

Oliver Thomas Children's Centre Activity Calendar

8Th January – 29th March 2024

For further information please call the childrens centre on -02085521177 option 3

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

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

Monday

Le Leche

Breast Feeding Support

8th Jan

12th Feb

11th Mar

Starts at 10:00



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



Other Sessions and General information

Tuesdays

Parents in mind

10:00 -11:30

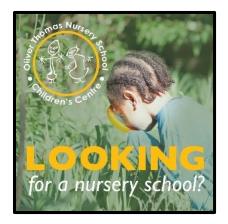
Term Time Only

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

Come along to this nonjudgmental 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



Wednesday

Conversation Café

17th Jan

21st Feb

20th Mar

9:30 - 11:30

Baby Weighing Clinic

1:00 - 3:00

17th Jan

21st Feb

20th 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/

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

