

Monday 4 January – Friday 29 January 2021

<p>Monday</p>	 <p>Do you have a baby under one? Would you like to meet and chat with other mums? If so then come along to our baby play session</p> <p>*Booking Required* 1.30 – 3.00pm</p> <p>Jack Cornwell Community Centre <i>subject to covid-19 restrictions</i> Starting 11 January</p>		<p>Manor Park Community Children's Centre have put together a timetable of online and face-to-face sessions where you can join us and other families, learning and playing together.</p> <p>For online sessions, we 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>Thank you. We look forward to seeing you.</p> <p>MANOR PARK COMMUNITY CHILDREN'S CENTRE Sheringham Avenue, Manor Park, London. E12 5PB Telephone: 0208 553 2479</p>			
<p>Tuesday</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>19 and 26 January 10.00 – 10.30am</p> <p>*Booking Required*</p> 	<p>Baby Massage</p>  <p>19 January - 9 February 10.00 – 11.00am</p> <p>2 March – 23 March 1:30 – 2:30pm</p> <p>*Booking Required*</p> 	<p>TOILET TRAINING</p>  <p>2 February 12.45 – 2.45pm</p> <p>*Booking Required*</p> 			
<p>Wednesday</p>	<p>LITTLE TALKERS</p> <p>Session with a focus on supporting children's early language and communication.</p> <p>10.30 – 11.00am</p>  <p>*Health Visitor Referral Only*</p>	<p>STAY & PLAY</p> <p>9.30 – 11.00am</p> <p>*Booking Required*</p> <p>Manor Park Community Children's Centre <i>subject to covid-19 restrictions</i> Starting 6 January</p>	<p>Meet The Health Visitor</p> <p>13 January 11.00 – 11.45am</p>  <p>*Booking Required*</p>  <p>Virtual Well Child Health Clinic sessions for minor ailments and developmental concerns to be discussed with a health visitor</p> <p>(appointment based)</p> <p>Next session: 10 February Coordinated by: HV Chioma Nkwonta</p>	<p>Minor Ailments and Accident Prevention</p> <p>20 January 1.30 – 2.15pm</p>  <p>*Booking Required*</p> <p>The minor ailment session provides information on children's minor health conditions that can be treated at home. The aim is to empower parents to manage conditions at home that they would otherwise visit their doctor for.</p> <p>Next session: 17 February Delivered by: HV Shaklia Basasira</p>	<p>Weaning Workshop</p> <p>27 January 11.00 – 11.45am</p> <p>*Booking Required*</p>  <p>The session will cover:</p> <ul style="list-style-type: none"> • how and when to introduce food • ideal first foods • foods to avoid  <p>Next session: 24 February</p> <p>Delivered by: HV Josephine Darko and HV Sayra Begum</p>	

Thursday



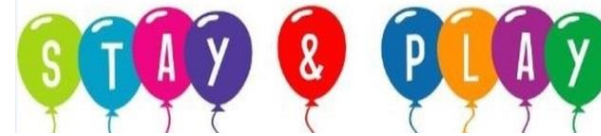
9.00 – 11.00am
Booking Required



BEDTIME ROUTINE



14 January
12.45 – 2.45pm
Booking Required



1.30 – 3.00pm
Booking Required

Jack Cornwell Community Centre

subject to covid-19 restrictions

Starting 7 January



Antenatal Workshop

21 January
1.00 – 2.00pm

Booking Required



The session will cover:

- The role of health visitors
- Infant feeding
- The importance of your baby's red book
- Information on childhood immunisation
- Emotional wellbeing and relationship building
- Preparation and safety for your baby's arrival

Next session: 18 February

Delivered by: HV Bosede Adesanwo

Friday

No sessions on Friday 8 January due to Newham Early Years Conference

Buttercup

9.00 – 11.00am



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

Health Visitor Referral Only

Manor Park Community Children's Centre

subject to covid-19 restrictions

ESOL

9.30 – 11.30am

You will need access to a smartphone, tablet or laptop to access the course by Zoom

You will also need an email address

Booking Required

Starting 15 January



THEMED WORKSHOPS

Join us for ideas to support your child's development at home.

Playdough

29 January

10.00 – 10.30am

Fun with collage

26 February

Booking Required



More to be announced

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.

Early-Positive Approaches to Support (E-PATs)

January – March 2021

Starting February 2021

Are you a family caregiver for a child aged 0 - 5 who has additional needs? Perhaps a learning disability, global developmental delay or Autism?

E-Pats is an 8-session group that provides sensitive support and information for families. All groups are delivered by a trained family caregiver and professional.

Groups will cover: Accessing services and support, emotional wellbeing & resilience, supporting sleep for children, supporting communication, supporting skills development and positive approaches to challenging behaviours.

You'll have the opportunity to meet other parents, develop networks of support & build on ways to support yourself and your child & family!

Booking Required

To book your preferred session; fill our simple booking form here: <https://forms.gle/XAqgR7bDLDNvW6We6>