

How you 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.

Library Session

Join us as we journey to the newly built East Ham Library for fun songs, stories and activities. This story time session is ideal for children under 5 years old and is a good opportunity for parents to get to know the new library and see what services they might have to offer.

Nursery Registering Times

9.30am - 11.30am and 1.30pm - 3.00pm
Every day apart from Tuesday Morning's.

To register your child in our nursery you will need to bring along the following

Your child's full birth certificate, if your child was born outside the UK we will need to see your child's passport, current council tax bill or tenancy agreement. Please bring details of National Insurance Number.

Please note all documents need to be originals.

Children's Centre Closure Dates

Friday 25th March & Monday 28th March 2016.



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.

We are now a food bank collection point
We are able to collect and store only non-perishable food.



You are welcome to breastfeed at Altmore Children's Centre



Altmore Children's Centre works in Partnership with teens and toddlers

Did you access the maternity service in the last 2-3 years

If you answered yes, then the Newham Maternity Service Liaison Committee (MSLC) would love to hear your stories. Contact the centre for more information or:

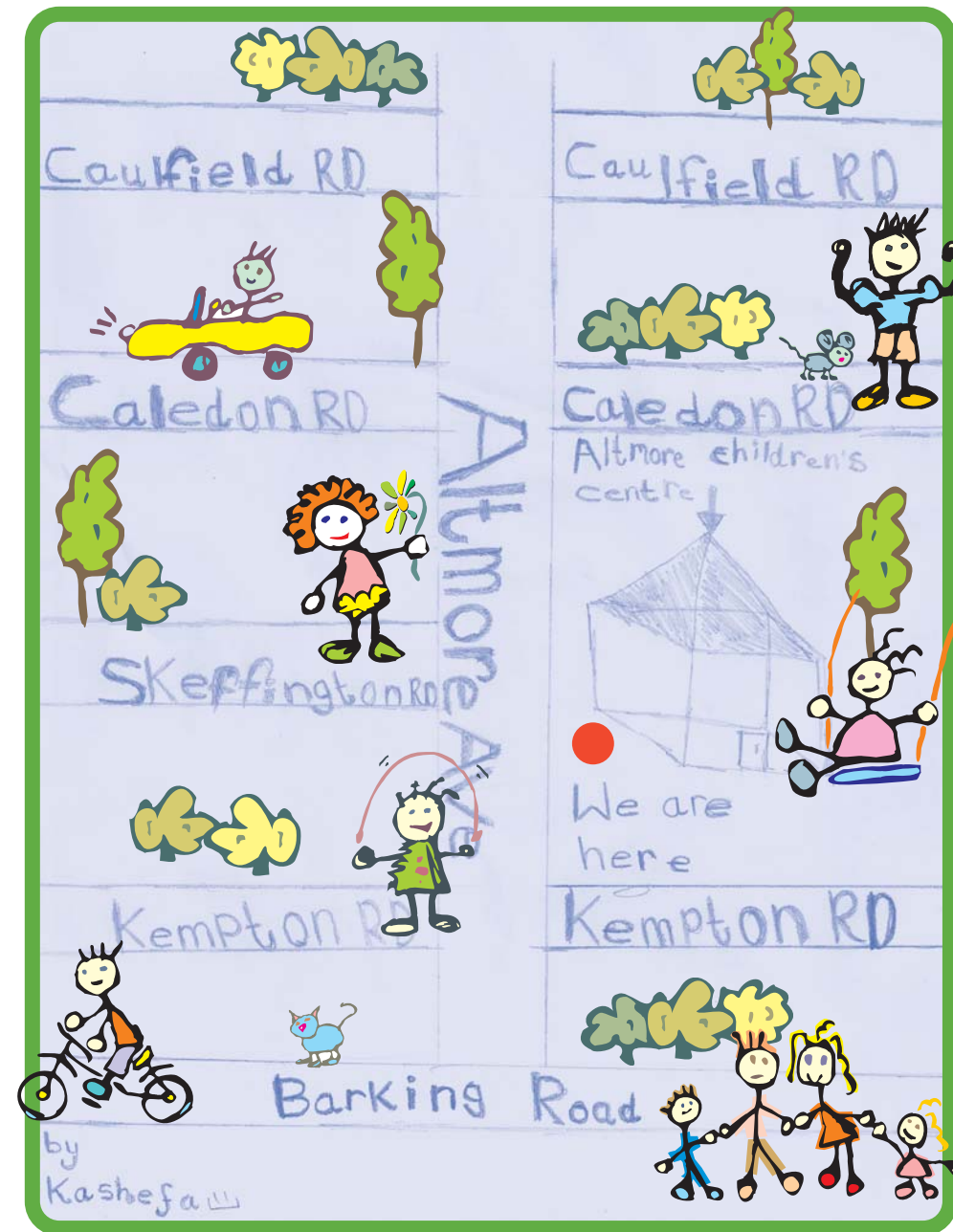
Khaleda Maleque (MSLC Co-ordinator)
khaledam@safh.org.uk
Aneesa Kolia (Mum/MSLC Member Newham)
amykolia@gmail.com

