

# STRATFORD AND WEST HAM CHILDREN'S CENTRE ACTIVITY PROGRAMME



## 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: [rebeccacheetham.newham.sch.uk](http://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



January – March  
2024

## Monday

### Family Stay & Play (Messy Play)

@ Abbey Lane CC

0-4 years

Drop in

10:00am - 11:30am

No booking  
needed

### Family Stay & Play

@ Abbey Lane CC

0-4 years

Drop in

1:00pm - 2:30pm

No booking  
needed

### Babies Stay & Play (Singing & Story time)

@ Rebecca Cheetham

0-12 months (Pre walkers)

1:00pm - 1:45pm

Booking required



## Tuesday

### Toddler Stay & Play

@ Rebecca Cheetham

18 months – under 3 years

Booking required

10:00am - 11:30am

### SALT Tune in- Music Group

@ Rebecca Cheetham

Referral/ invitation only

10:00am - 11:00am

### Physiotherapy Group

@ Rebecca Cheetham

Referral/ invitation only

10:00am - 11:00am

### Rhyme Time

@ Stratford Library

0-4 years

Drop in

10:00am - 11:00am

No booking  
needed

### Little Talkers @ Rebecca Cheetham

2-3 years

Referral/ invitation only

1:15pm - 2:30pm

## Wednesday

### Hug in a Mug (Tea/ Coffee morning)

@ Rebecca Cheetham

0-4 years

9:30am - 10:30am

No booking  
needed

### Family Support Drop in

@ Rebecca Cheetham

Alongside Hug in a Mug

Come and speak to one of our friendly Family Support Workers to see what support can be put in place for you and your family.

9:30am - 10:30am

No booking  
needed

### Early Positive Approaches to Support (EPAtS)

@ Rebecca Cheetham

8 week course

Commencing: 7<sup>th</sup> February 2024

Invitation only

9:30am - 11:30am



## Thursday

### Baby Stay & Play (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 Every 3<sup>rd</sup> Thursday of the month along side Stay and Play

Booking required

1:30pm - 2:00pm

### Family Stay & Play

@ Rebecca Cheetham

0-4 years

Booking required

1:00pm - 2:30pm

The Fantastic Speech and Language Team will be visiting our sessions on the 22/02/2024, so please speak to them to gain advice around your child's speech and communication.



## Friday

### Family Stay & Play

@ Rebecca Cheetham

0-4 years

Booking required

10:00am - 11:30am

### Family Stay & Play (Messy Play)

@ Rebecca Cheetham

0-4 years

Booking required

1:00pm - 2:30pm

### Book Start Corner @ Rebecca Cheetham

12-30 months

4 week course

Commencing: 2<sup>nd</sup> February 2024

Booking required

1:15pm - 2:15pm

**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!

**Key:** 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

**All our sessions are subject to change according to our availability and guidance from the local authority**



# Information Page

## Health Promotion Sessions (Booking required by calling the Centre)

**Toilet Training**  
Thursday 18<sup>th</sup> January 2024  
1:30pm – 2:00pm

**Healthy Lifestyles and Weaning**  
Thursday 15<sup>th</sup> February 2024  
1:30pm – 2:00pm

**Accident Prevention and Minor Ailments**  
Thursday 21<sup>st</sup> March 2024  
1:30pm – 2:00pm

**Child Health Clinic**  
10 Vicarage Lane, E15 4ES

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

Every 2<sup>nd</sup> Thursday of the month 1:30pm-3:30pm  
Every 4<sup>th</sup> Thursday of the month 9:30am-11:30am

## SINGLE POINT OF ACCESS

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.

