

16.11.2020 – 23.12.2020 (closed for Christmas 24.12.2020 – 01.01.2021)

Monday	Tuesday	Wednesday	Thursday	Friday	
 <p>Under 1's Sensory Play</p> <p><i>*Referral Only*</i></p> <p>1.30 – 3.00pm</p> <p>Jack Cornwell Community Centre</p> <p>subject to lockdown regulations</p>	<p>Baby Massage</p> <p>4 weeks course</p>  <p><i>*Booking Required*</i></p> 	<p>Healthy Little Steps</p>  <p>These two 30 minute sessions will encourage small changes to improve the wellbeing of your family.</p> <p>Following topics will be covered:</p> <ul style="list-style-type: none"> • Healthy food ideas on a budget • Correct portion sizes • Bottle to cup • Snack and drink ideas • and much more.... <p>25 November and 2 December</p> <p>10.00 – 10.30am</p> 	 <p>9.00 – 11.00am</p> <p><i>*Booking Required*</i></p> 	<p>ESOL</p> <p><i>*Booking Required*</i></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>LADIES TEA & TALK</p>  <p>1.00 – 1.45pm</p> <p><i>This session will be a little different as we are all keeping our distance. Make a cup of tea at home and join us online. We hope it will help you feel a little more joined up to the rest of the community during a time where you might be feeling alone and a bit vulnerable.</i></p> <p><i>*17 November * 1 December *15 December</i></p> 	<p>SONG & STORYTIME</p> <p>1.00 – 1.30pm</p> <p>Birth – 5 years</p> 	<p>stay + PLAY</p> <p><i>*Referral Only*</i></p> <p>1.30 – 3.00pm</p> <p>Jack Cornwell Community Centre</p> <p>subject to lockdown regulations</p>		<p>MANOR PARK COMMUNITY CHILDREN'S CENTRE Sheringham Avenue, Manor Park, London E12 5PB 📞 0208 553 2479</p>

To book your preferred session; click on the link --> <https://forms.gle/kJnZ7qUDYWfshoK9>

For current updates visit our website --> https://www.sheringham-nur.org.uk/?page_id=2585

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.

Nutrition 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.

Friday 6th November 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.

Tuesday 10th November 8pm

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.