

Oliver Thomas Children's Centre Activity Calendar

1st October to 15th December 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
Story Time Begins at 10:00 East Ham Library Term Time Only		Stay & Play Babies Sensory Play 10:30 -11:30 Talking Tots 1st and 8th November 10:30 -11:30 Invite only	Stay & Play Baby and Toddler 10:30 – 11:30 East Ham Library Term Time Only SEND Stay and Play 10:00- 11:00	Stay & Play 10:00 – 11:00 Under 5's
Baby Yoga 1:00 - 2:00 6th Nov – 27th 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 Booking required	Stay & Play 1:00 - 2:00 Under 5's	Out and About 18 th Oct – Mud chute Farm 22 nd Nov - Docklands Museum Various start times contact the Children's Centre for further information Booking required Play and Learning Workshops 1:00 -2:00 11 th Oct – Paint and Print 8 th Nov – Play Dough 18mths – 3 years Booking Required	Stay & Play Baby Rhyme Time 1:00 -1:45	Stay and Play 1:00 - 2:00 Under 5's There will be no Stay and Play Sessions on the 15 th December

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

There will be no sessions from the 18th December 2023, All sessions will resume on the 8th January 2024

Monday

Le Leche

Breast Feeding Support

9th Oct

13th Nov

11th 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

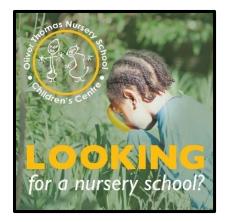
Term Time Only

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

Come along to this 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

18th Oct

15th Nov

20th Dec

9:30 - 11:30

Baby Weighing Clinic

1:00 - 3:00

15th November

20th December

Booking Required

Call 020 3373 9983

Thursday

Newham Talking Therapies workshops

19th Oct – Managing stress 16th Nov – Improving sleep 14th 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/

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

