

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>EARLY COMMUNICATION WORKSHOP</p> <p>10.00am – 12.00pm</p> <p>9 November 14 December</p> 	<p>Baby Massage</p> <p>4 weeks course</p> <p>Every Tuesday</p> <p>3 November – 24 November</p> <p>10.00 – 11.00am</p> 	<p>BEDTIME ROUTINE</p> <p>10.00am – 12.00pm</p> <p>7 October 4 November</p> 	 <p>9.00 – 11.00am</p> <p>Group 1: 17 September – 22 October</p> <p>Group 2: 5 November – 17 December</p> <p>*Booking Required*</p>	<p>ESOL</p> <p>*Booking Required*</p> <p>9.30 – 11.30am</p> <p><i>You will need access to a smartphone, tablet or laptop to access the course by Zoom.</i></p> <p><i>You will also need an email address.</i></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>1.00 – 1.30pm</p> <p>Birth – 5 years</p> <p><i>Ann our Oral Health Advisor will be joining us on 22 September and 10 November</i></p>	<p>TACPAC</p> <p>Singing with Marie</p> <p>1.00 – 1.30pm</p> <p>Communication through touch and music for children with learning and communication difficulties</p> 	 <p>1.00 – 1.30pm</p> <p>Birth – 18 months</p> <p><i>Ann our Oral Health Advisor will be joining us on 30 September and 11 November</i></p>	 <p>Looking for childcare? FEE2, Childminder, Nursery, Day Care...</p> <p>Contact Tracey</p> <p>0208 553 2479</p> <p>078 9599 6006</p> <p>tracey.warden@sheringham-nur.newham.sch.uk</p>	 <p>1.00 – 1.30pm</p> <p>Birth – 5 years</p> 	<p>MANOR PARK COMMUNITY CHILDREN'S CENTRE Sheringham Avenue, Manor Park, London E12 5PB 0208 553 2479</p>
		<p>TOILET TRAINING</p> <p>1.00 – 3.00pm</p> <p>7 October 4 November</p> 			

Email us on MPCCC@sheringham-nur.newham.sch.uk

or WhatsApp us on [07484078253](https://www.whatsapp.com/business/profile/07484078253) and we will provide you with the link on how to book

We are here to support you if you are having difficulties

FoodBank
Legal Advice
SEND Support
Family Support
New to the area
Domestic Violence
Child Development
Virtual Stay and Play
Not Receiving Benefit
Parenting Issues e.g. Sleep, Behaviour, Eating, Toilet Training

Contact us for more information

Sheringham Nursery School and Children's Centre
 Sheringham Avenue, London
 E12 5PB
 Tel: 020 8553 2479
 Email: mpccc@sheringham-nur.newham.sch.uk

TARGETED SERVICES

Term Time Only

Invite Only

Ask your health visitor for a referral

LITTLE TALKERS



Tuesdays

9.00am – 12.00pm

Session with a focus on supporting children's early language and communication.

Buttercup



Fridays

9.00 – 11.00am

Buttercup is a targeted intervention group which focuses on supporting families who have children presenting with additional needs.

Webinars



Weaning your Baby:

This 30 minute webinar with the Early Start Nutritionists will support parents on their weaning journey. We'll cover topics such as, when to introduce solid foods, what types of foods to offer and how to support your baby at mealtimes.

Thursday 17th September 8 pm

Monday 28th September 8pm

Wednesday 30th September 10.30am

Toddler Meals and Snacks:

This 30 minute webinar with the Early Start Nutritionists will support parents on planning meals and snacks for their little ones. We'll cover topics such as, what foods to offer, creating a positive mealtime environment and nutritious snacks and drinks.

Wednesday 9th September 8pm

Monday 21st September 8pm

Thursday 24th September 10.30am

Parents can book their place on the webinars here

<https://www.earlystartgroup.com/nutrition/parents-page/>



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

Number to call: **0208 472 0528**

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.