



October - December 2019

East Ham Children's Centre

Services for families with
children under 5

Activity brochure
available online



Altmore
Children's Centre



Telephone 020 8552 6604
www.altmore.newham.sch.uk



Telephone 020 8552 1177
www.oliverthomas.newham.sch.uk

Welcome to **East Ham Neighbourhood's** activity calendar

Altmore and Oliver Thomas Children's Centres work together in partnership across East Ham to provide family learning sessions, workshops and offer support and advice for Newham families with children age 0 – 5years.

We are the East Ham Children's Centre



Best Start in Life

We are committed to supporting every family with young children to give their child the Best Start in Life. This includes a free offer to all families of:

- Access to childcare for all three and four year olds and those two year olds who meet the eligibility criteria.
- Advice and guidance on parenting skills including one-to-one support where extra help is needed.
- Stay-and-Play activities where children learn important skills through play and parents can meet other parents.
- A range of child & family health and development sessions including advice on breastfeeding, weaning, healthy eating, sleep routines and a whole range of other health issues through pregnancy into the first years of life.
- Help into employment, training or volunteering.

Index



B Booking is essential



C Crèche is provided



N New service

Monday

Altmore

Messy Play

All children learn through play. Messy play can help develop children's senses and imagination as they explore the different textures of materials. Remember to dress for mess.....An old t-shirt or we can provide aprons.

1:15 – 2:30

Oliver Thomas

Rhyme and Sign

This is a structured session which incorporates the use of simple signs to help support your child's early communication development. **Please try to arrive early for this session as late arrivals may be refused admittance as it can disrupt the session for others.**

Term Time Only

10:00 – 11:00

Baby and Me

Meet other parents while your baby engages with natural play materials in a safe warm and engaging environment 0 - 12mths

2:00 – 3:00

La Leche League Breastfeeding Support

This is a mother and baby meeting - older babies/children are welcome. Join us for refreshments and good discussions about life with babies and breastfeeding. Pregnant women very welcome! Do come along if you need breastfeeding support or information - or to simply share your experiences and support others. Mother to mother support is at the heart of La Leche League philosophy. All LLL meetings are free of charge.

21st October: Why Breastfeed?

18th November: Beginning breastfeeding, tips and discussion

16th December: The art of breastfeeding and avoiding challenges
9.30-11.30 3rd Monday



Brampton
Primary School

Stay and Play

Enjoy activities, which will encourage and support your child's development in a safe and stimulating environment.

Term Time Only

9:00 – 11:00

Tuesday

Altmore

Baby and Me Under 1's Pre-walkers

An opportunity to meet other parents while your baby engages with natural play materials in a safe and stimulating environment. Including a visit to our Sensory Room with specially selected equipment to help your baby learn through exploration and interaction and develop their skills and senses.

9:00 – 10:00

Tuesday continued

Altmore

Little Champions

A session for families with children with SEND. Access activities planned to support your child's development.

You will need to book to attend for a course of 5 sessions

Term Time Only

10:30 – 11:30

B

Toddler Time with Soft Play 12-24 Months

Enjoy fun and interactive activities planned to help support your child's development.

Term Time Only

1:30 – 2:45

Family Support Session

Come along and meet our Family Support Worker. If you have any questions including housing, benefits or form filling. Find out how we can support you and your family.

1:15 – 2:45

B

Oliver Thomas

Stay and Play

Enjoy activities, which will encourage and support your child's development in a safe and stimulating environment.

Including Oral Health Promotion 1st Oct 2019

Please note that the time may vary through school holidays

Term Time Only

1:00 – 2:30

Time to be me

Everyone talks about 'Me Time' but finding time for your self can be difficult. Join our family support in a session that is just about you

Invitation only

8th October

3rd December

9:30 – 11:15

East Ham
Library

Story Time

Encourage your child's love of stories and rhymes by joining us at this session. Every week there are activities linked to a popular children's storybook.

Term Time Only

10:30 – 11:30

Wednesday

Altmore

Stay and Play with Soft Play

Enjoy activities which will encourage and support your child's development in a safe and stimulating environment.

