

East Ham Children's Centre Services for families with children under 5



Best Start in Life

We are committed to supporting every family with young children to give their child the Best Start in Life. This includes a free offer to all families of:

- Access to childcare for all three and four year olds and those two year olds who meet the eligibility criteria.
- Advice and guidance on parenting skills including one-to-one support where extra help is needed.
- Stay-and-Play activities where children learn important skills through play and parents can meet other parents.
- A range of child & family health and development sessions including advice on breastfeeding, weaning, healthy eating, sleep routines and a whole range of other health issues through pregnancy into the first years of life.
- Help into employment, training or volunteering.



Index

B Booking is essential

C Crèche is provided

N New service

Monday

Sessions at Altmore Children's Centre

Stay and Play

Enjoy activities, which will encourage and support your child's development in a safe and stimulating environment.

Session One
9:15 - 10:45

Session Two
1:15 - 2:45

Pre & Post Natal Clinic

These sessions are by appointment only. Please contact your Midwife to book your place.

9:30 - 12:00
1:00 - 4:00

B

Triple P

Triple P gives Parents/Carers simple tips to help manage the big and small problems of family life. PLEASE NOTE – this is a group of seven and you will need to make a commitment to attend all of the sessions.

Crèche will be provided please call the centre to book your child a crèche place.

Starting the 25th September
1:30 - 3:30

B C

Sessions at Oliver Thomas Children's Centre

Two-Year-Old Development Checks

This session is run by the Joyce Campbell Health Team.

By appointment only
9:00 - 12:00

Baby and Me

Meet other parents while your baby engages with natural play materials in a safe warm and engaging environment 0 - 12 mths.

Including Oral Health Promotion
6th November
2:00 - 3:00

Book Start Book Gifting

Pick up your free book start pack for 0-1yrs and 3-4yrs Please remember to bring your child's red book.

Term Time Only
10:00 - 11:30

Child Minder Drop in Session

East Ham registered child minders can come to these drop in sessions for support and advice.

2nd October
6th November
9:30 - 11:00

Story Time from Central Park Café

Join Sally at Central Park Café. Where she will read you and your children an exhilarating and popular children's story. There will also be the chance to join in with an exciting activity linked to the story.

16th October
20th November
10:30 - 11:30
Central Park Cafe

N

Baby Massage

Course held over four weeks

Helping to support the bonding and positive interactions between parent and baby. 2-8mths.

2nd, 9th, 16th & 23rd October
1:30 - 2:30

B

Two-Year-Old Eligibility Surgery

A member of the children centre team will support you regarding eligibility to early educational provision for your child.

27th November
10:00 - 11:00

Tuesday

Sessions at Altmore Children's Centre

Two-Year-Old Eligibility Surgery

Does your child qualify for 15 hours free Early Years Education?

Come along and meet with us to check whether your child is eligible.

Please remember to bring your National Insurance Number.

Term Time Only

9:30 - 10:30

Toddler Time 12-24 Months

Enjoy fun and interactive activities planned to help support your child's development.

9:15 - 10:30

Baby and Me

Under 1's pre-walkers

An opportunity to meet other parents while your baby engages with natural play materials in a safe and stimulating environment.

10:45 - 11:45

Stay and Play with Soft Play

Enjoy activities, which will encourage and support your child's development in a safe and stimulating environment.

1:15 - 2:45

Child Health Advisory Clinic

A service where parents and carers with babies and children aged 0-5 years can seek advice, guidance and support from a Health Visitor. On all aspects of child health along with monitoring weight and development.

Please remember to bring your red book.

The last appointment is 11:20 prompt.

Every 2nd and 4th Tuesday of the month

9:30 - 11:30

B

Two Day Ante-Natal

The midwifery team runs this session.

You will need to book a space through your Midwife.

17th & 18th October

10:00 - 4:00

B

Sessions at Oliver Thomas Children's Centre

ESOL

Adult English classes.

