



April - June 2019

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



Altmore
Children's Centre



Telephone 020 8552 6604
www.altmore.newham.sch.uk



Telephone 020 8552 1177
www.oliverthomas.newham.sch.uk

Welcome to **East Ham Neighbourhood's** activity calendar

Altmore and Oliver Thomas Children's Centres work together in partnership across East Ham to provide family learning sessions, workshops and offer support and advice for Newham families with children age 0 – 5years.

We are the East Ham Children's Centre



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

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

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.

1:15 – 2:30

ESOL (English for Speakers of Other Languages)

If English is not your first language and you want to improve your speaking, listening, reading, and writing skills this course is for you.

Limited Crèche Spaces available

Term Time Only

9:30 – 11:30

1:00 – 3:00



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 - 12mths

Including Oral Health Promotion 1st April

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

Stay and Play@Brampton School

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

Including Family Support 29th April

Term Time Only

9:00 – 11:00

Brampton School

Mindfulness

Would you like better mental and emotional health? Would you like to feel calmer and less stressed when dealing with family issues? Then come and give Mindfulness a try. This short course of six sessions will give you some simple steps to pave the way to a more Mindful way of being and give you some new approaches to take forward.

Starting 13th May

11:30 – 12:30



Two-Year-Old Eligibility Surgery

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

20th May

10:00 – 11:00

Rhyme and Sign

Term time only A fun session for you and your child. Learn rhymes and how to sign some key words together.

10:00 – 11:00

Tuesday

Sessions at Altmore Children's Centre

Toddler Time

12-24 Months

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

Term Time Only

9:00 – 10:15

Oral Health

Come along and meet our Oral Health Advisor. She will give you useful tips and advice on caring for your child's teeth.

21st May

9:15 – 10:15

Triple P Stepping Stones

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 nine sessions and you need to make a commitment to attend all of the sessions.

These workshops are for parents of children with additional needs.

Limited Crèche Spaces available

Starting 7th May

9:30 – 11:30



Child Health Advisory Clinic

Joyce Campbell Health Visiting Team attend for an appointment only service for families.

Every 2nd Tuesday of the month – Please do not attend this session if you do not have an appointment.

9th April

14th May

11th June

9:30 – 11:30

Joyce Campbell Health Visiting Team run a drop in 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.

Every 4th Tuesday of the month – First 20 clients
Please remember to bring your red health book.

2nd April

28th May

25th June

9:30 – 11:30

Talk and Play

Our Early Years Practitioner will provide strategies to support your child's speech and language development.

By Invitation Only

10:45 – 11:45

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

Stay and Play with Soft Play

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

Subject to change

1:15 – 2:45

Safety & Accident Prevention Workshop

This session is led by our local Health Visiting team and offers tips and advice on how to make your home child friendly.

23rd May

1:30 – 2:15



Family Support Session

Come along and meet our Family Support Worker. If you have any questions including housing, benefits or form filling. Find out how we can support you and your family.

By appointment only

1:15 – 2:30

Toilet Training Workshop

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

Limited Crèche spaces available

30th April

1:30 – 2:15



Sessions at Oliver Thomas Children's Centre

ESOL

Adult English classes.

Term Time Only

9:15 – 11:15



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

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 sessions and you need to make a commitment to attend all sessions

Booking required Limited Crèche Spaces

Available Starting 7th May

9:15 – 11:15

Stay and Play

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

Please note that the time may vary through school holidays

Including Oral Health Promotion 21st May

Term Time Only

1:00 – 2:30

Cooking Club

An enjoyable session where you learn to prepare a healthy meal with your child/children.

9th 16th April

28th May

10:30 – 12:30



Two Weeks On

Developmental health reviews.

By appointment only

1:00 – 3:00

Wednesday

Sessions at Altmore Children's Centre

Story Time and Soft Play

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

Term Time Only

9:15 – 10:15

Sensory 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. Including a visit to our Sensory Room with specially selected equipment to help your baby learn through exploration and interaction and develop their skills and senses.

Term Time Only

Subject to change

10:45 – 11:45

Stay and Play

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

Subject to change

1:15 – 2:45

Oral Health

Come along and meet our Oral Health Advisor. She will give you useful tips and advice on caring for your child's teeth.

8th May

1:30 – 2:30

22nd May

11:00 – 11:45

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

1:30 – 2:30

Sessions at Oliver Thomas Children's Centre

Child Minder Support Group

General support for child minders.

