



Stratford &
West Ham
Community
Neighbourhood

January
to March
2018

Forging
forces to give
children the *Best
Start in Life*

Free services
for families
with children
under five



Monday

Rebecca
Cheetham

Breastfeeding Support Group

Find out more about breastfeeding, share experiences and gain professional advice and support from the BARTS Health Parent Education Team.

2:00pm-4:30pm. Drop-in session.

Commencing: 15th January 2018

Stratford
Library

Bumps and Bundles Group

A fun and interactive session designed for expectant parents and for parents and carers of babies under 18 months.

10:00am-12:00pm. Term time only.

Move it to Music

A fun and interactive session designed for mums, dads, carers and family members to get active through music and dance.

1:30pm-2:30pm. Term time only.

Ranelagh
Primary

BSiL Family Support Drop in

A Family Support Worker will be available during the stay and play session held at the school to support and listen to any concerns that may be affecting your family life.

Every 3rd Monday of each month alongside the stay and play session.

9:15am-10:15am. Term time only.

Abbey Lane

Stay and Play

A fun and interactive session for mums, dads, carers & family members with children under 5.

10:00am-11:30am. Term time only.

Timber
Lodge

Singing and Storytelling

Come along and enjoy singing nursery rhymes and other fun songs together with your child and help us to bring stories alive.

1:30pm-2:30pm.

Commencing: 15th January 2018

NEW

Tuesday

Rebecca
Cheetham

Stay and Play

A fun and interactive session for mums, dads, carers & family members with children under 5.
9:30am-11:30am. Term time only.

FE2 Application Surgeries

Would you like help to see whether your 2 year old is entitled to 15 hours of free education? Please call the centre to book an appointment to receive help with filling out an application form. Please bring your National Insurance number. (Appointment only)
1:00pm-2:30pm. Term time only.

Tiddlywinks & Pat-a-cake

Sessions run by NHS Speech and Language Therapists, Physiotherapists and Occupational Therapists for children with complex needs under the age of 5.
23rd January 2018, 20th February 2018 and 20th March 2018
1:30pm-3:00pm. Referrals only.



Stratford
Library

Singing and Storytelling

Come along and enjoy singing nursery rhymes and other fun songs together with your child and help us to bring stories alive.
11:00am-12:00pm. Term time only.

Abbey Lane

Messy Play

Explore many different activities including sand, water, play dough, painting and many more. Dress to get messy!
10:00am-11:30am. Term time only.

Ronald
Obenshaw

BSiL Family Support drop in

A Family Support Worker will be available during the stay and play session held at the school to support and listen to any concerns that may be affecting your family life.
Every 3rd Monday of each month alongside the stay and play session.
9:30am-10:30am. Term time only.

Wednesday

Rebecca
Chestham

Childminders Network (Stratford and West Ham)

This is a support group catered for registered childminders with training opportunities as well. Guidance and one to one support available from our Early Education Practitioner.

10:00am-12:30pm. Term time only.

Chatterbox Sessions

A Speech and Language Therapist will discuss any concerns you have about your child's communication.

Booking is essential.

31st January 2018, 1:15pm- 3:30pm

21st March 2018, 1:15pm- 3:30pm

A Hug in a Mug- Coffee Morning

Come and join us for a catch up over a warm drink in a relaxed and friendly environment. Meet other families within your community and find out more about what we offer in the Stratford and West Ham Neighbourhood.

Every 1st Wednesday of the month.

7th February 2018 and 7th March 2018

8:45am-9:45am. Term time only.

Curwen
Primary

BSiL Family Support Worker

A Family Support Worker will be available during the stay and play session held at the school to support and listen to any concerns that may be affecting your family life.

Every 3rd Wednesday of each month alongside the stay and play session.

1:30pm-2:30pm. Term time only.

SEND information and support

Would you like to find out about support groups and sessions held around the Community Neighbourhood for you to access with your child?

Please speak to a member of our Children's Centre Team.



Like our
Facebook page



Follow us on
Twitter@RCNC

Thursday

Rebecca
Cheetham

Bumps and Bundles Group

Drop in session. A fun and interactive session designed for expectant parents and for parents and carers of babies under 18 months.

10:00am-12:00pm. Term time only.

Stay and Play

A fun and interactive session for mums, dads, carers & family members with children under 5.