Term Time Only

9:15 - 11:15

B C

Purple Learning Bags

Loan a purple bag full of exciting resources

These bags are designed to support children with English as their second language.

Term Time Only

9:15 - 10:15

Stay and Play @Brampton School

Enjoy activities, which will encourage and support your child's development in a safe and stimulating environment.

Term Time Only

9:00 - 11:00

Brampton School

N

Story Time at East Ham Library

Encourage your child's love of stories and rhymes by joining us at this session. Every week there are activities linked to a popular children's story book.

Term Time Only

10:30 - 11:30

East Ham Library



Weaning

This session is led by our local health visiting team and offers tips and advice around weaning your baby onto solid food.

31st October
1:30 - 2:30

Bed time routines

A workshop for parents giving you tips and advice on implementing a positive sleep routine for your child.

14th November
9:00 - 11:00



Triple P Discussion Group – Dealing with Disobedience

A workshop for parents focusing on positive parenting tips and strategies for coping with childhood disobedience.

21st November
9:00 - 11:00



Triple P Discussion Group – Hassel Free Shopping

A workshop for parents focusing on positive parenting tips and strategies for positive shopping trips with your child.

5th December
9:00 - 11:00



Stay and Play

Enjoy activities, which will encourage and support your child's development in a safe and stimulating environment.

Including Oral Health Promotion
5th December

Session One
12:00 - 1:30

Session Two
2:00 - 3:30

Toilet Training Workshop

Tips and Advice to help support your child with toilet training.

28th November
9:00 - 11:00



Two Weeks On

Developmental health reviews.

By appointment only
1:00 - 3:00



Wednesday

Sessions at Altmore Children's Centre

Messy Play

All children learn through play. Messy play can help develop children's senses and imagination as they explore the different textures of materials. Remember to dress for mess... An old t-shirt or we can provide aprons.

Session One including Soft Play

9:15 - 10:30

Session Two

1:15 - 2:30

One Day Ante-Natal

The midwifery team runs this session.

You will need to book a space through your Midwife.

4th October

10:00 - 4:00

B

Building Community Capacity

Come along to the Children's Centre for further information on the following sessions.

Session One: Transition to Parenthood

18th October

Session Two: Breast Feeding

25th October

Session Three: Safety and Accident Prevention

1st November

Session Four: Family Wellbeing

8th November

Session Five: Nutrition

15th November

Session Six: School Readiness

22nd November

All Sessions 1:30 - 3:00

Sessions at Oliver Thomas Children's Centre

Child Minder Support Group

General support for child minders.

Focused training day on 18th October and 29th November

Sessions at Kids go wild Bobby Moore Pavilion
8th October and 15th November

Term Time Only

9:30 - 11:00

Child Health Clinic

A service where parents/carers with babies and children up to 5 years can seek advice and guidance from our local health visiting team.

Please remember to bring your red book

18th October

15th November

20th December

1:00 - 3:00

B

Heuristic Play

Heuristic comes from the word 'eureka'

As your baby is becoming more independent this session is aimed at providing a play environment that allows for investigation and discovery.

EEP Support 4th October & 1st November

Family Support 18th October & 15th November

Term Time only

1:30 - 2:30

East Ham Library

Out and About

Visits to local attractions. Contact Oliver Thomas for a full programme of upcoming trips and activities.

Term Time Only

Various Start Times

Various Venues

B

Family Support Drop in Session

Susana our family support worker will be available to offer help and advice in any issues you may have including housing and benefit information.

11th October

8th November

6th December

2:00 - 3:30

Cooking Club

This session is for the whole family where you can learn to cook some delicious healthy snacks and meals together.

25th October

10:30 - 12:00

B

Coffee Morning

Meet other families have a hot drink and share your ideas and views on the services available at Oliver Thomas Nursery and Children Centre.

