

Summer Holidays 2021

Activity Timetable

Monday 26th July 2021

To

Tuesday 31st August 2021

The Children's Centre will be closed on **Monday 30th August**, which is a bank holiday

[Book online](#) to join in with our sessions – it's quick and easy!

Once your booking has been processed you will be sent a confirmation email.

**Join the
millions already
vaccinated**

Covid-19 vaccine
The NHS will get in touch when
it's your turn to be vaccinated

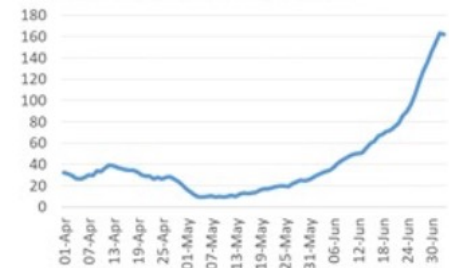
Find out about the roll-out at nhs.uk/CovidVaccine

On arrival, please sign in using the NHS test and trace app



Cases of Covid-19 are rising again in Newham

Please wear a mask indoors in the centre.



Please do not attend the sessions if anyone in your household:

- Is self-isolating because of a positive COVID-19 test
- Has symptoms of COVID-19 (cough, fever, loss of taste or smell)
- Has been told to self-isolate by NHS test and trace

WEEK 1: 26 – 30 July 2021

Health Promotion: Physical Development

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Active Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Jack Cornwell Community Centre</p> <p>Book online</p>	<p>Trip: Olympic Park <i>Birth to 8 years old</i></p> <p>9 am – 1 pm</p> <p>Meet at Manor Park Community Children's Centre at 9 am</p> <p>Adults need an Oyster card with a minimum of £4. Children travel free</p> <p>Book online</p>	<p>Sunflower Group <i>Invitation Only</i></p> <p>10 am – 12 pm Sheringham NSCC</p>	<p>Sunflower Group <i>Invitation Only</i></p> <p>10 am – 12 pm Sheringham NSCC</p>	<p>Sunflower Group <i>Invitation Only</i></p> <p>10 am – 12 pm Sheringham NSCC</p>
			<p>Stay and Play in the park <i>Birth to 8 years old</i></p> <p>10 – 11.30 am Little Ilford Park</p> <p>No need to book Just turn up on the day</p>	<p>Kiddie Cook <i>2 – 8 years old</i></p> <p>9.30 – 11.30 am Sheringham NSCC</p> <p>Book online</p>
<p>Baby Explorers <i>Birth to 18 months old</i></p> <p>1.30 – 2.30 pm Sheringham NSCC</p> <p>Book online</p>	<p>Kiddie Cook <i>2 – 8 years old</i></p> <p>1 – 3 pm Sheringham NSCC</p> <p>Book online</p>	<p>Active Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Jack Cornwell Community Centre</p> <p>Book online</p>	<p>Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Sheringham NSCC</p> <p>Theme: <i>Water Play</i></p> <p>No need to book Just turn up on the day</p>	

WEEK 2: 2 – 6 August 2021

Health Promotion: Healthy Snacks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Stay and Play <i>Birth to 8 years old</i></p> <p>9.30 – 11 am Sheringham NSCC</p> <p>Theme: <i>Making Musical Instruments</i></p> <p>No need to book Just turn up on the day</p>	<p>Stay and Play <i>Birth to 8 years old</i></p> <p>9.30 – 11 am Sheringham NSCC</p> <p>Theme: <i>Animals</i></p> <p>No need to book Just turn up on the day</p>	<p>Sunflower Group <i>Invitation Only</i></p> <p>10 am – 12 pm Sheringham NSCC</p>	<p>Sunflower Group <i>Invitation Only</i></p> <p>10 am – 12 pm Sheringham NSCC</p>	<p>Sunflower Group <i>Invitation Only</i></p> <p>10 am – 12 pm Sheringham NSCC</p>
<p>Active Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Jack Cornwell Community Centre</p> <p>With Ann Coveney Oral Health Promotion Adviser Book online</p>	<p>Baby Explorers <i>Birth to 18 months old</i></p> <p>1.30 – 2.30 pm Sheringham NSCC</p> <p>Book online</p>	<p>Kiddie Cook <i>2 – 8 years old</i></p> <p>1 – 3 pm Sheringham NSCC</p> <p>Book online</p>	<p>Trip: Mudchute Farm <i>Birth to 8 years old</i></p> <p>9 am – 2 pm Meet at Manor Park Community Children's Centre at 9 am</p> <p>Adults need an Oyster card with a minimum of £4. Children travel free Book online</p>	<p>Kiddie Cook <i>2 – 8 years old</i></p> <p>1 – 3 pm Sheringham NSCC</p> <p>Book online</p>
			<p>Active Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Jack Cornwell Community Centre</p> <p>Book online</p>	