1:30pm-3:00pm. Term time only.



Stratford
Library

Stay and Play

A fun and interactive session for mums, dads, carers & family members with children under 5.

9:30am-11:30am. Term time only.



Liberty
Bridge

Baby Clinic - Taster Play Session

Have fun with us whilst you wait to be seen by the Health Visitor. Gather information about our services and find out what we have to offer you and your family.

Every 1st and 2nd Thursday, 1:30pm-3:30pm.



Family Support

Our skilled and experienced Family Support Team is here to help and support you when difficult situations arise in your life.

They are able to help you with situations such as: health advice, emotional support, employment and training, housing (application) and benefit advice, community participation, child development, safety at home and much more.

For more information please contact the centre.



Friday

Rebecca
Cheetham

Stay and Play

A fun and interactive session for mums, dads, carers & family members with children under 5.

Term time only.

9:30am-11:30am

(No session- 2nd March 2018)

Here, There and Everywhere

VARIOUS LOCATIONS

Join us for educational visits to a range of fun and exciting places for mums, dads, carers and family members with children under 5.

Greenwich Museum- 12th January 2018

Dockland Museum- 9th February 2018

Mudchute Farm – 9th March 2018

10:00am-2:00pm

Please Note: The meeting point for all our visits will be at Stratford train station. Please arrive 15 minutes before the start time to allow us to leave at 10:00am.

Book your space now by calling the centre.

Stratford
Library

Singing and Storytelling

Come along and enjoy singing nursery rhymes and other fun songs together with your child and help us to bring stories alive.

11:00am-12:00pm. Term time only.

Atherton
Leisure

Swimming Sessions

(Residents of Stratford and West Ham Community only)

For parents, family members and carers with children from 4 months – 4 years. Led by a qualified swimming instructor.

Term time only.

1:30pm-2:00pm 2 – 4 year olds

2:30pm-3:00pm Under 2's

(Please arrive 15 minutes before the session to change yourself and your baby. Swimming nappies and baby swimwear must be worn – these are not provided).

Abbey Lane

Stay and Play

A fun and interactive session for mums, dads, carers & family members with children under 5.

1:30pm-3:00pm. Term time only.

Saturday

Rebecca
Cheetham

Family Play

A fun and interactive session for mums, dads, carers & family members with children under 5.

Term time only.

1st and 3rd Saturday of each month. 9:30am-11:00am



What is the Best Start in Life?

We are committed to maintaining a free, universal, local offer to support every family with young children in Newham to give their child the Best Start in Life. Investment in the early years is critical to securing positive outcomes later in life. We aim to be that one stop shop, where families can access a range of services.

Newham's Best Start in Life Guarantee will ensure all Newham parents have access to:

1

15 hours of free eligible childcare, with this increasing to 30 hours when the government proposals are rolled out.

2

Regular Stay and Play sessions every week in each Community Neighbourhood.

3

Programmes, workshops and sessions offering evidence-based advice and guidance to improve parenting capacity in each Neighbourhood.

4

Regular employment advice sessions will be available in each Neighbourhood.

5

In each Neighbourhood, a range of family health and development sessions including: antenatal support; the transition to parenthood; the early weeks of life; perinatal wellbeing; breastfeeding initiation; healthy weight and nutrition; managing minor ailment and reducing accidents; and supporting speech and language development.

Courses and Workshops

★Free Creche facilities available★

Parenting

Toilet Training Workshop

Get tips, share experiences and ideas on how to help your child use the toilet.

Booking essential. Creche provided.

**Rebecca Cheetham: Friday 23rd February 2018,
12:45pm-2:45pm**

Baby Massage

Learn the benefits of baby massage and simple techniques to relax and bond with your baby. For babies 6 weeks to mobile.

Five week course. Booking is essential.

**Rebecca Cheetham: Wednesday 10th January 2018,
1:00pm-2:00pm**

**Abbey Lane: Monday 19th February 2018,
1:00pm-2:00pm**

Baby Yoga

Baby yoga leads on perfectly from baby massage; it promotes the life-long bond between parent and infant. Learn the benefits of baby yoga for babies aged 16 weeks to mobile. **Five week course. Booking is essential.**

**Abbey Lane: Monday 15th January 2018, 1:00pm-2:00pm
Rebecca Cheetham: Wednesday 21st February 2018,
1:00pm-2:00pm**

Education

FE2 Parent Workshops

Targeted workshops for families in receipt of a free educational placement. Delivered at Rebecca Cheetham.