11th October

9:00 - 10:30

Thursday

Sessions at Altmore Children's Centre

Stay and Play with Soft Play and Roma Group



Enjoy activities, which will encourage and support your child's development in a safe and stimulating environment.

10:15 - 11:45

Family Support Drop In

Come along and meet our Family Support Worker Zena. Whether you have questions concerning housing, benefits or help with form filling. Find out how she can support you and your family.

9:30 - 11:30

Water Birth Workshop

The Midwifery team runs this session.

You will need to book a space through your Midwife.

5th October

10:00 - 4:00



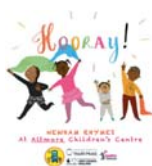
Newham Rhymes

A new singing and songwriting project for parents/carers and their babies and children under 2 years old.

This is an 11 week programme.

5th October - 14th December

1:30 - 3:30



Bookstart Book Gifting

If you have a baby aged 0-12 months or a child aged 3-4 years. Come along and claim your free Bookstart pack.

Remember to bring your red book.

3:00 - 3:30

Women's Group

This session is designed to help improve your confidence and self-esteem. Why not come and join us for this five-week programme with our friendly staff at Altmore? These feel-good sessions will give you an opportunity to meet with other women in your community and build friendships. Ask our Family Support Worker Zena for more information.

Starting 9th November

1:30 - 3:30

Sessions at Oliver Thomas Children's Centre

Stay and Play

Enjoy activities, which will encourage and support your child's development in a safe and stimulating environment.

9:00 - 10:30

Speed Bumps

Speed Bumps is a casual meet up for pregnant women to meet, chat about their pregnancies and make friends. This session is women only and child-friendly. Whether it is your first, second or third pregnancy everyone is welcome. Any questions, please contact Jessie:

07762 037 311

12th October

9th November

9:00 - 11:30



Little Rhymers at East Ham Library

A rhyme time session aimed at supporting your child's language development. 0-2years

Term Time Only

10:00 - 10:45

East Ham Library

Play to Develop

Stimulate early fascination exploration through the senses. This session is delivered by the complex needs team.

By appointment only

Term Time Only

1:00 - 2:30

Music and Movement

An active session to support your child's physical and language development.

Term Time Only

1:30 - 2:30

East Ham Library

Friday

Sessions at Altmore Children's Centre

Toddler Time 12-24 months

Enjoy fun and interactive activities planned to help support your child's development.

9:15 - 10:30

Story Time

18 Months – 5 Years

Reading stories sparks your child's imagination, stimulates curiosity and helps brain development. Interesting illustrations and word patterns, such as rhymes can get your child talking about what they see and think, and help them to understand the patterns of language.

11:00 - 11:45

Baby and Me

Under 1's pre-walkers

An opportunity to meet other parents while your baby engages with natural play materials in a safe and stimulating environment.

1:30 - 2:30

Toy Library

The toy Library offers a wide range of toys appropriate for children at different stages in their development.

3:00 - 3:30

Sessions at Oliver Thomas Children's Centre

Toddler Time 12 – 24mths

Enjoy fun and interactive activities planned to support your child's early development.

Including Oral Health Promotion 20th October

10:00 - 11:30

Messy Play

All children learn through play. Messy play can help to develop children's senses and imagination as they explore all the different textures.

1:00 - 2:30

Family Support Drop in Session

Susana our family support worker will be available to offer help and advice in any issues you may have including housing and benefit information.

20th October

24th November

9:30 - 11:00

The Well Community Centre

Breast Feeding Café at Oliver Thomas

Advice and support for breast feeding parents in a warm and nurturing environment.

Joyce Campbell Health Visiting Team delivers this session.

Drop in session

6th & 20th October

3rd & 17th November

1st & 15th December

1:00 - 2:00

Saturday

Sessions at Oliver Thomas Children's Centre

Bring a dad

A fun filled activities that allows time for dads to engage with their children in safe and stimulating environments

Mums are welcome too, but you must remember to bring dad!

