

# 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



April-June  
2024

## Monday

### Family Stay & Play (Messy Play)

@ Abbey Lane CC

0-4 years

Drop in

10:00am - 11:30am

### Family Stay & Play

@ Abbey Lane CC

0-4 years

Drop in

1:00pm - 2:30pm

### 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

9:30am - 10:15am

10:45am - 11:30am

### Rhyme Time

@ Stratford Library

0-4 years

Drop in

10:00am - 11:00am

### Little Talkers @ Rebecca Cheetham

2-3 years

Referral/ invitation only

1:15pm - 2:30pm

## Wednesday

### Hug in a Mug (Coffee morning)

@ Rebecca Cheetham

0-4 years

Drop in

9:30am - 10:30am

### Family Support

@ Rebecca Cheetham

Come and speak to our friendly Family Support Team#

Drop in

9:30am - 10:30am

### Early Positive Approaches to Support (EPAtS)

@ Rebecca Cheetham

8 week course

Referral/ invitation only

9:30am - 11:30am

### Baby Massage

@ Rebecca Cheetham

6 weeks-6 months

4 week course

Commencing: 22<sup>nd</sup> May 2024

12:30pm-1:30pm

Booking required



## 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

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 **18/04/2024**, 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: 3<sup>rd</sup> May 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> April 2024  
1:30pm – 2:00pm

### Healthy Lifestyles and Weaning

Thursday 16<sup>th</sup> May 2024  
1:30pm – 2:00pm

### Accident Prevention and Minor Ailments

Thursday 20<sup>th</sup> June 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

1<sup>st</sup> – 12<sup>th</sup> April

### SPRING HALF TERM

Look out for our Half Term Activity Programme

5<sup>th</sup> May – 12<sup>th</sup> May

### ROAD SAFETY WEEK

6<sup>th</sup> May

### BANK HOLIDAY

27<sup>th</sup> – 31<sup>st</sup> May

### SUMMER HALF TERM

Look out for our Half Term Activity Programme

28<sup>th</sup> June

### ANNUAL FIESTA FUN DAY EVERYONE WELCOME ☺

## 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** 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

#### Respect (Men's advice Line)

0808 801 0327/ [mensadvice.org.uk](http://mensadvice.org.uk)

**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:  
<https://azcareportal-live.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.



## 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



## SPEECH AND LANGUAGE THERAPY - EARLY YEARS ADVICE HOTLINE FOR PARENTS PRE-NURSERY and NURSERY AGED CHILDREN



Do you need advice about your child's **talk**ing?

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

# Who We Are



Sister Circle is a community health charity focused on putting women's health first.

Previously named Women's Health and Family Services, Sister Circle, has been working in East London, one of the most deprived areas in Britain, since 1981. We work and campaign to tackle health inequalities and promote health education and equal access to healthcare, through volunteer-led health projects within local ethnic minority communities, in particular, the Bangladeshi, Somali, Vietnamese, eastern European and Chinese communities

We currently operate in Tower Hamlets, Newham and Waltham Forest.



# Refer to us

Who can refer to our programmes?

We accept referrals from healthcare professionals, such as:

- GPs
- Midwives
- Health Visitors
- Practice Nurses
- Social Services
- Hospital Doctors/Nurse

We also accept self-referrals and referrals from family and friends. Sister Circle works alongside healthcare professionals to offer the best possible support.

Before making a referral, please refer to the accepted criteria. Accepted referrals are processed and contacted within 2-4 weeks of the submission date.



# LOOK OUT FOR OUR Spring (April) Half Term Programme & Summer (May) Half Term Programme

For more information Please call the centre

## 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)

