

Virtual Programme Summer 2020



Monday 27th July – Friday 28th August 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | | |
|---|---|--|--|--|---|---|
|  <p>MUSIC and MOVEMENT</p> <p>1.00 – 1.30pm Birth – 8 years</p>  | <p>LITTLE TALKERS Group A</p> <p><i>*Invite Only*</i></p> <p>9.00am – 12.00pm</p> | <p>LITTLE TALKERS Group B</p>  <p><i>*Invite Only*</i></p> <p>9.00am – 12.00pm</p> |  <p>Ask Sally</p> <p><i>Sally will be available on the following dates to answer your questions on the topics below.</i></p> <p>10.00 – 11.00am</p> <p>30 July Sleep 6 August Toilet training 20 August Behaviour</p> | <p><i>Songs and Rhymes</i> With Signalong</p> <p>1:30 – 2:00pm Birth – 8 years</p> | <p>Manor Park Community Children's Centre have put together a timetable of live online sessions where you can join us and other families, learning and playing together.</p> <p>We also require that all participants have their video switched on at all times; this is a further protection, allowing staff to ensure only invited participants attend.</p> <p>We will not use your email address for any other purpose and we adhere with all relevant legislation.</p> | |
| | <p>FEE2 Bookstart Corner</p>  <p><i>*Invite Only*</i></p> <p>10.00 – 10.30am</p> <p><i>Ann our Oral Health Advisor will be joining us on 4 August</i></p> | <p>Baby Massage</p> <p>10.00 – 11.00am</p> <p><i>*Please see back page for further details*</i></p> | <p>Baby Rhyme Time</p> <p>1.00 – 1.30pm Birth – 18 months</p>  | <p>Baby Massage</p> <p>10.00 – 11.00am</p> <p><i>*Please see back page for further details*</i></p> | | <p>No sessions on Friday 21 August</p> |
| | <p>STORYTIME with Puppets</p> <p>1.00 – 1.30pm Birth – 8 years</p> <p><i>Ann our Oral Health Advisor will be joining us on 18 August</i></p> | <p>Parent Hotline</p>  <p>Call us on 07484078253</p> <p><i>to discuss any concerns or support you need</i></p> <p>9.00am – 4.00pm</p> | | | | |

MANOR PARK COMMUNITY CHILDREN'S CENTRE
Sheringham Avenue
Manor Park, London
E12 5PB
☎ 0208 553 2479

To book your preferred session; click on the link below
<https://forms.gle/LNMDUoyZzeqmLN2CA>

Check our website

For more ideas on things to do with your children at home during the summer contact us on

mpccc@sheringham-nur.newham.sch.uk

Songs to help your child (with videos)

Healthy eating recipes

Tip sheets for babies 0 – 12months

Tip sheets for toddlers 12 – 24 months



London Black Women's Project's advice lines for BAME women who have suffered all forms of violence

Number to call: **02084720528**

Mondays (weekly): 2 - 4pm - No Recourse to Public Funds Advice Line (What does NRPF mean? Some women may have received leave to remain in this country but no access to public funds, others may have a right to work but no recourse to public funds, this advice line addresses that issue)

Wednesdays (fortnightly): 9:30 - 11:30am - Immigration law (women will be asked to pre-book appointment – need to provide full name and contact details by Tuesday noon)

Thursdays (weekly): 2 - 4pm – Family law

Women are encouraged to state from the outset when they call that they are calling for legal advice.

Baby Massage

4 weeks course

Sessions on following dates:

Tuesday 18 August

Thursday 20 August

Tuesday 25 August

Thursday 27 August

10.00 – 11.00am

To register send an email to

mpccc@sheringham-nur.newham.sch.uk

**LIMITED PLACES
REGISTER NOW!**

Webinars for Parents

Weaning your Baby

This 30 minute webinar will support parents on their weaning journey. Our registered nutritionists will cover the topics to build your confidence when feeding your baby. There will also be an opportunity to answer any questions you may have.

| Dates/Times | | |
|-------------|-----------|---------|
| Wednesday | 1 July | 10.30am |
| Thursday | 16 July | 8pm |
| Friday | 31 July | 1.30pm |
| Monday | 10 August | 10.30am |
| Tuesday | 18 August | 8pm |
| Thursday | 27 August | 1.30pm |

To book:

<https://www.earlystartgroup.com/nutrition/parents-page/weaning-your-baby-webinar-for-parents/>

Toddler Meals and Snacks

This 30 minute webinar will support parents when planning meals and snacks for their little ones. Our registered nutritionists will cover the topics to build your confidence at mealtimes. There will also be an opportunity to answer any questions you may have.

| Dates/Times | | |
|-------------|-----------|---------|
| Tuesday | 7 July | 10.30am |
| Thursday | 23 July | 1.30am |
| Monday | 27 July | 8pm |
| Wednesday | 5 August | 10.30am |
| Friday | 21 August | 1.30am |
| Tuesday | 25 August | 8pm |

To book:

<https://www.earlystartgroup.com/nutrition/parents-page/toddlers-meals-and-snacks-webinar-for-parents/>