14th October Cinema Trip

10:00 - 12:00

25th November Cookies Island

11:00 - 1:00



Chatterbox

B

A session where parents can talk to a Speech and Language Therapist about concerns they have regarding their child's language development. The Therapist will be able to assess the child through play and observation and advise the parents whether further support is necessary. Please book an appointment.

Please note this is for children aged 2 or 3 years old.

Friday 6th October
9:15 - 11:15

Altmore Children's Centre

Monday 23rd October
9:15 - 11:15

Oliver Thomas Children's Centre

Friday 10th November
9:15 - 11:15

Altmore Children's Centre

Friday 8th December
9:15 - 11:15

Altmore Children's Centre

Monday 11th December
9:15 - 11:15

Oliver Thomas Children's Centre



**You are welcome to breastfeed
at Altmore and Oliver Thomas
Children's Centres**

Home Talk and Play

This is a four-week programme. Home Talk and Play is a family learning programme. We provide practical ways you can support your child's communication and language development. This programme is delivered within your home.

Booking is required.

For more information, please speak to Stacia at Oliver Thomas Children's Centre.

B

Family Learning Classes at Altmore

Please ask school reception for more information.

We are now a food bank collection point

**Altmore and Oliver
Thomas Children's Centres**

We are able to collect and store only non-perishable food.

We are also able to provide families in crisis with a voucher. Families need to be eligible and meet certain criteria.



Session Information

Due to the high number of children in sessions please be aware that spaces are allocated on a first come, first served basis.

How you can you help Altmore Children's Centre?

How can you help Altmore Children's Centre?

- You can become a member of our Advisory Board.
- You can become a Volunteer.

Please contact our Outreach Worker, Fatema, at the Children's Centre for an information pack.

**If you are concerned
about a child's safety
please call Newham
Triage on 0203 373
4600 or The NSPCC
on 0800 800 5000**

Altmore Youth Club

If you have older children from 8 to 16 years please come in to the Centre to book a place in our Youth Club which takes place every Wednesday during term time from 5pm till 7pm.

Crèche places

Crèche places are limited, so please call the Children's Centre the day before your session is due to start to book your place.

Book Start Corner

This is a four-week programme, home learning programme for families with children eligible for two-year-old funding. All children who take part in this programme will receive a Book Start Corner book pack.

For more information, please speak to Stacia or Asema at Oliver Thomas Children's Centre.

Additional Information

Baby Bank – at Oliver Thomas Children’s Centre

If you are in need of any baby clothes, equipment or toys, please visit our Baby Bank. We have a selection of FREE good quality second-hand items for babies 0-2 years. Donations are welcome.

We cannot accept electrical items, car seats or baby walkers.

Christmas Closure

20th December 2017 - 2nd January 2018.

- Oliver Thomas will be closed for Diwali Celebrations 19th October 2017
- Oliver Thomas will be closed for staff training 20th October 2017

Nursery Registration

Have you registered your child to attend Nursery? Our staff can assist you in completing an application for your child to attend either Altmore or Oliver Thomas Nurseries.

Applications can be made after your child is 2 years and 6 months old. Please contact the Children’s Centres for details of documents needed.

Looking to Volunteer?

Can you spare a few hours a week to volunteer in your community or Childrens Centre.

We offer:

- CPD certified programme of free training, supporting you to deliver services to families with children under five.
- Free DBS

For more information contact:

