



# East Ham Children's Centre Programme November 2020

## Altmore & Oliver Thomas Children's Centre



	Monday	Tuesday	Wednesday	Thursday	Friday	<p>East Ham Children's Centre have put together a booking only timetable of targeted and live online sessions where you can join us and other families, learning and playing together.</p> <p>All visitors to our Centres will need to wear a face covering, sanitise their hands, keep their distance and comply with NHS Track &amp; Trace.</p> <p>During Zoom Sessions we require all participants have their videos switched on at all times: this is a further protection, allowing staff to ensure that only invited participants attend.</p> <p>We will not use your details for any other purpose and will adhere to all relevant legislation.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Altmore Children's Centre Altmore Avenue, East Ham E6 2BX</p> <p>Oliver Thomas Children's Centre Mathews Avenue, East Ham E6 6BU</p> </div>
Altmore	<b>Little Talkers</b> 10:30-11:30 Referral Only	<b>Little Champions</b> 1:30 – 2:30 Invitation Only  <b>BookStart Book Gifting</b> 11:00 – 2:00	<b>Out &amp; About</b> 10:30 – 12:00 Please call Altmore Children's Centre for more details	<b>Toddler Stay &amp; Play</b> (1-3yrs) 10:30-11:30  <b>Baby Stay &amp; Play</b> Pre-walkers (0-12m) 1:30 – 2:30	<b>Family Play</b> Invitation Only Please call Altmore Children's Centre for more details  	
Oliver Thomas	<b>Stay &amp; Play Babies</b> 10:00 – 10:45	<b>Stay &amp; Play Targeted</b> 1:00 – 1:45 2:15 – 3:00	<b>Little Champions</b> 11:30 – 3:00 Invitation Only			
Virtual via Zoom	<b>FSW Targeted</b> 1:00 – 2:00  <b>Home Talker</b> TBC  	<b>Messy Play</b> 10:30 – 11:00  <b>Oral Health Promotion</b> 10/11/20 10:30-11:00  <b>Toilet Training &amp; Bedtime Routines Workshop</b> 17/11/20 10:30 – 11:00  <b>Minor Ailments &amp; Accident Prevention Workshop</b> 24/11/20 10:30 – 11:00	<b>Story &amp; Rhyme</b> 10:30 – 11:00  <b>BookStart Corner</b> 1:30-2:30 Invitation only  	<b>Family Support</b> 1:30 – 3:30  <b>Meet the Health Visitor</b> Every other week call Oliver Thomas for more details  <b>BookStart Corner</b> 11:00 – 11:30 TBC  	<b>Coffee Morning</b> 10:30-11:00  <b>BookStart Corner</b> 11:00 – 11:30  <b>Story &amp; Music</b> 1:00 – 1:30  <b>Weaning Workshop</b> 06/11/20 1:30 – 2:00  <b>Parenting Support</b> 10:00-11:00 4 weeks A different focus each week, starting 20/11/20	

To book your preferred session contact:  
 Altmore Children's Centre on 020 8552 6604 or 07572440457 or email [childrenscentre@alfederation.com](mailto:childrenscentre@alfederation.com)  
 Oliver Thomas Children's Centre on 020 8552 1177