WEEK 3: 9 – 13 August 2021

Health Promotion: Sugar Swaps and Drinks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Active Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Jack Cornwell Community Centre</p> <p>Book online</p>	<p>Baby Explorers <i>Birth to 18 months old</i></p> <p>1.30 – 2.30 pm Sheringham NSCC</p> <p>With Ann Coveney Oral Health Promotion Adviser</p> <p>Book online</p>	<p>Sunflower Group <i>Invitation Only</i></p> <p>10 am – 12 pm Sheringham NSCC</p>	<p>Sunflower Group <i>Invitation Only</i></p> <p>10 am – 12 pm Sheringham NSCC</p>	<p>Sunflower Group <i>Invitation Only</i></p> <p>10 am – 12 pm Sheringham NSCC</p>
<p>Are you a woman who's experiencing domestic abuse?</p> <p>You're not alone</p> <p>The London Black Women's Project Advice Line supports women of all ethnicities.</p> <p>020 8472 0528</p> 			<p>Active Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Jack Cornwell Community Centre</p> <p>Book online</p>	

WEEK 4: 16 – 20 August 2021 *Health Promotion: Me sized Meals + 5 a day*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Active Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Jack Cornwell Community Centre</p> <p>Book online</p>	<p>Baby Explorers <i>Birth to 18 months old</i></p> <p>1.30 – 2.30 pm Sheringham NSCC</p> <p>Book online</p>	<p>Sunflower Group <i>Invitation Only</i></p> <p>10 am – 12 pm Sheringham NSCC</p>	<p>Sunflower Group <i>Invitation Only</i></p> <p>10 am – 12 pm Sheringham NSCC</p>	<p>Sunflower Group <i>By Invitation Only</i></p> <p>10 am – 12 pm Sheringham NSCC</p>
<div data-bbox="291 739 513 906" data-label="Image"> </div> <p>Triple P takes the guesswork out of parenting</p> <p>Find out more: https://youtu.be/bhX3FOuozcA</p> <p>Sign up here ↓ https://forms.gle/ybnvq8NdogAdmV469</p>		<p>Stay and Play in the park <i>Birth to 8 years old</i></p> <p>1 – 2.30 pm Little Ilford Park</p> <p>No need to book Just turn up on the day</p>	<p>Active Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Jack Cornwell Community Centre</p> <p>With Ann Coveney Oral Health Promotion Adviser</p> <p>Book online</p>	<p>Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Sheringham NSCC</p> <p>Theme: <i>Mask Making and Superhero Day</i></p> <p>No need to book Just turn up on the day</p>

WEEK 5: 23 – 27 August 2021

Health Promotion: Dental Care

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Stay and Play <i>Birth to 8 years old</i></p> <p>9.30 – 11 am Sheringham NSCC</p> <p>Theme: <i>Old McDonald's Farm</i></p> <p>With Ann Coveney Oral Health Promotion Adviser</p> <p>No need to book Just turn up on the day</p>	<p>Baby Explorers <i>Birth to 18 months old</i></p> <p>1.30 – 2.30 pm Sheringham NSCC</p> <p>Book online</p>	<p>Stay and Play <i>Birth to 8 years old</i></p> <p>9.30 – 11 am Sheringham NSCC</p> <p>Theme: <i>Handa's Surprise</i></p> <p>No need to book Just turn up on the day</p>	<p>Kiddie Cook <i>2 – 8 years old</i></p> <p>9.30 – 11.30 am Sheringham NSCC</p> <p>Book online</p>	<p>Stay and Play <i>Birth to 8 years old</i></p> <p>11am – 1 pm Sheringham NSCC</p> <p>Theme: <i>Carnival Time</i></p> <p>No need to book Just turn up on the day</p>
<p>Active Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Jack Cornwell Community Centre</p> <p>Book online</p>		<p>Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Sheringham NSCC</p> <p>Theme: <i>Handa's Surprise</i></p> <p>With Ann Coveney Oral Health Promotion Adviser</p> <p>No need to book Just turn up on the day</p>	<p>Active Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Jack Cornwell Community Centre</p> <p>Book online</p>	<p>TUESDAY 31 AUGUST</p> <p>Stay and Play <i>Birth to 8 years old</i></p> <p>1.30 – 3 pm Sheringham NSCC</p> <p>No need to book Just turn up on the day</p>