Focused training day on 29th May and 26th June

Term Time Only
9:30 – 11:00

Out and About

Visits to local places of interest. Please contact Oliver Thomas for a full programme of upcoming trips and activities.

Term Time Only
Various Start Times
Various Venues

Little Champions

A session for families with children with SEND. Access activities and resources planned to support your child's development.

You will need to book to attend for a course of five sessions

April 24th – 15th May
Or

22nd May – 26th June
1:30 – 2:30

Home safety and managing minor ailments

This sessions is led by our local Health Visiting Team and offers tips and advice around baby proofing your property and managing minor ailments

19th June
10:00 – 10:45

Baby Massage

Course held over four weeks

Helping to support the bonding and positive

1st 8th 15th & 22nd May
10:00 – 10:45

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.

2:00 – 3:30

Playdough and Slime workshop

Come along to this exciting workshop and discover how to make these wonderful resources.

Playing with playdough and slime helps to develop the small muscles in your child's hand and fingers improving fine motor skills.

10th April
10:00 – 11:30

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 April
15th May
19th June
1:00 – 3:00



Thursday

Sessions at Altmore Children's Centre

Communication Stay and Play

A targeted speech, language and communication session that is tailored to your child's interests and needs with an emphasis on having fun alongside learning. Starting 2nd May

Invitation only
10:00 – 11:30



SEND Soft Play

This is an opportunity for children with additional needs to explore in a fun, safe and stimulating environment.

Starting 2nd May
10:45 – 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

One-Year-Old Development Checks

This session is run by the Joyce Campbell Health Team

Appointment Only
1:30 – 3:45

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

Term Time Only
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

Teaching Assistant Training

Are you interested in working in a primary school?

This course is designed to give you the training needed to become a TA in school

Monthly Training Session

Term Time Only
1:00 – 3:00



Newham Multiples

This session is aimed at families who have twins triplets etc. so come along to this stay and play session and meet other families and share experiences while your children engage in stimulating activities

25th April
30th May
27th June
1:00 – 3:00

SEND Coffee Afternoon

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

9th May
13th June
1:00 – 2:30

Weaning

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

Drop in session
23rd May
10:00 – 10:45

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

Family Support Drop In

Come along and meet our Family Support Worker. If you have any questions including housing, benefits or form filling. Find out how we can support you and your family.

9:15 – 11:30

Weaning Workshop

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

26th April

1:30 – 2:30

Sensory 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. Including a visit to our Sensory room with specially selected equipment to help your baby learn through exploration and interaction and develop their skills and senses.

Subject to change

1:30 – 2:30

Oral Health

Come along and meet our Oral Health Advisor. She will give you useful tips and advice on caring for your child's teeth.

6th April

1:30 – 2:30

Sessions at Oliver Thomas Children's Centre

Stay and Play at Langdon School

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

Including Family Support 14th June

Term Time Only

9:00 – 10:45

Toddler Time 12 – 24mths

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

Please note on the first Friday of the month this session will focus on Heuristic Play. We hope to provide an environment that allows for investigation and discovery.

There will be no session on the 28th June

Including Oral Health Promotion 14th June

10:00 – 11:30

Toilet training and bedtime routines

This sessions is led by our local Health Visiting Team and offers tips and advice around toilet training and bed time routines.

5th April

10:15 – 11:00

Walk and Talk

Come and join Susana for a friendly walk in the park. Meeting outside the café. A chance to meet other families for conversation advice and exercise.

Starts 26th April

10:00 – 11:00

Meeting outside Central Park cafe

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.

There will be no session on the 28th June

Term Time Only

2:15 – 3:15

Wonderful Baby Wonderful You

This is a four week programme using evidence based research from the five to thrive model to promote healthy brain development by doing simple things: respond – cuddle – relax – play – talk.

Starting 3rd May

10:00 – 11:00



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.

24th May

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

5th April

3rd 17th and 31st May

14th 28th Jun

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 April

18th May

22nd June

10:00 – 12:00

Please check with the Children's Centre as these sessions are sometimes held off site.





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

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.

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

**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.

Parents in Mind

This is an East Ham Bumps and Babies meet up with peer support for pregnant or new mums feeling low, anxious or alone. 1 to 1 support is also available. To attend please contact Belinda on 07525 403673.



