



# Oliver Thomas Children's Centre Activity Calendar

29<sup>th</sup> September – 19<sup>th</sup> December 2025

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

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



# Oliver Thomas Children's Centre Activity Calendar

27<sup>th</sup> -31<sup>st</sup> October Half Term

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

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

## Other Sessions and General information

### 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



### 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 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

15<sup>th</sup> October

19<sup>th</sup> November

17<sup>th</sup> 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/](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 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