Subject to change

9:00 – 10:15

Wednesday continued

Altmore

Talk and Play

Our Early Years Practitioner will provide strategies to support your child's speech and language development.

By Invitation Only
10:45 – 11:45

Stay and Play

Enjoy activities, which will encourage and support your child's development in a safe and stimulating environment.

1:15 – 2:45

Oliver Thomas

Child Minder Support Group

General support for child minders.

Term Time Only
9:30 – 11:00

Out and About

Visits to local places of interest. Please contact Oliver Thomas for a full programme of upcoming trips and activities.

Term Time Only
Various Start Times
Various Venues

B

Little Champions

A session for families with children with SEND. Access activities and resources planned to support your child's development.

Term Time Only
1:30 – 2:30

Family Support Drop in

Susana our family support worker will be available to offer help and advice in any issues you may have including housing and benefit information.

30th September
2:00 – 3:30

Thursday

Altmore

Little Talkers

A targeted speech, language and communication session that is tailored to your child's interests and needs with an emphasis on having fun alongside learning.

Term Time Only
9:30 – 11:00

B

SEND Soft Play

This is an opportunity for children with additional needs to explore in a fun, safe and stimulating environment.

Invitation Only
10:45 – 11:45

Thursday continued

Altmare

Stay and Play with Soft Play

Enjoy activities which will encourage and support your child's development in a safe and stimulating environment.

Subject to change
1:15 – 2:45

Oliver Thomas

Stay and Play

Enjoy activities, which will encourage and support your child's development in a safe and stimulating environment.

Including Oral Health Promotion

Term Time Only
9:00 – 10:30

Connect with me

Connect with me is an early intervention programme. It is for children who are on the pathway for a diagnosis of autism. It is a holistic programme of interventions and support aiming to empower parents as the child's first educator with appropriate strategies to support their development.

By appointment

Information session
31st October
9:30 – 10:30

Six weeks sessions starting 7th November
9:00 – 11:00

Newham Multiples

This session is aimed at families who have twins triplets etc. so come along to this stay and play session and meet other families and share experiences while your children engage in stimulating activities

24th October
28th November
1:00 – 3:00

SEND Coffee Afternoon

A session for parents of children with SEND. This session gives you the opportunity to talk/listen to others with similar experiences.

10th October
14th November
12th December
1:30 – 2:30

East Ham
Library

Little Rhymers at East Ham Library 0-2years

A rhyme time session aimed at supporting your child's language development.

Term Time Only
10:00 – 10:45

Friday

Altmore

Toddler Time with Soft Play 12-24 Months

Enjoy fun and interactive activities planned to help support your child's development.

Term Time Only

9:15 – 10:30

Family Support

Come along and meet our Family Support Worker. If you have any questions including housing, benefits or form filling. Find out how we can support you and your family.

Drop in

9:15 – 11:45

Sensory Baby and Me Under 1's pre-walkers

An opportunity to meet other parents while your baby engages with natural play materials in a safe and stimulating environment. Including a visit to our Sensory room with specially selected equipment to help your baby learn through exploration and interaction and develop their skills and senses.

Subject to change

1:30 – 2:30

Oliver Thomas

Toddler Time 12 - 24mths

Enjoy fun and interactive activities planned to support your child's early development.

10:00 – 11:30

Baby Massage

Course held over four weeks

Helping to support bonding and positive interactions between parent and baby.

Starting 1st November

10:00 – 10:45

Messy Play

All children learn through play. Messy play can help to develop children's senses and imagination as they explore all the different textures.

Term Time Only

2:15 – 3:15

Breast Feeding Café at Oliver Thomas

Advice and support for breast feeding parents in a warm and nurturing environment.

Joyce Campbell Health Visiting Team delivers this session.

Drop in session

12th and 26th July

9th and 23rd August

6th and 20th Sept

1:00 – 2:00

B

Friday continued

Langdon
Primary School

Stay and Play at Langdon School

Enjoy activities, which will encourage and support your child's development in a safe and stimulating environment.

Term Time Only

9:00 – 11:00

Well Community
Centre

Family Support Drop in Session

Susana our family support worker will be available to offer help and advice in any issues you may have including housing and benefit information.

