

### MONDAY

#### Story Time

At East Ham Library  
10:00-11:00  
Term Time Only

#### Messy Play

At Altmore Children's Centre  
**Starts 09/05/22**  
10:30-11:30

#### Little Talkers

At Altmore Children's Centre  
1:30-3:00  
*Invitation Only.*

#### Stay & Play Babies

At Oliver Thomas  
Children's Centre  
1:00-2:00  
*Booking Required.*

#### Closure Notice

East Ham Children's  
Centres will be closed  
Monday 2<sup>nd</sup> May 2022.  
Both centres will reopen  
Tuesday 3<sup>rd</sup> May 2022.

# ATTENTION:

Please note that some sessions are  
only available on certain days.  
Dates available will be shown  
under session names in **red**.

### TUESDAY

#### Stay & Play

At Brampton Primary School  
10:00-11:30  
Term Time Only  
*Booking Required via Brampton  
Primary School*

#### Baby Stay & Play

At Altmore Children's Centre  
10:30-11:30  
*With access to the Sensory  
Room – subject to availability*

#### Stay & Play

At Oliver Thomas  
Children's Centre  
1:00-2:00  
*Booking Required.*

#### Little Champions

At Altmore Children's Centre  
1:30-2:30  
*With Soft Play  
Invitation Only.*



Session information can be  
found on the next page



### WEDNESDAY

#### Out & About

10:00-12:30  
For Altmore please call  
07961632921 or 0208 552 6604.  
For Oliver Thomas please call  
07769329605 or 0208 552 1177.

#### Toddler Stay & Play

At Altmore Children's Centre  
9:00-10:00  
*With Soft Play*

#### Family Time

At Oliver Thomas  
Children's Centre  
**25/05/22**  
10:30-12:00  
*Booking Required.*

#### Walk & Talk

At Central Park  
**18/05/22**  
1:30-2:30

#### Family Stay & Play

At Altmore Children's Centre  
1:30-3:00



### THURSDAY

#### Nutrition Kitchen

At Altmore Children's Centre  
9:30-10:45  
*Invitation Only.*

#### Let's Talk Babies

At East Ham Library  
10:30-11:30

#### Soft Play

At Altmore Children's Centre  
10:45-11:15  
11:30-12:00

#### BookStart Corner

At Oliver Thomas  
Children's Centre  
1:00-2:00  
*Invitation Only.*

#### Toddler Stay & Play

At Altmore Children's Centre  
1:00-2:00  
*With Soft Play*



#### ALTMORE CHILDREN'S CENTRE

We no longer require you to book a session, unless stated otherwise.  
Just turn up on the day!

We will be operating a queuing system and numbers for entry will be issued.  
Please note that sessions are first come first serve and you will not be able to enter a session later  
than 15 minutes after it has started (30 minutes for Baby sessions).

All sessions are subject to change and availability.  
**Please do not arrive more than 15 minutes early.**

### FRIDAY

#### Family Stay & Play

At Altmore Children's Centre  
10:00-11:30

#### EPaTS

At Altmore Children's Centre  
10:00-12:45  
*Referral Only.*

#### Stay & Play

At Oliver Thomas  
Children's Centre  
10:00-11:00  
*Booking Required.*

#### Stay & Play SEND

At Oliver Thomas  
Children's Centre  
**13/05/22**  
**27/05/22**  
1:00-2:00  
*Booking Required.*

#### Baby Stay & Play

At Altmore Children's Centre  
1:30-2:30



**Green – Altmore CC**  
**Blue – Oliver Thomas CC**  
**Brown - Neighbourhood**

To book your preferred session at **Oliver Thomas Children's** Centre please call  
0208 552 1177 option 3. Bookings can be made after 9:30am on Friday's the week before.

### BookStart Corner

This is a 4 week targeted programme offering extra support to families to help them read with their children with confidence.

**This is an invitation only session.**

### Little Talkers

This is a targeted session for families with children who need extra support to improve their language and communication skills.

**This is an invitation only session.**

### Little Champions

This is a targeted session for families with children with SEND.

**This is an invitation only session.**

### Family Time

A session with activities focused on either the child, parent or both together. The session ends with everyone involved enjoying a healthy lunch together.

**0-5years**

### 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.

**18m-5years**

### Workshops & Clinics

#### Toilet Training & Bedtime Routines

At Altmere Children's Centre  
25<sup>th</sup> May 2022 – This will take place during Family Stay & Play.

