



# Oliver Thomas Children's Centre Activity Calendar

8<sup>th</sup> January – 29<sup>th</sup> March 2024

For further information please call the childrens centre on – 020 8552 1177 option 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Story Time</b> Begins at 10:00 East Ham Library Term Time Only</p>		<p><b>Stay &amp; Play Babies Sensory Play</b> 10:30 -11:30</p> <p><b>Talking Tots</b> 3<sup>rd</sup> &amp; 10<sup>th</sup> Jan 6<sup>th</sup> and 13<sup>th</sup> March 10:30 -11:30 <b>Invite only</b></p>	<p><b>Stay &amp; Play Baby and Toddler</b> 10:30 – 11:30 East Ham Library Term Time Only</p> <p><b>SEND Stay and Play</b> 10:00- 11:00</p>	<p><b>Stay &amp; Play</b> 10:00 – 11:00  Under 5's</p>
<p><b>Baby Massage</b> 1:30 - 2:30 26<sup>th</sup> Feb – 18<sup>th</sup> Mar This is a four-week course For more information please call the Children's Centre and ask to speak to Sally <b>Booking required</b></p>	<p><b>Stay &amp; Play</b> 1:00 - 2:00  Under 5's</p>	<p><b>Out and About</b> Feb – Cookies Island Date and time to be confirmed contact the Children's Centre for further information <b>Booking required</b></p> <p><b>Play and Learning Workshops</b> 1:00 -2:00</p> <p>31<sup>st</sup> Jan – Play Dough 28<sup>th</sup> Feb – Science 27<sup>th</sup> Mar – Paint and Print 18mths – 3 years <b>Booking Required</b></p>	<p><b>Stay &amp; Play</b> 1:00 -2:00  Under 5's</p> 	<p><b>Stay and Play Baby and Toddler</b> 1:00 - 2:00  0 - 2years</p>

Please note we will have an amended timetable for the 12<sup>th</sup> – 16<sup>th</sup> February. The amended timetable will be available from the beginning of February 2024

Monday

Le Leche

Breast Feeding Support

8<sup>th</sup> Jan

12<sup>th</sup> Feb

11<sup>th</sup> Mar

Starts at 10:00



# Other Sessions and General information

Tuesdays

Parents in mind

10:00 -11:30

Term Time Only

Are you pregnant or a new mum and feeling low, anxious, alone?

Come along to this non-judgmental space to talk and gain support

For further information call 07525403673



Healthy Start Vitamins

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

Vitamins can be collected between 9:30 – 3:00pm

Monday – Friday



Family Support

If you have any concerns in regards to housing, debt, benefits, parenting or you and your families well being in general please either call or drop into the Children’s Centre to arrange an appointment with Susana our Family Support Worker who will be happy to support



Wednesday

Conversation Café

17<sup>th</sup> Jan

21<sup>st</sup> Feb

20<sup>th</sup> Mar

9:30 – 11:30

Baby Weighing Clinic

1:00 – 3:00

17<sup>th</sup> Jan

21<sup>st</sup> Feb

20<sup>th</sup> Mar

Booking Required

Call 020 3373 9983

Thursday

Newham Talking Therapies workshops

Dates to be confirmed

1:00-2:00

Booking is required

Friday

Hestia support

Hestia provides domestic abuse support services

9:30 – 12:00

Booking required

Nursery Applications

If you are interested in your child attending Oliver Thomas Nursery School, you can access an application form from the school reception or you can find it on line at

[www.oliverthomas.org.uk/home/registration-form/](http://www.oliverthomas.org.uk/home/registration-form/)

If you need support in filling in the form a member of the Oliver Thomas Children’s Centre will be happy to help



Book Start Baby Pack

If you have a baby under the age of one, you are able to access your free bookbag from our Children’s Centre