26th November

9:30 – 11:00

Saturday

Oliver Thomas

Bring a dad

A fun filled activities that allows time for dads to engage with their children in safe and stimulating environments.

Mums are welcome too, but you must remember to bring dad!

19th October

23rd November

14th December

Please check with the Children's Centre as these sessions are sometimes held off site.

Other Services

Health and Wellbeing

Altmere

Pre & Post Natal Clinic

These sessions are by appointment only. Please contact your Midwife to book your place.

Every Monday

9:30 – 12:00

1:00 – 4:00

Health and Wellbeing continued

Altmore

Child Health Advisory Clinic

Joyce Campbell Health Visiting Team run a drop in service where parents and carers with babies and children aged 0 - 5 years can seek advice, guidance and support from a Health Visitor on all aspects of child health, along with monitoring weight and development.

First 20 clients

Please remember to bring your red health book.

Every 4th Tuesday of the month

Drop in

22nd October

26th November

9:30 – 11:30

One-Year-Old Development Checks

This session is run by the Joyce Campbell Health Team

Every Thursday

Appointment only

1:30 – 3:45

Oral Health

Come along and meet our Oral Health Advisor. She will give you useful tips and advice on caring for your child's teeth.

5th November

9:00 – 10:00

13th November

1:30 – 2:30

22nd November

9:30 – 10:30

Weaning Workshop

This session is led by our local Health Visiting team and offers tips and advice around weaning your baby onto solid food.

Delivered by Joyce Campbell Health Visiting Team

This workshop will run alongside the Baby & Me Sessions

12th November

9:00 – 9:45

Mind Matters

Newham's Talking Therapies deliver this session.

A supportive session to help you cope with the stresses and demands of everyday life.

Limited Crèche Spaces available

20th November

1:00 – 3:00



Oliver Thomas

Weaning

This session led by our local health visiting team and offers tips and advice around weaning your baby onto solid food.

Drop in session

Monday 14th October

2:00 – 2:45

Health and Wellbeing continued

Oliver Thomas

Child Health Clinic

Joyce Campbell Health Visiting Team attends for an appointment only service for families. Joyce Campbell Health Visiting Team run a drop in service where parents and carers with babies and children aged 0 - 5 years can seek advice, guidance and support from a Health Visitor on all aspects of child health, along with monitoring weight and development. Please remember to bring your red book

Every Third Wednesday of the month

16th October

20th November

18th December

1:00 – 3:00

Two-Year-Old Development Checks

This session is run by the Joyce Campbell Health Team

By appointment only

Every Monday

By appointment

9:00 – 12:00

Two Weeks On

Developmental health reviews.

By appointment only

Every Tuesday

By appointment

1:00 – 3:00

Access to Early Education

Altmore

Two-Year-Old Eligibility Surgery

Does your child qualify for 15 hours free Early Years Education? Come along and meet with us to check whether your child is eligible. Please remember to bring your National Insurance Number.

Every Wednesday

Term Time Only

1:30 – 2:30

Nursery Admissions

Free 15 hours for 3 and 4 year olds

If you wish to apply for a nursery place at Altmore, your child needs to be at least two and a half years old in order for an application to be completed.

Please visit the Children's Centre or call 020 8552 6604 to make an appointment to complete the application form.

Appointment Only

Oliver Thomas

Two-Year-Old Eligibility Surgery

A member of the children centre team will support you regarding eligibility to early educational provision for your child.

7th October

4th November

2nd December

10:00 – 11:00

Parenting Support

Altmore

Toilet Training & Bedtime Routines

A workshop for parents offering advice on bedtime routines and how to support your child in becoming toilet trained.

Delivered by Joyce Campbell Health Visiting Team

Limited Crèche spaces available

9th October

9:15 – 10:00

B C

Safety & Accident Prevention Workshop

This session is led by our local Health Visiting team and offers tips and advice on how to make your home child friendly.