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 3373 0299



Altmore Children's Centre
Altmore Avenue, East Ham, London E6 2BX
Telephone 0208 552 6604 www.altmore.newham.sch.uk

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

Home Talker
Are you the parent of a two year old and have concerns about their language development. Come along to the Children's Centre and meet with Fatema our Outreach Worker to find out how we can support you.

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

Crèche places
Crèche places are limited please call the Children's Centre the day before your session is due to start to book your child/children's crèche place.

Free Childcare and Early Learning for 2 year olds
Please talk with Jo our Children's Centre Receptionist to see if you meet the criteria for free childcare for your 2 year old.

Book Shop
Once per month come and see Fatema at the Children's Centre for more information.

Family Learning Classes at Altmore Infant School
Please ask school reception for more information.

If you are concerned about a child's safety please call Newham Triage on 0203 373 4600 or The NSPCC on 0808 800 5000

What's on at Altmore this month

Cancer Awareness Day
27th January

World Internet Safety Day
9th February

No Smoking Day
9th March

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A Sure Start Children's Centre

FREE SERVICES

for families with children under 5



January - March 2016

Altmore Avenue, East Ham, London E6 2BX
Telephone 0208 552 6604 www.altmore.newham.sch.uk



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B Booking is essential

C Crèche is provided

N New service

Monday

Functional Skills

A course to help develop your practical skills which will allow you to work confidently, effectively and independently in life.

Starting 11th January 9am till 12 noon **B C N**

2 Year Old Early Education Eligibility Surgeries

Come along to find out if your child may be entitled to up to 15 hours free early education per week, starting the term after their second birthday. Come along to the Children's Centre and talk to Jo or Racheal.

Dates during January, February and March

Stay and Play

This is an opportunity for parents and carers with children to interact and have lots of fun together. A wide range of age appropriate activities. Your children will be learning many new skills through exploring and having hands on experience to help them progress in their development. For children from 18 months.

Every Monday 9.15 till 10.45am & 1pm till 2.30pm

Triple P Positive Parenting Programme

This six week programme is for parents/carer to learn new ways of managing your child's behaviour, improve your relationship with your child and help them learn new skills which will serve them for the rest of their lives.

This is a six week programme.

Starting Monday 11th January 1.30pm till 3.30pm **B C**

Post-Natal Clinic

This session is by appointment only.

Please call the Children's Centre for more information.

Every Monday 1pm till 4pm

Chat Club

Would you like help with your conversational English? Please talk with Fatima our Outreach worker and book yourself a place, session will be held at Altmore Children's Centre and Lathom Junior school during term time.

Starting 11th January 2pm till 3pm **B C**

Tuesday

Stay and Play followed by Toy Library

Every Tuesday

Session One 9am till 10.30am

Session Two 11am till 12.30pm

Altmore Children Centre

Child Health Advisory Clinic

A service where parents/carers with babies and children aged 0 to 5 can seek advice, guidance and support from a health visitor on all aspects of their child health along with monitoring your child's weight and development.

The last appointment is at 11.30am prompt.

Every Tuesday 9.30am till 11.30am Altmore Children's Centre

Baby Club

This is a fun and relaxing session where you can meet other parents/carers and their babies aged 0-18months.

Every Tuesday 1pm till 2.30pm Altmore Children's Centre

SMART training level 2 & 3

We are currently offering free flexible part-time Level Two & Three Childcare and Level Two STALIS courses within schools to unemployed parents who are in receipt of Government benefits*, and maybe looking for a career in childcare. Please contact Fatema our Outreach Worker to see if this course is for you! Limited crèche places will be offered

Every Tuesday & Thursday during term time 9am till 12noon

Wednesday

Book Gifting

If you have a child aged six months to three years come along and claim your free Book Start pack. Please remember to bring your Red book.

