

ACTIVITY TIMETABLE

4 – 22 October 2021

Where to find us...

Manor Park Community Children's Centre

Sheringham Avenue, Manor Park. E12 5PB

0208 553 2479

mpccc@sheringham-nur.newham.sch.uk

www.sheringham-nur.org.uk/childrens-centre

Manor Park Library

685-693 Romford Road

Manor Park

London E12 5AD

Jack Cornwell Community Centre

Jack Cornwell Street

Manor Park

London E12 5NN

Salisbury Primary School

495 High Street North

Manor Park

London E12 6TH

Please note:

We can only have 20 families in Stay and Play.

That keeps everyone safe.

If we turn you away, we'll guarantee you a place for the next day.

Would you like to be a member of our Advisory Board?

Are you passionate about building a better future for children and their families in the local area?

If so, we would love to hear from you.

For further information please call or email

Deborah Reid (Children's centre lead)

deborah.reid@sheringham-nur.newham.sch.uk

We are a Breastfeeding friendly centre.

You are welcome to breastfeed here.

School Holidays Activities

The centre offers a revised timetable for families with children up to 8 years old.

You can find the October Half Term timetable on page 6.

MONDAY

Story and Rhyme Time *



Birth to 5 years old

10 – 11 am

Starting from 4 October

Manor Park Library

Little Talkers Programme



SEND Offer

5 weeks early language and communication stay and play group.

Referral Only. Please speak to your health visitor for a referral.

9.30 – 10.45 am

Starting from 4 October

Manor Park Community Children's Centre

Childminding Support Group

Registered childminders only

9.15 – 11.15 am

Manor Park Community Children's Centre

Active Stay and Play *

Birth to 5 years old

1.30 – 3 pm

Jack Cornwell Community Children's Centre

TUESDAY

Stay and Play *

Birth to 5 years old

9 – 10.30 am

Manor Park Community Children's Centre

E-PATs



SEND Offer

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

Call to Book

Starting from 12 October

Manor Park Community Children's Centre

Baby Explorers *

Birth to 18 months old

1.30 – 3 pm

Manor Park Community Children's Centre

WEDNESDAY

Stay and Play *

Birth to 5 years old

9 – 10.30 am

Manor Park Community Children's Centre

Healthy Little Steps



(13 and 20 October)

10 – 10.30 am



Call to book

Further information on page 4

Conversation Café



Further information on page 4

1.30 – 2.30 pm

Starting from 13 October

Call to book

Manor Park Community Children's Centre

Meet the Health Visitor

Led by the Health Visiting team

(13 October)

11 – 11.45 am



Call to book

Further information on page 4

Minor Ailments and Accident Prevention

Led by the Health Visiting team

(20 October)

1.30 – 2.15 pm



Call to book

Further information on page 4

Happy Tummies Weaning Workshop

Led by the Health Visiting team

(27 October)

11 – 11.45 am



Call to book

Further information on page 4

THURSDAY

Stay and Play *

Birth to 5 years old

9 – 10.30 am

Manor Park Community Children's Centre

Parenting Workshops

Toilet Training – 7 October

Bottle to Cup – 14 October

Bedtime Routine – 21 October

9.30 – 11.30 am



Call to book

Adult Learning Courses

1 – 3.30 pm

Manor Park Community Children's Centre

Call to book / further information

Limited crèche spaces available

Active Stay and Play *

Birth to 5 years old

1.30 – 3 pm

Jack Cornwell Community Children's Centre

Antenatal Workshop

Led by the Health Visiting team

(21 October)

12.30 – 2.30 pm



Call to book

Further information on page 4

FRIDAY

ESOL

9.30 – 11.30 am

Manor Park Community Children's Centre

Call to book / further information

Limited crèche spaces available

Buttercups

Term Time Only

SEND Offer

9.30 – 11 am

Manor Park Community Children's Centre

Referral Only. Please speak to your health visitor for a referral.

Baby Explorers *

Birth to 18 months old

1.30 – 3 pm

Manor Park Community Children's Centre

Stay and Play *



Birth to 5 years old

1.30 – 3 pm

Starting from 8 October

Salisbury Primary School

SATURDAY

Family Stay and Play *

Birth to 8 years old

10 – 11.30 am

Manor Park Community Children's Centre

23 Oct

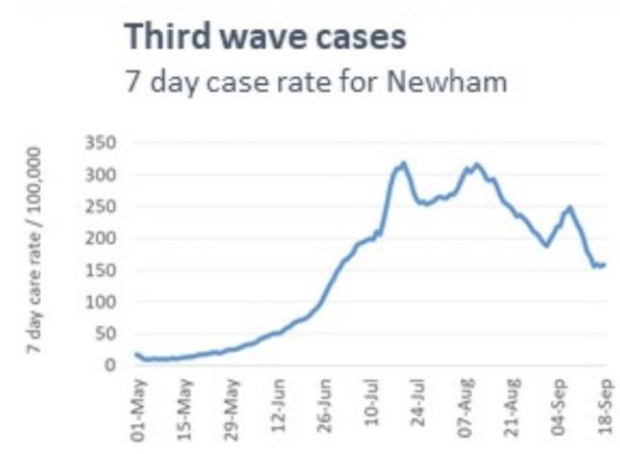
20 Nov

18 Dec

**** No need to book for the Stay and Play Sessions. Just turn up on the day***



Cases of Covid-19 remain high in Newham.
Please wear a mask indoors in the centre and on public transport/trips





On arrival: sign in using the NHS test and trace app

Help to keep everyone safe - please do not attend the sessions if:

- You are self-isolating because of a positive COVID-19 test or symptoms of COVID-19
- You have been told to self-isolate by NHS test and trace

If someone in your household has COVID-19 you may only attend the sessions if you're fully vaccinated. This means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS. If you're not able to get vaccinated for medical reasons please phone the centre before attending to let us know.