Delivered by Joyce Campbell Health Visiting Team

Limited Crèche Spaces available

29th October

9:00 – 9:45

30th October

1:30 – 2:15

1st November

9:15 – 10:00

B C

Oliver Thomas

Primary School Application Support

You will need to apply for a reception place in school for all children born between 1st September 2015 and 31st August 2015

All applications need to be made by the 15th January 2020

If you would like support with this online process please see a member of the children centre team

11th November

9:00 – 10:30

13th November

1:00 – 2:30

25th November

1:00 – 2:30

27th November

9:00 – 10:30

9th December

9:00 – 10:30

11th December

1:00 – 2:30

8th January

9:00 – 10:30

15th January

1:00 – 2:30

Toilet training and bedtime routines

This sessions is led by our local Health Visiting Team and offers tips and advice around toilet training and bed time routines.

Friday 11th October

10:00 – 10:45

B

Triple P Stepping Stones – for parents of children with SEND

Triple P gives Parents/Carers simple tips to help manage the big and small problems of family life. PLEASE NOTE – This is a group of seven sessions and you need to make a commitment to attend all of the sessions.

Limited Crèche Spaces available

24th September
9:00 – 11:00

B C

Safety & Accident Prevention Workshop

This session is led by our local Health Visiting team and offers tips and advice on how to make your home child friendly.

Delivered by Joyce Campbell Health Visiting Team

6th December
10:00 – 10:45

B

Employment/Training

ESOL (English for Speakers of Other Language)

If English is not your first language and you want to improve your speaking, listening, reading, and writing skills this course is for you.

Limited Crèche Spaces available

Every Monday
Term Time Only
9:30 – 11:30
1:00 – 3:00

B C

Smart Level 2

We are offering flexible part-time Level Two Childcare courses to parents who are looking for a career in childcare.

Limited Crèche Spaces available

Term Time Only
9:00 – 12:00

B C

Smart Training

ESOL

If English is not your first language and you want to improve your speaking, listening, reading, and writing skills this course is for you.

Every Tuesday
Term Time Only
9:15 – 11:15

B C

Teaching Assistant Training

Are you interested in working in a primary school?

This course is designed to give you the training needed to become a TA in school.

Monthly Training Session on a Thursday
Term Time Only
1:00 – 3:00

B

Additional Information

Safeguarding

If you are worried that a child may be at risk of neglect, abuse or cruelty, contact our Safeguarding Team on 020 8552 6604 or 020 8552 1177 or phone Newham Child Protection on 020 3373 4600.

Session Information

Due to the high number of children in sessions please be aware that spaces are allocated on a first come, first served basis.

Home Talk and Play

This is a four-week programme. Home Talk and Play is a family learning programme. We provide practical ways you can support your child's communication and language development. This programme is delivered within your home.

Booking is required.

For further information please speak to a member of the Children's Centre Team.



We are now a food bank collection point

Altmore and Oliver Thomas Children's Centres

We are able to collect and store only non-perishable food.

We are also able to provide families in crisis with a voucher. Families need to be eligible and meet certain criteria.



You are welcome to breastfeed at Altmore and Oliver Thomas Children's Centres



Child health & common illnesses

A parent's guide from birth to five

Learn how to care for your child at home, when to seek advice from a health visitor/call a doctor and when to contact emergency services.

Download the free app.

How to download:

Search Child Health Guide Newham to get the App for FREE on [Google Play](#) or in the [App Store](#)



Bookstart for families

Sharing books, stories and rhymes with your child from an early age can help create a lifelong reader. Bookstart is here to guide you on your child's reading journey from 0-5 years.



Bookstart
BookTrust

Every child in England and Wales is entitled to a free Bookstart pack before they are 12 months old and again aged 3-4 years (27 months in Wales). Bookstart also gifts additional needs packs for babies and toddlers, as well as black-and-white booklets for newborns.

You are able to collect your packs from your local children's centre

Altmore
Every Wednesday
3:00 – 3:30

Oliver Thomas
Every Monday
10:00 – 11:30

Important Centre Information

Altmore Children's Centre will have a revised timetable during October half term. Please contact the centre for more details.

