

Oliver Thomas Children's Centre Activity Calendar

29th September – 19th December 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
Stay and Play Infant Feeding 10:00 – 11:30 15 th & 29 th September 13 th October 3 rd &17 th November 1 st & 15 th December This session is led by Newham NCT	***************************************	Stay & Play Babies Sensory Play 10:30 -11:30	Stay & Play Baby and Toddler 10:30 – 11:30 East Ham Library Term Time Only Last session on 10 th July Stay and Play 10:00- 11:00 Under 5's 9 th Oct There will be no Morning session	Stay & Play 10:00 – 11:00 Under 5's There will be no session on the 19 th of December
Stay and Play 1:00 – 2:00	Stay & Play 1:00 - 2:00	Stay and Play 1:30 -2:30	Stay & Play 1:00 -2:00	Stay and Play 1:00 - 2:00
Term time only	Under 5's	This is a weekly session	Under 5's	Under 5's
There will be no sessions on 10 th November	Included in this session is the opportunity to loan a book pack	but once a month we theme the session. Themed sessions will be on the following dates: 22 nd Oct – Learning through nature 26 th Nov - Paint and Print	20 th Nov There will be no Afternoon session	There will be no session on the 19 th of December



Oliver Thomas Children's Centre Activity Calendar

27th -31st October Half Term

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

Monday	Tuesday	Wednesday	Thursday	Friday
	* * * * * * * * * * * * * * * * * * * *	Stay & Play Babies Sensory Play 10:30 -11:30	Stay and Play 10:00- 11:00 Under 5's Siblings up to 8yrs welcome	Stay & Play 10:00 – 11:00 Under 5's Siblings up to 8yrs welcome
	Stay & Play 1:00 - 2:00 Under 5's Siblings up to the age of 8yrs welcome	Stay and Play 1:00 -2:00 Siblings up to 8yrs welcome	Stay and Play Cooking Club 1:00 – 2:00 Under 5's Siblings up to 8yrs welcome Booking is essential for this session	Stay and Play 1:00 - 2:00 Under 5's Siblings up to 8yrs welcome

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.

Where Farzana our Family Support Worker will be happy to help you

Our Family Support Worker will be holding a drop-in support session for families on Wednesday afternoons.

To book a space call the children's Centre and ask to speak to Farzana



Other Sessions and General information

Tuesdays

Parents in mind 10:00 -11:30

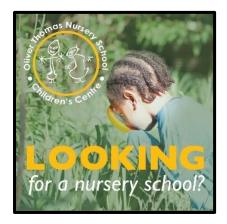
Term Time Only

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 5yrs, are pregnant, or had a baby in the last 12 months.



Vitamins can be collected between 9:30 – 3:00 Monday – Friday



Baby Weighing Clinic

1:00 - 3:00

15th October

19th November

17th December

Booking Required Call 020 3373 9983

Baby Massage and Yoga

If you have a young baby and are interested in learning massage and yoga techniques to enhance bonding with your baby

Please contact the

Children's Centre on: 0208 552 1177

Where Sally will be able to give you information on any upcoming workshops

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 Team 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

