

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

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

9:15 - 10:30

Session Two

1:15 - 2:30

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

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 course of seven sessions and you will need to make a commitment to attend all of these.

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

Starting the 8th January

1:30 - 3:15

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 15th January 2018

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

Baby Massage

Course held over four weeks

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

5th, 12th, 19th and 26th March

1:30 - 2:15

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.

22nd January and 5th March

10:00 - 11:00

Weaning

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

5th February

1:30 - 2:30



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.

Term Time Only

9:15 - 10:30

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 health book.

The last appointment is 11:20 prompt.

Every 2nd and 4th Tuesday of the month

9:30 - 11:30

B

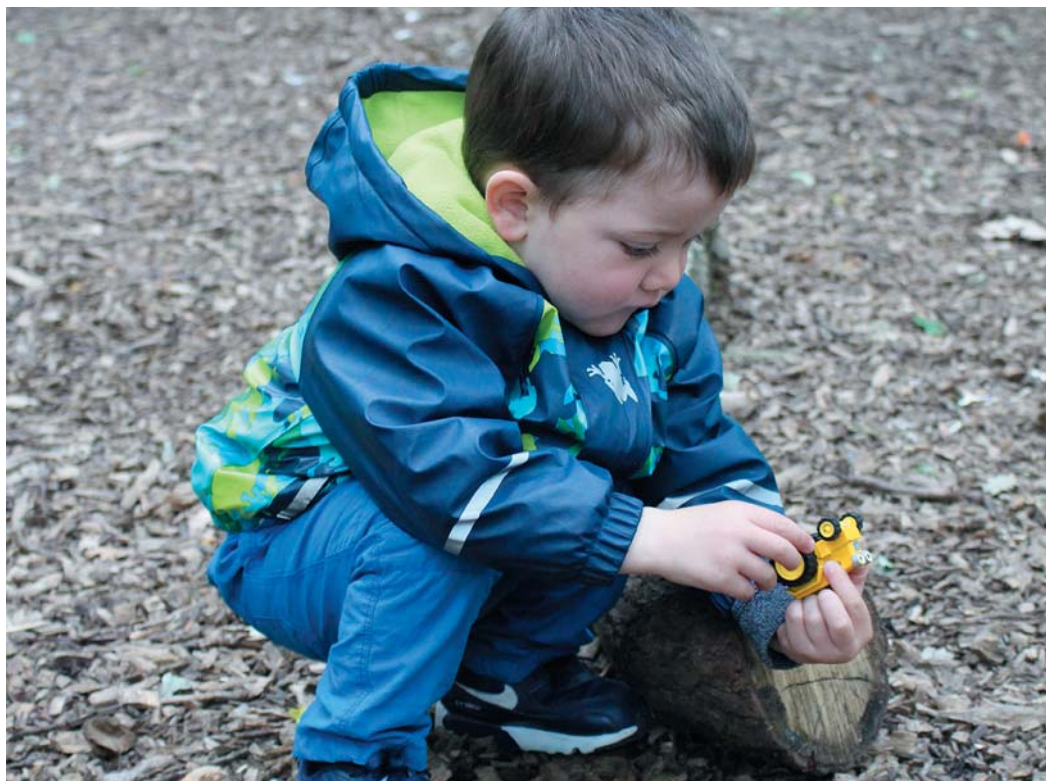
Soft Play

Soft Play is a safe and fun physical activity providing a great way for under 5's to explore.

Term Time Only

10:45 - 11:30

N



Sessions at Oliver Thomas Children's Centre

ESOL

Adult English classes.

Term Time Only

9:15 - 11:15



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 - 11:15

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

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 storybook.

Term Time Only

10:30 - 11:30

East Ham Library

Toilet Training

A workshop for parents offering advice on how to support your child in becoming toilet trained.

13th February

9:00 - 11:00



Mindfulness

A beginner's guide to a peaceful mind. This course will help you learn ways to make you feel more relaxed, improve your sleep, relationships and give you peace of mind.

This is a four week course

Starting 16th January

10:00 - 12:00



Under 5's First Aid

An informative workshop delivered by a member of the ambulance service.

9th January

10:00 - 11:30



Triple P Positive Parenting Programme

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.