<p style="text-align: center;"><u>Healthy Little Steps</u></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 style="text-align: center;"><u>Meet The Health Visitor</u></p> <p>Virtual Well Child Health Clinic sessions for minor ailments and developmental concerns to be discussed with a health visitor</p>
<p style="text-align: center;"><u>Conversation Café</u></p> <p>Want to practise speaking English in a small, friendly group? Book onto our Conversation Café. We'll help you to develop your confidence in a range of everyday situations like having a conversation in English, going to the shops, or talking to the doctor.</p>	<p style="text-align: center;"><u>Minor Ailments and Accident Prevention</u></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 style="text-align: center;"><u>Weaning Workshop</u></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 style="text-align: center;"><u>Buttercups</u></p> <p>In partnership with the Speech and Language therapy team. Stay and play group for children under five with Special Educational Needs or Disabilities.</p>

Antenatal workshops

Come along to our antenatal workshops in children's centres across Newham. We cover:

- the role of health visitors
- infant feeding
- the importance of your baby's red book
- information on childhood immunisation
- emotional well being and relationship building
- preparation and safety for your baby's arrival



Contact your health visitor or children's centre staff for more details.

www.newham.gov.uk/childrenshealth

In partnership with the Health Visiting team
 Bosede Adesanwo (Health Visitor): 07939 931632



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

To collect your free vitamins: Contact your Midwife, Health Visitor or your local Children's Centre

SAFEGUARDING



If you are worried that a child may be a victim of neglect, abuse or cruelty, contact our Safeguarding Team on **020 8514 8657** or phone Newham Child Protection on **020 3373 4600**

Are you a woman who's experiencing domestic abuse?

You're not alone



The London Black Women's Project Advice Line supports women of all ethnicities.

020 8472 0528

Upcoming Workshops

- Parent Protect
- Toilet Training
- Baby Massage
- Bottle to Cup
- Bedtime Routine
- Home Safety
- E-Safety



Call to book

Triple P takes the guesswork out of parenting



Find out more:

<https://youtu.be/bhX3FOuozcA>

Call to book

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/directory/localoffer.page?localofferchannel=2>

ACTIVITY TIMETABLE

HALF TERM WEEK 25 – 29 October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Story and Rhyme Time *</p> <p><i>Birth to 8 years old</i></p> <p>10 – 11am</p> <p>Manor Park Library</p>	<p>Stay and Play *</p> <p><i>Birth to 8 years old</i></p> <p>9 – 10.30 am</p> <p>Manor Park Community Children's Centre</p>	<p>Stay and Play *</p> <p><i>Birth to 8 years old</i></p> <p>9 – 10.30 am</p> <p>Manor Park Community Children's Centre</p>	<p>Stay and Play *</p> <p><i>Birth to 8 years old</i></p> <p>9 – 10.30 am</p> <p>Manor Park Community Children's Centre</p>	<p>Kiddie Cook</p> <p><i>2 – 8 years old</i></p> <p>9.30 – 11.30 am</p> <p>Call to Book</p> <p>Manor Park Community Children's Centre</p>	<p>Family Stay and Play *</p> <p><i>Birth to 8 years old</i></p> <p>10 – 11.30 am</p> <p>Manor Park Community Children's Centre</p> <p>20 Nov 18 Dec</p>
<p>Active Stay and Play *</p> <p><i>Birth to 8 years old</i></p> <p>1.30 – 3 pm</p> <p>Jack Cornwell Community Children's Centre</p>	<p>Baby Explorers *</p> <p><i>Birth to 18 months old</i></p> <p>1.30 – 3pm</p> <p>Manor Park Community Children's Centre</p>	<p>Kiddie Cook</p> <p><i>2 – 8 years old</i></p> <p>1 – 3pm</p> <p>Call to Book</p> <p>Manor Park Community Children's Centre</p>	<p>Active Stay and Play *</p> <p><i>Birth to 8 years old</i></p> <p>1.30 – 3 pm</p> <p>Jack Cornwell Community Children's Centre</p>	<p>Stay and Play *</p> <p><i>Birth to 8 years old</i></p> <p>1.30 – 3 pm</p> <p>Starting from 8 October</p> <p>Salisbury Primary School</p>	
		<p>Happy Tummies Weaning Workshop</p> <p>Led by the Health Visiting team</p> <p><i>(27 October)</i></p> <p>11 – 11.45 am</p> <p>Call to book</p> <p>Further information on page 4</p>			

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