Water Play- Tuesday 16th January 2018

Outdoor Play- Tuesday 27th February 2018

Early Reading- Tuesday 27th March 2018

1:00pm-2:00pm

Phonics Workshops

Discover the basics of phonics in order to support your child's learning in early education.

Booking essential. Creche provided.

**Rebecca Cheetham: Friday 9th February 2018
12:45pm-1:45pm**

Employment / Training

Teaching Assistant Level 2 Course

Develop your skills, knowledge and understanding of how to support teaching and learning in schools. Promote good practice as a teaching assistant. Gain a qualification to help further your studies and career development. **24 weeks course.**

Booking essential. Creche provided.

**Rebecca Cheetham: Monday 15th January 2018,
9:30am-12:30pm.**

Term time only.

ESOL (English) classes

Learn how to speak, listen, read and write in the English language. A great class to enhance your communication skills. **One year course.**

Booking essential. Creche provided.

**Rebecca Cheetham: Monday 15th January 2018
1:00pm-3:00pm. Term time only.**

E-Safety Workshop

Find out the best way to help children stay safe when using the internet and other electronic media such as mobile phones, tablets etc.

Booking essential. Creche provided.

**Rebecca Cheetham: Tuesday 13th March 2018
12:45pm-2:45pm**

Health and Wellbeing

Paediatric First Aid

This course is designed to teach emergency paediatric first aid to parents. This course will cover: Causes and Treatment of an Unconscious of Baby or Child, Paediatric Recovery Position, Baby and Child CPR, Choking and Asphyxia, Wounds and Bleeding and question and answers.

Booking essential. Creche provided.

**Rebecca Cheetham: Friday 2nd March 2018,
9:30am-1:30pm**

Upcoming Dates

Sensory Room Play

Offering stimulation and relaxation for children and their parents and carers – includes lights, music and padded play equipment.

Booking essential. Term time only.
(20 minute slots)

Tuesday (AM):

9:30am- 9:50am and 9:50am-
10:10am

Thursday (AM):

9:30am- 9:50am and 9:50am-
10:10am

Thursday (PM):

1:30pm- 1:50pm and 1:50pm-
2:10pm

Call to book your slot now!

Looking to Volunteer?

Can you spare a few hours a week to volunteer in your community or Children's Centre.

The offer consists of: CPD certified programme of free training, supporting you to deliver services to families with children under five and a free DBS.

To apply please visit:

[www.earlystartgroup.com/
volunteering](http://www.earlystartgroup.com/volunteering)

For further information contact:
Early Start on 020 3373 0580 or email:
EarlyStartVolunteers@newham.gov.uk

Antenatal Intensive Classes

21st February 2018 & 28th February 2018
10:00am- 4:00pm
(Appointments only)

Please call 0207 363 8026 to book your space.

Oral Health Advice Drop in

The dentist will be visiting our sessions on the dates stated below, to provide tips, techniques and advice to help maintain and improve your child's oral health.

Stay and Play (Rebecca Cheetham)

11th January 2018- 1:45pm-2:45pm

Bumps and Bundles (Stratford Library)

1st February 2018- 10:30am-11:30am

Move it to music (Stratford Library)

5th February 2018- 2:15pm-2:45pm

Stay and Play (Abbey Lane)

12th March 2018- 10:30am-11:30am

Book Shop

Running on alternative Wednesdays at 8:45am and 3:30pm in the Rebecca Cheetham Foyer.

Bring along your child's Red Health Book to receive your free Book Start pack.

Learning Bags

We have lots of great themed learning bags for you to borrow. Come and register your interest today. You can use preferred bags for up to 2 weeks and extended time can be given if needed. Please speak to a member of the Children's Centre team for further information.

Don't forget to bring in your yellow or white Newham Children's Centre Cards to every session. Hand them in at Reception to be scanned.