Starting 27th February 2018



Stay and Play

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

Session One

12:00 - 1:30

Session Two

2:00 - 3:30

Two Weeks On

Developmental health reviews.

By appointment only

1:00 - 3:00



Wednesday

Sessions at Altmore Children's Centre

Story Time with Soft Play

Encourage your child's love of stories and rhymes. Each week there are activities linked to a popular children's story book, soft play fun and singing time.

Term Time Only
9:15 - 10:15



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

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

1:15 - 2:45

Sessions at Oliver Thomas Children's Centre

Child Minder Support Group

General support for child minders.

Focused training day on 31st January, 28th February and 28th March

Sessions at Tots go wild Bobby Moore Pavilion 17th January 21st February and 21st March

Term Time Only
9:30 - 11:00

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



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.

Term Time only
1:30 - 2:30
East Ham Library

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.

10th January
7th February
14th March
2:00 - 3:30

Child Health Clinic

A service where parents/carers with babies and children up to 5years can seek advice and guidance from our local health visiting team
Please remember to bring your red book

17th January
21st February
21st March
1:00 - 3:00



Thursday

Sessions at Altmore Children's Centre

Family Support Session

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 - 12:30



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

Toddler Time with Soft Play

12-24 Months

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

Term Time Only

1:15 - 2:30



Made of Money

Made of Money is designed to help you look at how you can make your money work for you as a whole family.

Join Zena for these fun, interactive workshops. Be part of engaging discussions and share your own experiences.

This is a six week programme.

Please call to book a Crèche place.

Starting 2nd February

1:30 - 3:00



Bookstart Book Gifting

Do 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 health book.

3:00 - 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.

Including Oral Health Promotion 15th March 2018

9:00 - 10:30

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

Baby First Aid

An informative workshop aimed at parents with babies under one. This session is delivered by a member of the ambulance service. You are able to bring your babies to this session with you.

15th February

10:00 - 11:30



Mind Matters

This session is delivered by Newham's Talking Therapies. Each session will focus on a different topic.

Week One – Low Mood

Week Two – Stress and Anxiety

Week Three – Relaxation

Week Four – Confidence and Assertiveness

25th January, 22nd February

and 22nd March

1:00 - 3:00



SEND Coffee Break

A session for parents of children with SEND. This session gives you the opportunity to talk/listen to others with similar experiences.

Term Time Only

1:30 - 2:30

East Ham Library

Friday

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.

9:15 - 10:45

Learning Journey Workshop

The perfect opportunity for parents to participate in their children's learning.

We aim to provide a picture of your child's development under the areas of learning identified in the EYFS.

The sessions start with a brief presentation to identify the areas each workshop will explore.

16th, 23rd February

2nd, 9th, 16th, 23rd March

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 2nd February 2018

10:00 - 11:30

Baby Massage

Course held over four weeks

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

19th and 26th January and 2nd and 9th February

10:00 - 10:45



Baby and Me at Central Park

Café 0 - 12 Months

Take a stroll with your baby through Central Park to the café where you can meet other parents with young babies. A member of the Oliver Thomas Team will provide interesting natural play activities for you and your baby to engage with.

Term Time Only

10:30 - 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.

26th January
23rd February

23rd March

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

12th and 26th January
9th and 23rd February

9th and 23rd of March

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!

27th January Cookies Island
11:00 - 1:00

24th February Stay and Play Session at
Oliver Thomas
10:00 - 12:00

24th March Cinema
10:00 - 12:00



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 your child through play and observation and advise you whether further support is necessary.

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

Monday 22nd January
9:15 - 12:30
Oliver Thomas Children's Centre

Friday 2nd March
9:15 - 12:30
Altmore Children's Centre

Monday 19th March
9:15 - 12:30
Oliver Thomas Children's Centre



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

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.

For further information please speak to a member of the Children's Centre Team.

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 further information please speak to a member of the Children's Centre Team.

B

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.

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.



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

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 further information please speak to a member of the Children's Centre Team.

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.