## 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](http://achieveservice.com))

## UPCOMING DATES

5<sup>th</sup> January

**STAFF INSET DAY**  
The Centre will be closed

31<sup>st</sup> January

**EARLY HELP STAFF AWAY DAY**  
The Centre will be closed

12<sup>th</sup> – 16<sup>th</sup> February

**SPRING HALF TERM**  
Look out for our Half Term Activity Programme

28<sup>th</sup> February

**EARLY HELP STAFF AWAY DAY**  
The Centre will be closed

28<sup>th</sup> March

**EARLY HELP STAFF AWAY DAY**  
The Centre will be closed

29<sup>th</sup> March – 12<sup>th</sup> April

**SPRING BREAK**  
Look out for our new activity programme

## 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](http://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](mailto: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](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 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.

**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 **talking**?  
Do you feel that your child doesn't always **listen** to you?  
Are you concerned about their **eating** or **drinking**?  
Would you like some **advice** 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

**STAY AND PLAY FOR UNDER 5s**  
**WITH A SPEECH AND LANGUAGE THERAPIST**  
Thursday 22<sup>nd</sup> February 2024  
Please feel free to drop in and speak to us if:

**YOU ARE WORRIED YOUR CHILD IS NOT TALKING OR DOESN'T UNDERSTAND YOU**

**YOU ARE WONDERING IF YOUR CHILD NEEDS A REFERRAL TO SPEECH AND LANGUAGE THERAPY**

**YOU WOULD LIKE TO KNOW MORE ABOUT THE SPEECH AND LANGUAGE THERAPY JOURNEY**

**IS YOUR CHILD ON THE WAITING LIST FOR SPEECH AND LANGUAGE THERAPY?**

**DO YOU WANT TO KNOW WHAT THE NEXT STEP FOR YOUR CHILD IS?**

**DO YOU WANT TO KNOW MORE ABOUT STRATEGIES TO SUPPORT YOUR CHILD'S COMMUNICATION?**

**WOULD YOU LIKE SOME ADVICE?**

If you are worried about your child's communication skills, please come to one of our drop-in sessions  
Contact your local Children's Centre for more information



**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




**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  
**FREE** Healthy Start vitamins including Vitamin D  
**£4.25 a week** for pregnant women and children from 1 up to 4 years old



**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.

**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.



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

**Dads group**  
Dad to an unborn baby/child under two?  
Want to chat?  
Enhance your wellbeing?  
Come and connect!  
We offer inclusive, informal info and support.  
Don't book, just turn up.



For more information scan the QR code  
Email: [Parentsinmind.newham@nct.org.uk](mailto:Parentsinmind.newham@nct.org.uk)



**Parent-led Support Group**  
Strengthen, Empower & Nurture



Are you a parent caregiver of a child aged between 0-7 years old with additional needs and live in Newham?  
Do you want to meet other parents?


**Join our Parent-led Support Group.**

The Parent-led Support Group is run by one of our Family Connectors  
The Family Connectors have experience of caring for children with additional needs  
The Online or Face to Face Parent-led Support Group are on **Tuesdays at 9:30am- 11am**  
All conversations during the session are **confidential**.  
[Click here to join the Parent-led Support Group](#)

If you have any questions please contact:  
**Josephine M: 07929 666 071 E: [Josephine.Assani@mencap.org.uk](mailto:Josephine.Assani@mencap.org.uk)**  
or  
**Ieva M: 07814 078 247 E: [Ieva.Jupe@mencap.org.uk](mailto:Ieva.Jupe@mencap.org.uk)**



**Need somewhere warm to go?**  
We provide Warm Havens.



From 30<sup>th</sup> October, all library opening hours will be extended due to Warm Haven until 31<sup>st</sup> March 2024:

Libraries	Monday - Saturday	Sunday
Beckton	10am-8pm	12pm-4pm
Canning Town	9am-8pm	12pm-4pm
Custom House	10am-8pm	12pm-4pm
East Ham	9am-8pm	12pm-4pm
Forest Gate	9am-8pm	12pm-4pm
Green Street	10am-8pm	12pm-4pm
Manor Park	10am-8pm	12pm-4pm
North Woolwich	9:30am-8pm	12pm-4pm
Plaistow	9:30am-8pm	12pm-4pm
Stratford	9am-8pm	12pm-4pm