Healthy Packed Lunch

Manor Park Community Children's Centre promote healthy eating at all times

Please bring a healthy packed lunch and snacks on the children's centre trips

A healthy packed lunch should include:

- Some bread, rolls, pitta bread or naan bread filled with cheese, chicken, fish or meat.
- A piece of fruit: apple, banana, grapes, orange
- Some salad vegetables e.g. cucumber, carrot sticks, tomatoes, etc.
- A small yoghurt or fromage frais
- Drink of water or milk.



Foods not part of a healthy packed lunch are:

- Crisps, chips or other salted snacks
- Chocolate or cream filled cakes, tarts, doughnuts
- Sweet and savoury pastries
- Garlic bread
- Creamy dips/sauces – like sour cream and chive
- Deep fried foods, sausage rolls or meat pies
- Chicken and chips
- Juice drinks
- Fizzy drinks



Don't forget to put an ice pack in to keep everything cool!

Please speak to staff if you have any questions

Upcoming Workshops

- Healthy Little Steps
- Parent Protect
- Toilet Training
- Baby Massage
- Bottle to Cup
- Bedtime Routine

ESOL

English for Speakers of Other Languages

Is English your second language?
Would you like to improve your English?

Register now for classes

Free Early Education for 2-year-olds

Have you got your Golden Ticket?

We can help you find a place with a nursery or childminder



Special Educational Needs Support

Find out more about the local offer in Newham



<https://families.newham.gov.uk/kb5/newham/directories/localoffer.page?localofferchannel=2>

UNIVERSAL FREE HEALTHY START

VITAMINS SCHEME



FREE VITAMINS NOW AVAILABLE for all pregnant, new mums and children up until their 4th birthday living in Newham

Vitamins will help your child grow up strong and healthy and help you maintain good health.

To collect your free vitamins: Contact your Midwife, Health Visitor or visit your nearest vitamin distribution outlet:
<http://map.therapyaudit.com/Newhamhealthystart/> or scan the QR code:



To find out if you can get free Healthy Start food and milk vouchers/payments visit www.healthystart.nhs.uk and apply. You can also collect an application form from the Children Centres, Libraries or from your Health Visitor.

WE ARE NEWHAM.

People at the Heart
of Everything We Do

The BCG (TB) vaccination helps protect Babies and young children against tuberculosis (TB).

TB is a bacterial infection which usually affects the lungs, but it can also affect other parts of the body, such as the brain. Rates of TB are still high in Newham and so our goal is to ensure all families are aware that babies are eligible to receive the BCG vaccine for free. Currently families will receive a letter with details regarding the vaccination between 2-4 weeks after birth. This letter asks families to contact Vaccination UK to book an appointment. Please note these clinics are not walk in clinics and you must call, text or email Vaccination UK to book an appointment.



There are 5 different venues where babies can get their BCG vaccine. They are:

1. Vicarage lane, 10 Vicarage lane, E15 4ES
2. The Centre Manor Park, 30 Church Road E12 6AQ
3. Plaistow Children Centre, Junction Road E13 9DQ
4. Edith Kerrison Children Centre, Sophia Road E16 3PB
5. Oliver Thomas Children Centre, Matthews Avenue E6 6BU

For more information, please visit

<https://www.nhs.uk/conditions/vaccinations/when-is-bcg-tb-vaccine-needed/>

You can also email Vaccination UK

newham.bcg@nhs.net or call them on **07494 867242**.