

Activity Programme

22 April – 28 May 2021

Children Centre will be closed on Monday 3 May due to Bank Holiday

	Activity	Time	Where	Additional Information
Monday	Song & Rhyme Time	10.30 – 11am		
	Stay and Play in the Park	1.30 – 2.30pm	Little Ilford Park	<i>*By Invitation Only*</i>
Tuesday	Little Talkers	9.30 – 10.30am	Sheringham Nursery School	<i>*By Invitation Only*</i>
	Stay and Play in the Park	1.30 – 2.30pm	Little Ilford Park	<i>*By Invitation Only*</i>
Wednesday	Stay and Play in the Park	10 – 11am	Little Ilford Park	<i>*Booking Required*</i>
	Healthy Little Steps (5 and 12 May)	10 – 10.30am		
	Stay and Play in the Park	1.30 – 2.30pm	Little Ilford Park	<i>*By Invitation Only*</i>
	Meet the Health Visitor (12 May)	11 – 11.45am		
	Minor Ailments and Accident Prevention (21 April and 19 May)	1.30 – 2.15pm		
	Weaning Workshop (28 April and 26 May)	11 – 11.45am		
Thursday	Stay and Play	9.30 – 10.30am	Sheringham Nursery School	<i>*By Invitation Only*</i>
	Song & Rhyme Time	2.30 – 3pm		
	Antenatal Workshop (20 May)	1 – 2pm		
Friday	Buttercups	9.30 – 10.45am	Sheringham Nursery School	<i>*By Invitation Only*</i>
	Themed Workshop (30 April: Puppet Making)	10 – 10.30am		
	Stay and Play in the Park	1.30 – 2.30pm	Little Ilford Park	<i>*Booking Required*</i>

Key for Timetable:

Virtual Sessions via Zoom

Sessions in Little Ilford Park

Sessions at Sheringham Nursery School and Children Centre

To book *Wednesday morning* or *Friday afternoon* Stay and Play session, please call the centre on **0208 553 2479**

To book ZOOM sessions, fill our simple booking form here:

<https://forms.gle/ybnvq8NdogAdmV469>

**London Black Women's Project Advice Lines
for women of all ethnicities who have suffered any form 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.

Manor Park Community Children's Centre has put together a timetable of online and face-to-face sessions where you can join us and other families, learning and playing together.

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.

We will not use your email address for any other purpose and we adhere with all relevant legislation.

Thank you. We look forward to seeing you.

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

ESOL

Friday 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

All participants will receive a certificate on completion of the course.

To enrol please visit:

<https://www.newhamadultlearning.co.uk/family-learning.php>

For further information, contact Irfan Yunas
Mobile: 07782300413



Sign up now for Triple P or Stepping Stones and we will contact you when a place becomes available

Triple P gives parents simple and practical strategies to help them build strong and healthy relationships and confidently manage their children's behaviour to prevent problems from developing.

Stepping Stones refers to children who have developmental delay and also children who have sensory or physical disabilities. The programme offers suggestions and ideas on positive parenting to help you promote your child's development.