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 and Oliver Thomas Children’s Centres will be closed on:

Good Friday 19th April - CLOSED

Easter Monday 22nd April – CLOSED

May Bank Holiday 6th May – CLOSED

Spring Bank Holiday 27th May - CLOSED

Altmore and Oliver Thomas Children’s Centres will have a revised timetable throughout the Easter Holidays and Summer Half Term. Please contact the centres for more details.

Easter Holidays 8th April – 21st April

Summer Half Term 27th May – 31st May



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:

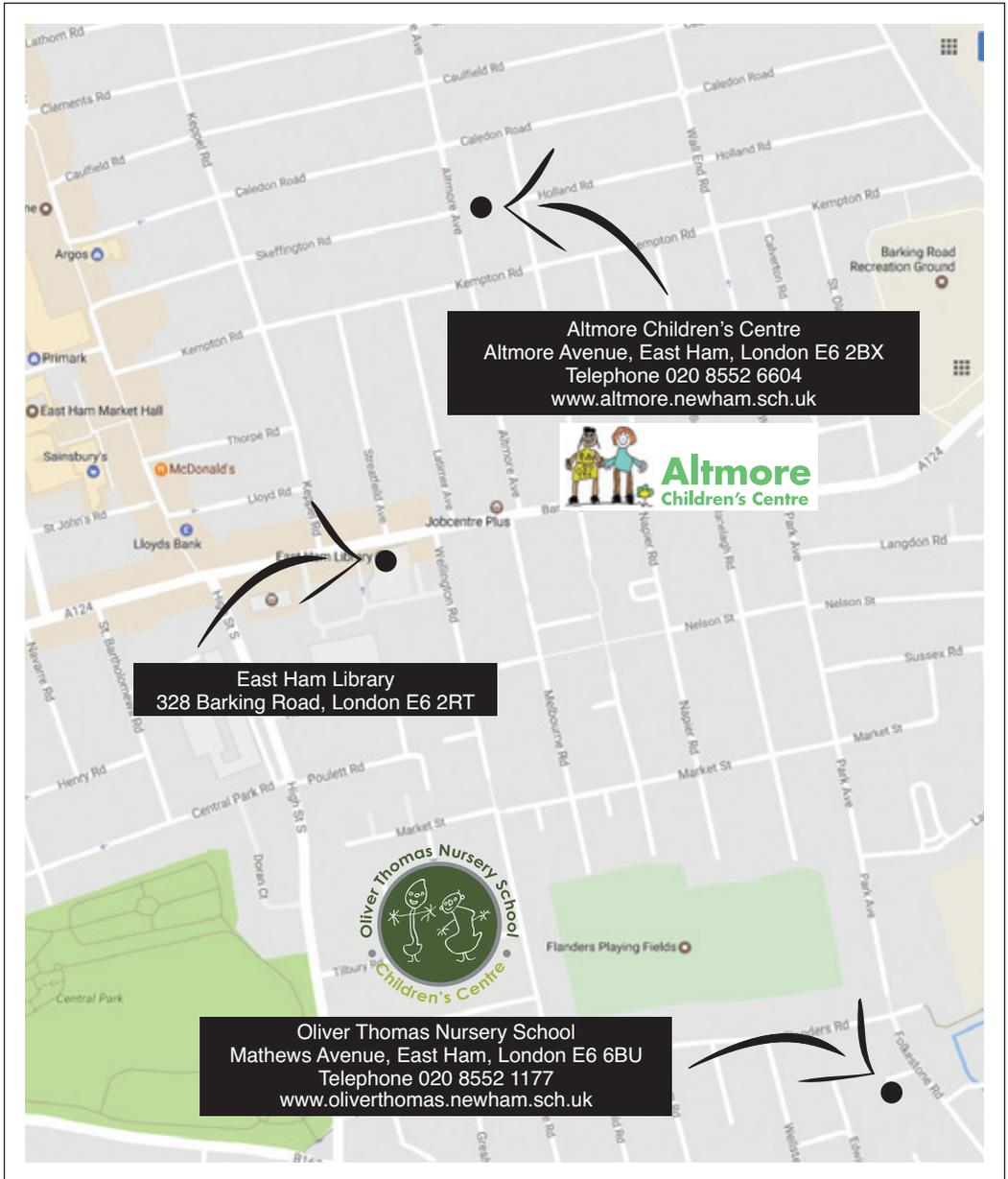
EarlyStartVolunteers@newham.gov.uk

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

If this card is found, please call: 020 3073 0298