#### Parents in Mind

At Oliver Thomas Children's Centre  
3<sup>rd</sup> & 7<sup>th</sup> May 2022 10:00-11:30 – Please call Oliver Thomas for booking.

#### Le Leche Breast Feeding Support

At Oliver Thomas Children's Centre  
9<sup>th</sup> May 2022 10:00-12:00

#### Baby Weighing Clinic

At Oliver Thomas Children's Centre  
18<sup>th</sup> May 2022 (Time TBC) – This is a drop-in clinic.

#### Play Dough Workshop

At Oliver Thomas Children's Centre  
26<sup>th</sup> May 2022 10:00-11:00 – Booking required.

### Nutrition Kitchen

This is a 5 week programme that will provide a healthy new recipe each week. You will cover a wide range of topics to help you and your family make healthier choices.

### Toddler Stay & Play

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

**Under 3's**

### Family Stay & Play/Stay & Play

Enjoy activities, which will encourage and support your children's development in a safe and stimulating environment. This session is aimed at families with more than one child.

**0-5years**

### Baby Stay & Play

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

**Under 1's (Pre-walkers)**

### EPaTS

Interactive group sessions, supporting families of children with learning difficulties.

**This is a session for referrals only.**

### Parents in Mind

If you are feeling low, anxious, disinterested in your usual activities and are pregnant or within two years of giving birth, then our friendly, welcoming support may be for you. To refer yourself or someone else, or to find out more please contact Leah on 07525 403673 or via email on [parentsinmind.newham@nct.org.uk](mailto:parentsinmind.newham@nct.org.uk).

### Walk & Talk

Join Susana & Hortense in Central Park, East Ham for gentle walking exercise with good company.

### Story Time

Join us at East Ham Library to listen to a story and take part in a linked activity.

### Soft Play

For children to explore in a fun, stimulating environment.

**18m-5years**

**All sessions at Altmere are first come first serve and are subject to change and availability.**

### FAMILY SUPPORT

Our Family Support Workers are available to offer help and advice on benefits, housing or family life.

Please call

**Vicky** at Altmere Children's Centre 07961632920

**Susana** at Oliver Thomas Children's Centre

07825138714



### USEFUL NUMBERS/INFORMATION

Basic Needs Assistance:

**SHELTER** 0808 800 4444

**NEWHAM COUNCIL** 0208 430 2000

For residents who have difficulty accessing food due to financial issues:

**NEWHAM FOOD ALLIANCE** [www.newham.gov.uk/newhamfoodalliance](http://www.newham.gov.uk/newhamfoodalliance)

Health & Wellbeing:

**NEWHAM MENTAL HEALTH CRISIS HELPLINE** 0800 073 0066

**CHANGE, GROW AND LIVE (DRUG AND ALCOHOL SUPPORT)**

0800 652 3879

**CHAT NEWHAM (BEFRIENDING)** 0808 196 3510

[BSIFamilySupport@newham.gov.uk](mailto:BSIFamilySupport@newham.gov.uk)

Safeguarding & Safety:

**NEWHAM MASH** 0203 373 4600/0208 430 2000

**HESTIA (NEWHAM) DOMESTIC ABUSE SUPPORT** [referralsnewham.dsv@hestia.org](mailto:referralsnewham.dsv@hestia.org)

0808 196 1482

**FREEPHONE NATIONAL DOMESTIC ABUSE HELPLINE** 0808 2000 247

**CHILDLINE** 0800 1111 or 0808 800 5000

**In emergency situations please call 999**

### HEALTHY START VITAMINS

You can now receive free vitamins if you have a child under the age of 4, are pregnant, or had a baby in the last 12 months and you are living in Newham.

To arrange to collect your vitamins, please contact the Children's Centre who will be happy to help.

You may also be eligible for the Healthy Start Scheme which would entitle you to a prepaid card to help buy milk and food.

To apply or for more information visit [healthystart.nhs.uk](http://healthystart.nhs.uk) for more information.

Healthy Start are replacing paper vouchers with a prepaid card. This means that all families who currently receive vouchers will need to re-register so they can receive their prepaid card via the digital scheme.

**Important Notice**

For more information please visit [newham.gov.uk/healthystart](http://newham.gov.uk/healthystart)