Important dates

Inset day

8th January 2018

Half Term

12th – 16th February 2018

Inset day

29th March 2018

Good Friday

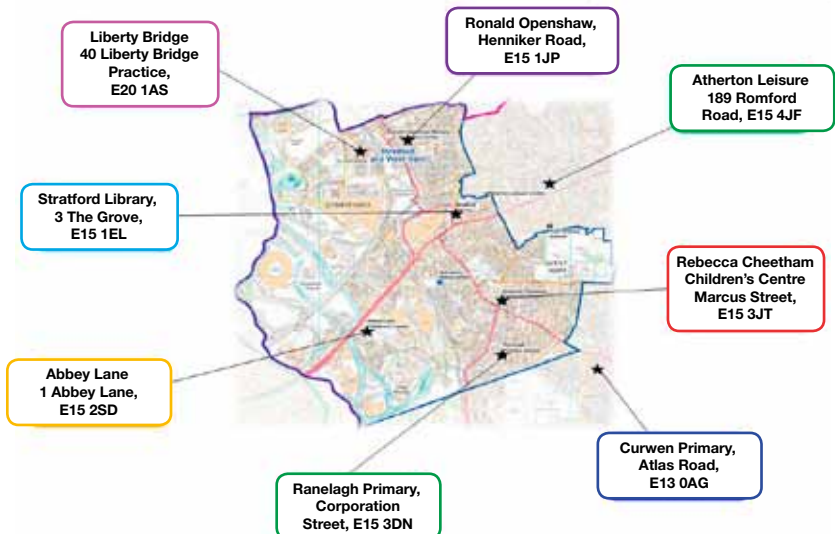
30th March 2018

Sport relief

23rd March 2018

Stratford and West Ham Community Neighbourhood Map

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



Useful Contact Numbers

Safeguarding

If you are worried about the safety or wellbeing of a child, please speak to a member of our Safeguarding Team on 020 8534 3136.

Alternatively, you can also share your concerns with

The Newham Triage Team on:
020 3373 4600.



Foodbank provides emergency food supplies for families in financial crisis, who have no other means of obtaining food.

At Rebecca Cheetham Children's Centre the Family Support Team are able to refer families to Foodbank to get emergency food supplies.

Organisation	Contact number	Description
Newham Council	0208 430 2000	For any queries you may have regarding the Newham borough.
Newham Talking Therapies	0208 475 8080	We can help with worry, anxiety, phobias, low mood, bereavement, relationship troubles, loss of confidence & coping with long term conditions. We also provide employment & welfare support.
Magpie Project	0776 118 0825	Practical support and advice for mothers and children under five in temporary or insecure accommodation in Newham.
Family Contact Centre	0203 373 4300	The Family Contact Centre (FCC) provides a seven day contact service for children and families in a safe, comfortable environment
Newham Rise	0800 652 3879	Newham Drug & Alcohol Service is an integrated drug and alcohol recovery service delivered by change, grow, live (CGL).
Aanchal (Domestic abuse support)	0203 384 9412	Aanchal is dedicated to saving lives and safeguarding future generations from the scourge of domestic abuse
Food bank	Every Tuesday- St Pauls Church: 9:00am-11:00am Every Thursdays- Wood Grange Church: 1:00pm-3:00pm	Our foodbank is a project founded by local churches and community groups, working together towards stopping hunger in our local area.
Shelter	0808 800 4444	Our helpline is open 365 days a year and offers advice and support to anyone facing homelessness.

PLEASE NOTE:

Most of our sessions, both booked or drop-in, are offered on a first come, first serve basis.

We sometimes need to cap our sessions to ensure the safety of all participants.

Referral only sessions are indicated accordingly.

At times we may have to enforce a postcode restriction on some sessions; we apologise for any inconvenience.



**Have your say, to shape our
Children's Centre**

Come along and share your ideas and help us identify how we can work together to strengthen our services in the Stratford and West Ham Community Neighbourhood. Your view counts and we want to hear them.

Tuesday 20th February 2018

10:00am-10:30am

(Alongside Messy Play- Abbey Lane)

**Would you like to be a
member of our Advisory
Board?**

Are you passionate about building a better future for children and their families in the local area?

If so, I would love to hear from you.

For further information, please call reception and ask to speak to

Subina Begum

Children's Centre Coordinator



We have limited available spaces left within our nursery for full time extended day or term time places for 2, 3 & 4 year olds. For further information please call the centre or pop in for a visit.