



# Oliver Thomas Children's Centre Activity Calendar

1<sup>st</sup> October to 15<sup>th</sup> December 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Story Time</b> Begins at 10:00 East Ham Library Term Time Only		<b>Stay &amp; Play Babies</b> <b>Sensory Play</b> 10:30 -11:30  <b>Talking Tots</b> 1st and 8 <sup>th</sup> November 10:30 -11:30 Invite only	<b>Stay &amp; Play</b> <b>Baby and Toddler</b> 10:30 – 11:30 East Ham Library Term Time Only  <b>SEND Stay and Play</b> 10:00- 11:00	<b>Stay &amp; Play</b> 10:00 – 11:00  Under 5's
<b>Baby Yoga</b> 1:00 - 2:00  6 <sup>th</sup> Nov – 27 <sup>th</sup> Nov 2023 16 weeks to 8 months This is a four-week course  For more information please call the Children's Centre and ask to speak to Susana  <b>Booking required</b>	<b>Stay &amp; Play</b> 1:00 - 2:00  Under 5's	<b>Out and About</b> 18 <sup>th</sup> Oct – Mud chute Farm 22 <sup>nd</sup> Nov - Docklands Museum Various start times contact the Children's Centre for further information  <b>Booking required</b>  <b>Play and Learning</b> <b>Workshops</b> 1:00 -2:00  11 <sup>th</sup> Oct – Paint and Print 8 <sup>th</sup> Nov – Play Dough 18mths – 3 years <b>Booking Required</b>	<b>Stay &amp; Play</b> <b>Baby Rhyme Time</b> 1:00 -1:45  	<b>Stay and Play</b> 1:00 - 2:00  Under 5's  There will be no Stay and Play Sessions on the 15 <sup>th</sup> December

**We will be closed from Thursday the 21<sup>st</sup> of December 2023 - Thursday 4<sup>th</sup> January 2024 (closed on Friday 5<sup>th</sup> January for staff training day.)**

**There will be no sessions from the 18<sup>th</sup> December 2023, All sessions will resume on the 8<sup>th</sup> January 2024**

Monday

Le Leche

Breast Feeding Support

9<sup>th</sup> Oct

13<sup>th</sup> Nov

11<sup>th</sup> Dec

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 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



Wednesday

Conversation Café

18<sup>th</sup> Oct

15<sup>th</sup> Nov

20<sup>th</sup> Dec

9:30 – 11:30

Baby Weighing Clinic

1:00 – 3:00

15<sup>th</sup> November

20<sup>th</sup> December

Booking Required

Call 020 3373 9983

Thursday

Newham Talking  
Therapies workshops

19<sup>th</sup> Oct – Managing stress

16<sup>th</sup> Nov – Improving sleep

14<sup>th</sup> Dec – Managing low  
mood

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