Every Wednesday 9.30am till 10.30am Altmore Children's Centre **N**

Esafety Session

This session is for all parents/carers to raise awareness of internet safety. Please book your place with Jo at Children's Centre. Crèche provided.

Wednesday 10th February 1.30pm **C**

GROW Training

A 6 week employability Program specially designed to help people get back into work

- Confidence and motivation
- CVs and Interview skills
- Setting up your own business
- Personal Action Plan
- Mentoring and social network support

Wednesday 3rd February 9am till 11.30am **B C N**

English & Maths GCSE classes

Booking is requested there is a cost for this course please contact Fatema our Outreach Worker for to find out if you meet the critical to attended.

Wednesday & Thursday 3.30pm till 6.30pm **B N**

Toilet Training Session

Fatima our outreach worker will share tips and advice, to help you toilet train your child/children.

Wednesday 24th February 10am Altmore Children's Centre

Messy Play

This group is for parents, Carers, children to have lots of creative and messy fun together!

Every Wednesday

Session One 9am till 10.30am

Session Two 1pm till 2.30pm

Altmore Children Centre

Community Speak Up

Come along to our monthly parent's forum to share your views. Share your view with our Family Support or Outreach Worker

The first Wednesday of every month 10.30am Altmore Children's Centre **N**

Little Mover's and Groover's at Altmore

Come along and sing and dance in our Soft Play Room

9.15am till 10.15am Altmore Children's Centre

Oral Health Session

Come along and meet Ann our Oral health adviser, she will give you tips and advice on brushing your children's teeth.

Dates throughout January, February and March **B C**

Oral Health Workshop

Come along and meet Ann our Oral health adviser, she will give you tips and advice on brushing your children's teeth.

Wednesday 20th February 1.30pm

Every Day first Aid

This session is for parents with young children, learn basic first aid. Easy to learn, easy to remember.

The British Red Cross wants you to feel confident and willing to give first aid. Everyday First Aid makes it easy to learn the skills you'll need to help in an emergency.

This session will take place in March, please contact Jo to book your place. **B C**

Thursday

Messy Play

Every Thursday 9am till 10.30am Altmore Children's Centre

Baby Club

This is a fun and relaxing session where you can meet other parents/carers and their babies aged 0-18months.

Every Thursday 11am till 12.30am Altmore Children's Centre

Women's group, to help improve your confidence and self esteem

Why not come and join us for this five week programme with our friendly and fun 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 for more information.

Thursday 25th February for five weeks 1.30pm till 3pm **B C**

Stay and Play

Every Thursday 1pm till 2.30pm Altmore Children's Centre

Parent Library

Are you interested in books? Why not come along and see Jo and found out more information on our new Parent Library.

Every Thursday 10am till 11am Altmore Children's Centre

Family Support Drop in session

Come along and meet our Family Support Worker, find out how our Family Support Worker can support you and your family.

Every Thursday 9.30am till 11.30am Altmore Children's Centre

Friday

Messy Play

Every Friday 9.15am till 10.45am Altmore Children's Centre

CV workshop

This workshop is for parents /carers who are looking for advice and support on how to write a CV.

Please call the centre to book your place.

Friday 5th February 1pm till 3pm **B C N**

Baby Club

This is a fun and relaxing session where you can meet other parents/carers and their babies aged 0-18months.

Every Friday 1pm till 2.30pm Altmore Children's Centre

Basic Drug and Alcohol Awareness

This is an information session for parents and carers.

Friday 11th March 1.30pm till 3pm **C**

Talking to Together

This session is by appointment only.

Friday 18th March 9.30am to 11.10am

Chatter Box

A session where parents can talk to a speech and language therapist about concerns that they have about

Their child's talking. The therapist will be able to assess their child's talking through play and observation and advise the parents of further support if necessary.

Call the Children's Centre to book a place

12th February & 11th March 9.15am till 11.15am Altmore Children's Centre **B**

Walk and Talk Group

Ever wondered if you could have a nice chat with friends and get healthy at the same time? Now you can. Come and join us for a friendly walk round our streets and parks. Exercise in a group and make new friends. Meet outside the Children's Centre every Friday morning Babies in buggies welcome. Please talk with Fatima our Outreach Work for more information

Every Friday 10am till 11.30am Meeting Point Altmore Children's Centre

Smart Training



All parents booking a crèche place will need to call the Children's Centre the day before the session is due to start