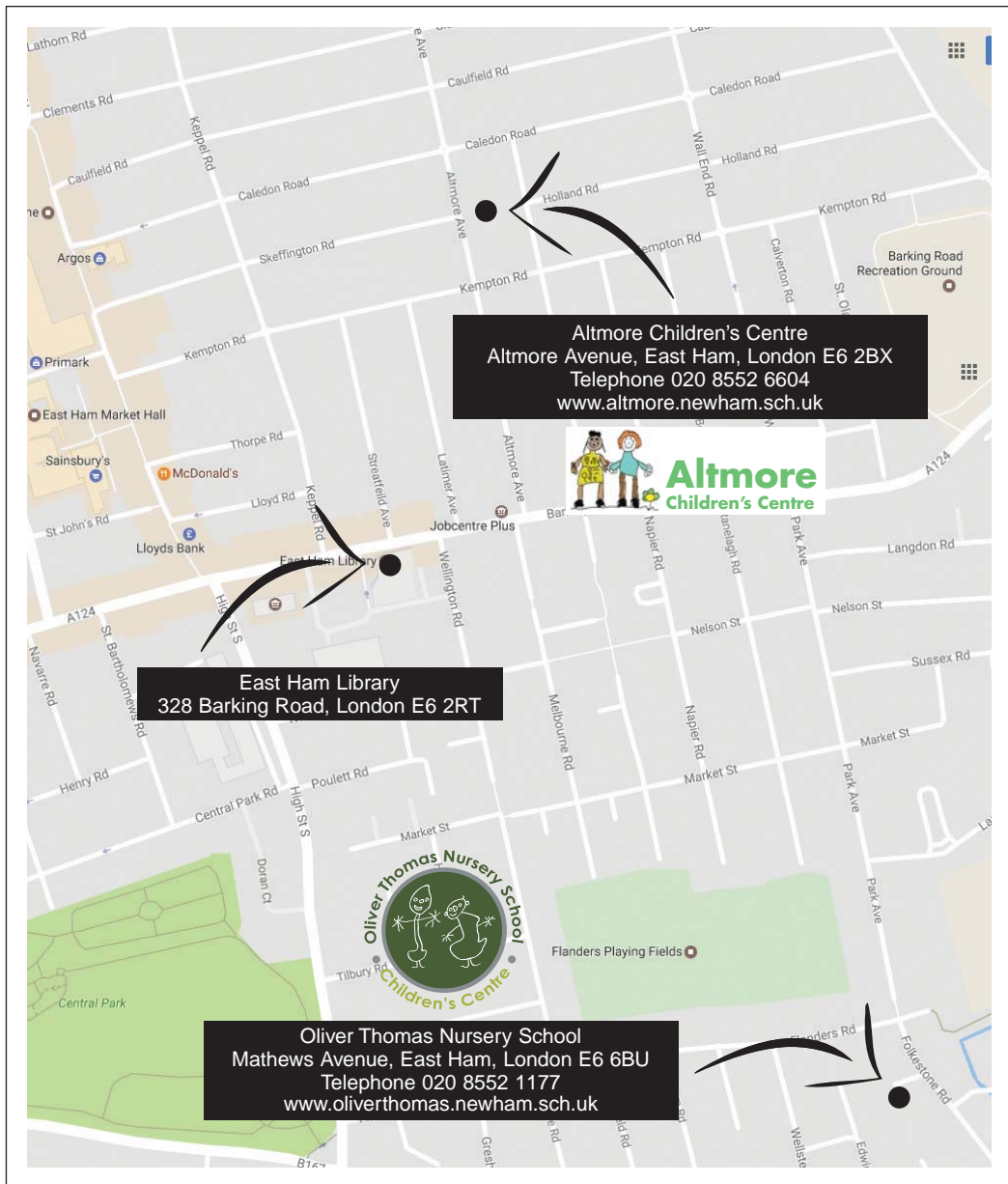
Early Start on 020 3373 0580 or email: EarlyStartVolunteers@newham.gov.uk

or apply online at

<https://www.earlystartgroup.com/volunteering>



Where to find us...



Please bring your Extended Services Registration Card to every session.

If you do not have one you can still come along and we will help you complete a registration form.

**NEWHAM
CHILDREN
CENTRE
CARD**

Newham London

This card allows you to participate in a wide range of services for families with children under five, services to improve health, support and learning activities for families in Early Help Centres.

If this card is found, please call: 020 3373 0296