebeccacheetham.newham.sch.uk

Register for free by
scanning the QR CODE:



You are welcome to
breastfeed at Rebecca
Cheetham Children's
Centre & Abbey Lane
Children's Centre

STRATFORD AND WEST HAM CHILDREN'S CENTRE

ACTIVITY PROGRAMME



October – December
2026

Monday

Family Stay & Play

@ Abbey Lane CC

0-4 years

Drop in

10:00am - 11:30am

Baby Feeding Café

@ Rebecca Cheetham

Drop In

10:00am-12:00pm

Family Stay & Play

@ Abbey Lane CC

0-4 years

Drop In

1:00pm - 2:30pm

Baby Stay & Play (Singing and Story time)

@ Rebecca Cheetham

0-12 months

Drop in

1:30pm - 2:30pm

Tuesday

Toddler Stay & Play

@ Rebecca Cheetham

18 months-under 3 years

Booking Required

10:00am - 11:30am

Borrow a Learning Bag

@ Rebecca Cheetham

Alongside Toddler Stay and Play

10:00am – 11:30am

Rhyme Time

@ Stratford Library

0-4 years

Drop In

10:00am - 11:00am

Occupational Therapy - Parent Coaching

@ Rebecca Cheetham

5 week course

Referral/Invitation only

1:00pm - 2:30pm

Wednesday

Hug in a Mug (Coffee morning)

@ Rebecca Cheetham

0-4 years

Drop In

9:30am - 10:30am

Psychological Service (Family Play)

(Talking Therapies Service)

@ Rebecca Cheetham

12 week programme

Referral/Invitation only

11:15am-12:30pm

NCT Infant feeding Support Group

@ Rebecca Cheetham

Drop In

(Term Time Only)

11:45am-12:45pm

NCT Parents in Mind

@ Rebecca Cheetham

Fortnightly

Referral/Invitation only

1:00pm-2:30pm

Thursday

Baby Stay & Play (Baby Sensory)

@ Rebecca Cheetham

0-12 months

Booking Required

Please note: We do not allow shoes in our baby room.

10:00am - 11:30am

Family Stay & Play

@ Rebecca Cheetham

0-4 years

Booking Required

1:00pm - 2:30pm

Alice from the Speech and Language Team

will be joining the session on 29/10/26 &

03/12/2026.

Health Promotion

@ Rebecca Cheetham

Delivered by the Health Visiting Team

Every 3rd Thursday of the month

Booking Required

1:30pm - 2:00pm

Friday

Change, Grow and Live Consultation with Anushi

@ Rebecca Cheetham

Come and talk through concerns relating to drug addition or alcohol use which is having an affect in your personal/ family life in a confidential and non-judgmental space.

Booking required

9:00am – 12:00pm

Family Stay & Play

@ Rebecca Cheetham

0-4 years

Booking Required

10:00am - 11:30am

Family Stay & Play

@ Rebecca Cheetham

0-4 years

Booking Required

1:00pm - 2:30pm

IMPORTANT INFORMATION:

The Children's Centre is currently going through a transformation in line with the council's plan. All our sessions are subject to change according to our availability and guidance from the Local Authority.

Booking required: You can book sessions by calling the centre on **0208 534 3136 option 4** between 9:00am - 4:00pm (please note: we take bookings a week in advance). **Referral/ Invitation only:** These sessions are created for families who have been invited/ referred into a session by another professional or agency. **Drop in:** These are open sessions and no booking is required. Just come along!

Babies Stay & Play - (Bumps, Under 1 years and older non-confident walkers up to 18 months), Toddler Stay & Play - Under 3 years, Family Stay and Play - (all children) Under 5 years

GENTLE REMINDER: To give all families the opportunity to gain the full benefit of our sessions, we ask you to arrive on time. You may not be given access into our Stay and Play sessions if you arrive later than 20 minutes after the session start time. For drop in session we will operate on a first come first serve basis (first 12- 15 families). The Centre will not be responsible for any personal missing items, therefore we ask that you do not bring in expensive and valuable goods into our sessions. **Please visit our website for the most recent updates and information.**

DATES FOR YOUR DIARY

1st – 30th October

Black History Month

23rd October

CENTRE CLOSED- Inset Day

26th – 30th October

HALF TERM- Look out for our Half Term Programme

2nd November

CENTRE CLOSED- Inset Day

16th – 20th November-

Road Safety Week

23rd December- 5th January 2027

Christmas Closure

4th January 2027

CENTRE CLOSED- Inset Day

HEALTH PROMOTION SESSIONS - (Booking required by calling the Centre)