Oliver Thomas Children's Centre will be closed from the 23rd of December to the 6th of January 2020 with all sessions resuming 13th January

Altmore Children's Centre will be closed on: Monday 23rd December 2019 - Friday 3rd January 2020

Christmas Parties: Ticket Only Event

Stay & Play Christmas Party

Thursday 12th December

Toddler Time Christmas Party

Friday 13th December

Baby & Me Christmas Party

Tuesday 17th December

We will resume our usual timetable on Monday 6th January 2020

Looking to Volunteer?

Can you spare a few hours a week to volunteer in your community or Childrens Centre.

We offer:

- CPD certified programme of free training, supporting you to deliver services to families with children under five.
- Free DBS

For more information contact:

Early Start on 020 3373 0580 or email:

EarlyStartVolunteers@newham.gov.uk

or apply online at

<https://www.earlystartgroup.com/volunteering>

Baby Bank – at Oliver Thomas Children's Centre

If you are in need of any baby clothes, equipment or toys, please visit our Baby Bank. We have a selection of FREE good quality second-hand items for babies 0-2 years. Donations are welcome.

We cannot accept electrical items, car seats or baby walkers.

baby buddy™

the new app for parents
and parents-to-be

Baby Buddy is your personal baby expert who will guide you through your pregnancy and the first six months of your baby's life. It has been designed to help you give your baby the best start in life and support your health and wellbeing.

Baby Buddy has been created with mums, midwives and doctors, so you can be sure that the information is reliable, accurate, and is available 24 hours a day.

How do I get Baby Buddy?

You can download Baby Buddy for FREE on Google Play and in the App Store.



Parents in Mind

This is an East Ham Bumps and Babies meet up with peer support for pregnant or new mums feeling low, anxious or alone.

1 to 1 support is also available. To attend please contact Belinda on 07525 403673.



Crèche places

Crèche places are limited, so please call the Children's Centre the day before your session is due to start to book your place.

Useful Contact Numbers

Organisation	Contact Number	Description
Newham Council	020 8430 2000	For queries you may have regarding the Newham Borough.
Health Visiting Team	020 3373 9983 020 3373 9984	This team can help with support and information from pregnancy to school entry.
Midwifery Services	0208 471 1366	Newham Midwifery Services offer various courses and groups which provide you with information from a midwife about pregnancy, labour, giving birth and early parenthood.
Family Contact Centre	020 3373 4300	The Family Contact Centre (FCC) provides a 7 day contact service for children and families in a safe, comfortable environment.
Newham Talking Therapies	020 8475 8080	This team can help with worry, anxiety, phobias, low mood, bereavement, relationship troubles, loss of confidence & coping with long term conditions. They also provide employment & welfare support.
Food Bank	020 7474 3060 Wednesday 12:00 – 4:00 East Ham Centre Bonny Downs Church Hall, Darwell Close off Flanders Road, E6 6BJ	Three day's nutritionally balanced emergency food and support to local people who are referred in a crisis.
Newham Rise	0208 652 3879	Newham drug & alcohol service is an integrated drug and alcohol recovery service delivered by change, grow, live (CGL)
Shelter	0808 800 4444	This helpline is open 365 days a year and offers advice and support to anyone facing homelessness.
Magpie Project	07761 180825	Practical support and advice for mothers and children under five in temporary or insecure accommodation in Newham.
Hestia	020 7378 3100	Provides high quality support for adults and children in crisis across London. Working in collaboration with local authorities and partners, they strive to ensure that everyone within their care is equipped with tools necessary for a life beyond a crisis. Staff and volunteers build honest, respectful relationships with service users to support and encourage them to lead their own recovery process.
London Black Women's Project	020 8472 0528	LBWP achieves its mission by addressing violence against women and girls providing advice, guidance, support, advocacy and accommodation under a framework of empowerment and self-sustainability, by influencing and effecting change in government policy and, by providing a safe environment.

Where to find us...



Please bring your Extended Services Registration Card to every session.

If you do not have one you can still come along and we will help you complete a registration form.

**NEWHAM
CHILDREN
CENTRE
CARD**

Newham London

This card allows you to participate in a wide range of services for families with children under five. Services include health support and learning activities for families in Early Help Centres.

If this card is found, please call 020 3578 0206