Important Centre Information

Altmore Children’s Centre sessions resume from the 3rd January 2018

All Children’s Centre activities resume on the 9th January 2018

Half Term 12th – 16th February 2018

Easter Closure 30th March and 2nd April

Oliver Thomas will have a revised timetable throughout the school holidays please contact the centre for more details

The nursery and children’s centre will be closed for staff training on 8th January

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

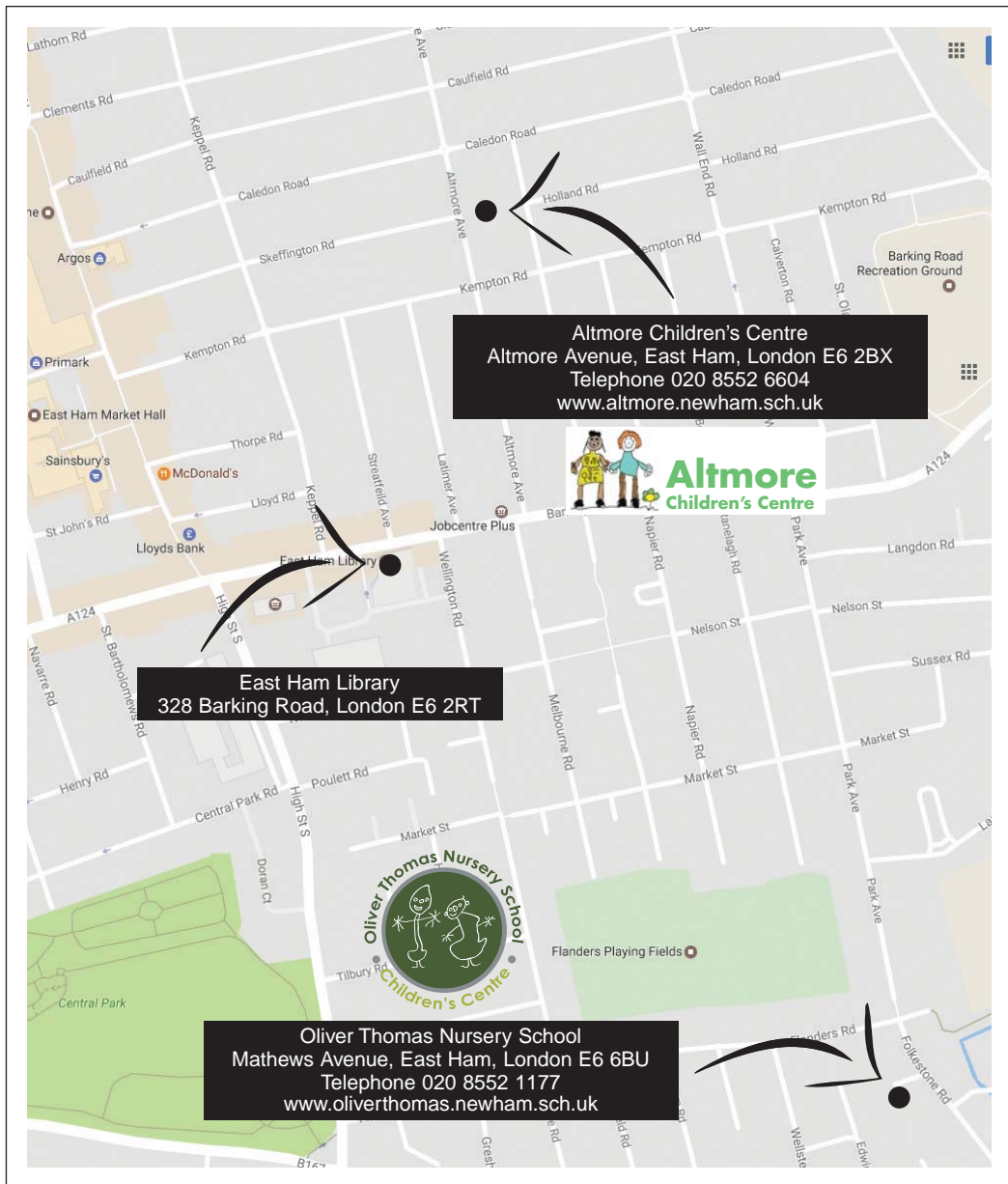
For more information contact:

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 in public health, support and learning activities for families in Early Help Centres.

If this card is found, please call: 020 3373 0298