



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: 15<sup>th</sup> 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 3<sup>rd</sup> 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: 15<sup>th</sup> 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.  
**23<sup>rd</sup> January 2018, 20<sup>th</sup> February 2018 and 20<sup>th</sup> 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 3<sup>rd</sup> 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.**

**31<sup>st</sup> January 2018, 1:15pm- 3:30pm**

**21<sup>st</sup> 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 1<sup>st</sup> Wednesday of the month.**

**7<sup>th</sup> February 2018 and 7<sup>th</sup> 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 3<sup>rd</sup> 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 1<sup>st</sup> and 2<sup>nd</sup> 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- 2<sup>nd</sup> 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- 12<sup>th</sup> January 2018**

**Dockland Museum- 9<sup>th</sup> February 2018**

**Mudchute Farm – 9<sup>th</sup> 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.**

**1<sup>st</sup> and 3<sup>rd</sup> 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 23<sup>rd</sup> 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 10<sup>th</sup> January 2018,  
1:00pm-2:00pm**

**Abbey Lane: Monday 19<sup>th</sup> 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 15<sup>th</sup> January 2018, 1:00pm-2:00pm  
Rebecca Cheetham: Wednesday 21<sup>st</sup> 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 16<sup>th</sup> January 2018**

**Outdoor Play- Tuesday 27<sup>th</sup> February 2018**

**Early Reading- Tuesday 27<sup>th</sup> 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 9<sup>th</sup> 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 15<sup>th</sup> 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 15<sup>th</sup> 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 13<sup>th</sup> 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 2<sup>nd</sup> 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](mailto:EarlyStartVolunteers@newham.gov.uk)

## **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)**

11<sup>th</sup> January 2018- 1:45pm-2:45pm

### **Bumps and Bundles (Stratford Library)**

1<sup>st</sup> February 2018- 10:30am-11:30am

### **Move it to music (Stratford Library)**

5<sup>th</sup> February 2018- 2:15pm-2:45pm

### **Stay and Play (Abbey Lane)**

12<sup>th</sup> March 2018- 10:30am-11:30am

## **Antenatal Intensive Classes**

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

Please call 0207 363 8026 to book your space.

## **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

8<sup>th</sup> January 2018

### Half Term

12<sup>th</sup> – 16<sup>th</sup> February 2018

### Inset day

29<sup>th</sup> March 2018

### Good Friday

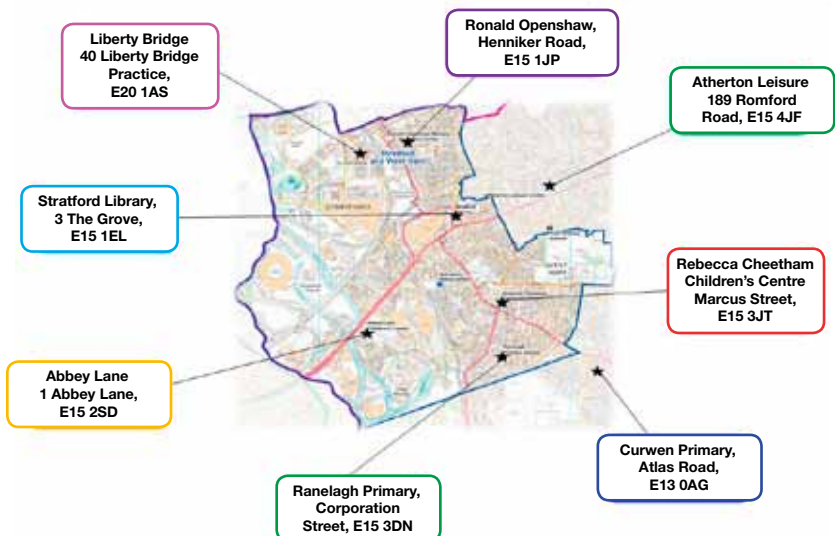
30<sup>th</sup> March 2018

### Sport relief

23<sup>rd</sup> 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 20<sup>th</sup> 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.