Toilet Training

Thursday 15th October 2026

1:30pm – 2:00pm

Healthy Eating and Weaning

Thursday 19th November 2026

1:30pm – 2:00pm

Accident Prevention and Minor Ailments

Thursday 17th December 2026

1:30pm – 2:00pm

Delivered by
The Health
Visiting Team

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

CONTACT DETAILS FOR HEALTH VISITING TEAM

NEWHAM HEALTH VISITING TEAM

healthvisiting@newham.gov.uk 020 3373 9983

www.newham.gov.uk/childrenshealth or

CHIS@newham.gov.uk

The United West Family Hub

Operates across two Children's Centre sites: Rebecca Cheetham Children's Centre and Kay Rowe Children's Centre, so families in both areas can access hub services.

For more information please speak to a member of the Children's Centre Team.

Free support for families at every stage

beststartinlife.gov.uk

Family Hubs contact:

020 3373 2555 familyhub@newham.gov.uk



Funded by
UK Government



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 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

Live Well Newham

Better.org.uk/livewell-newham

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

Child line

0800 1111 or 0808 800 5000

Respect (Men's advice Line)

0808 801 0327/ mensadvice.org.uk

In emergency situations please call 999

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 by visiting: [Newham Free 2 year old early years education - Welcome - Newham Online Forms](#) (achieveservice.com)

Children's Centre Service Users Feedback..



'I feel lively when I come here, as when I'm at home I feel dull.'

Friendly, informative, helpful and supportive for children and families. Super good and very professional in jobs that makes us confident to go centre for children and help'.



'The best feeling I ever got in this country. I do not feel alone.'

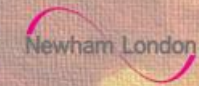


'Friendly staff including reception staff, great facilities, refreshing to change scenery and break away from home.'



'Building community and helping parent when stuck.'

October Half Term Programme Rebecca Cheetham Children's Centre



Monday 26 th October	Tuesday 27 th October	Wednesday 28 th October	Thursday 29 th October	Friday 30 th October
Family Stay and Play MARK MAKING (Rebecca Cheetham) 10:00am-11:30am DROP IN 0-5 Years A fun and interactive session for parents/carers with children under 5.	Family Stay and Play TRANSPORT PLAY (Rebecca Cheetham) 10:00am - 11:30am DROP IN 0-5 years A fun and interactive session for parents/carers with children under 5 years.	Coffee Morning HUG IN A MUG (Rebecca Cheetham) 9:30am - 10:30am DROP IN 0-8 years This session is created for children under the age of 5 years and their siblings. Single children also welcome.	Babies Stay and Play EXPLORING OUR FIVE SENSES (Rebecca Cheetham) 10:00am - 11:30am DROP IN 0-18 months Enhance your child's social interaction through a friendly play session catered for babies.	Family Stay and Play FAIRY TALES/ STORIES (Rebecca Cheetham) 10:00am - 11:30am DROP IN 0-5 years This session is created for children under the age of 5 years and their siblings. Single children also welcome.
	Babies Stay and Play SONGS, RHYMES AND STORIES (Rebecca Cheetham) 1:00pm - 2:30pm DROP IN 0-18 months A session created for babies.		Family Stay and Play CONSTRUCTION PLAY (Rebecca Cheetham) 1:00pm - 2:30pm DROP IN 0-5 years A fun and interactive session for parents/carers with children under 5 years.	Family Stay and Play ARTS AND CRAFT (Rebecca Cheetham) 1:00pm - 2:30pm DROP IN 0-8 years This session is created for children under the age of 5 years and their siblings. Single children also welcome.

Thank you for taking the time to look through our October Half Term Programme. Please note that you may be turned away if you arrive 30 minutes after the session start time.

All sessions are subject to change.

We look forward to seeing you and your little one/s soon.

For further information please call the centre on: 0208 5343136 option 4 or visit our website: www.rebeccacheetham-newham.sch.uk



FREE HOME LEARNING BAGS & BABY SENSORY BAGS



Speak to a member of the team to find out more about how to borrow home learning bags for **FREE** for you to use at home with your child. Pick from a range of topics to explore with your child.