

# MANOR PARK COMMUNITY CHILDREN'S CENTRE

## ACTIVITY TIMETABLE JANUARY – MARCH 2024



**Sheringham Avenue, Manor Park. E12 5PB**  
0208 553 2479  
[mpccc@sheringham-nur.newham.sch.uk](mailto:mpccc@sheringham-nur.newham.sch.uk)  
[www.sheringham-nur.org.uk/childrens-centre](http://www.sheringham-nur.org.uk/childrens-centre)

 @manorparkcommunitycentre

 Manor Park Community Children's Centre

### Best Start in Life (BSiL) Children's Centres

Newham's Children's Centres offer a range of services to help give your child the best start in life. You can register for free if you are a Newham resident with a child under 5 (including if you're pregnant).

Scan the code to register online.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Story and Rhyme Time</b>            @ Manor Park Library  <i>Birth to 5 years old</i>            Drop In  <b>10 – 11am</b>  <i>Starting from 8 January</i></p> <hr/> <p><b>Active Stay and Play</b>            @ Jack Cornwell Community Centre  <i>Birth to 5 years old</i>            Drop In  <b>1.30 – 3pm</b>  <i>Starting from 8 January</i></p> <hr/> <p><b>GROW</b> (4 week course)             @ Sheringham Nursery  <i>Supporting mums across London get a job after having children.</i>            Call to book  <b>1 – 2.30pm</b>  <i>15 January – 5 February</i></p> <hr/> <p><b>Baby Massage</b>            @ Sheringham Nursery  <i>6 weeks to Crawling</i>  <i>Find out more about the benefits of massage and learn how to massage your baby</i>            Call to book  <b>10 – 11am</b>  <i>15 January – 5 February</i></p> <hr/> <p><b>Family Support Drop in Surgery</b>            @ Sheringham Nursery  <i>A chance to talk to our family support worker about concerns, worries or questions that you may have about your child /family situation.</i>  <b>9 – 10.30am</b>  <b>1 – 2.30pm</b>  <i>Starting from 15 January</i></p>	<p><b>Little Champions</b>            @ Sheringham Nursery            Stay &amp; Play session focusing on supporting children with additional needs.  <i>Birth to 5 years old</i>  <b>9.30 – 11am</b>  <i>Starting from 9 January</i></p> <hr/> <p><b>Healthy Families Parents Group</b>  <b>9 – 11am</b>  <i>Fun session to talk about healthy eating &amp; healthy lifestyle for the whole family.</i>  <i>9 and 23 January</i>  <i>13 and 27 February</i>  <i>12 and 26 March</i>            To book: contact Asmat Syed  <a href="mailto:elft.newham-GLHIP@nhs.net">elft.newham-GLHIP@nhs.net</a></p> <hr/> <p><b>English For Speakers Of Other Languages (ESOL)</b> (10 weeks)             @ Sheringham Nursery            Call to book  <b>1 – 3pm</b>  <i>Starting from 9 January</i></p> <hr/> <p><b>Stay and Play Baby Explorers</b>            @ Sir John Heron Primary School  <i>Birth to 18 months old</i>  <i>Drop In (Limited Spaces)</i>  <b>1.30 – 2.30pm</b>  <i>Starting from 9 January</i></p> <hr/> <p><b>Weaning Session</b>  <i>Led by the Health Visiting team</i>            Health visitor will attend Baby Explorers Group @ Sir John Heron Primary School  <i>30 Jan, 27 Feb and 26 Mar</i></p>	<p><b>Stay and Play</b>            @ Sheringham Nursery  <i>Birth to 5 years old</i>            Drop In  <b>9 – 10.30am</b>  <i>Starting from 10 January</i></p> <hr/> <p><b>Health Visitor Clinic</b>            @ Sheringham Nursery  <i>Birth to 5 years old</i>  <b>9.30 – 11.30am</b>            Call to book  <i>10 January</i>  <i>14 February</i>  <i>13 March</i></p> <hr/> <p><b>NCT Parents in Mind</b>            @ Sheringham Nursery  <i>A friendly space for pregnant or new mums to talk and gain support.</i>  <b>10 – 11.30am</b> (Every 2 Weeks)  <i>Starting from 18 January</i></p> <hr/> <p><b>E-PAIS</b> (8 weeks)             @ Sheringham Nursery            Call to book  <b>1 – 3pm</b>  <i>10 January – 6 March</i></p> <hr/> <p><b>Tea and Talk</b>             @ Sheringham Nursery            Drop In  <b>1 – 2.30pm</b>  <i>Starting from 10 January</i>            This will be a <b>Fathers Only</b> group on <b>31 Jan, 28 Feb and 27 Mar</b></p> <hr/> <p><b>Minor Ailments and Accident Prevention</b>  <i>Led by the Health Visiting team</i>             Call to book  <b>1.30 – 2.15pm</b>  <i>Dates to be confirmed</i></p>	<p><b>Stay and Play</b>            @ Sheringham Nursery  <i>Birth to 5 years old</i>            Drop In  <b>9 – 10.15am</b>  <i>Starting from 11 January</i></p> <hr/> <p><b>Little Talkers</b> (5 weeks)            @ Sheringham Nursery            Stay &amp; Play session focusing on supporting children's early language and communication!  <i>2 to 4 years old</i>            Referral required  <b>10.30 – 11.30am</b>  <i>Starting from 11 January</i></p> <hr/> <p><b>Stepping Stones Triple P</b> (6 weeks)             @ Sheringham Nursery            Call to book  <b>12.45 – 2.45pm</b>  <i>18 January – 14 March</i></p> <hr/> <p><b>Active Stay and Play</b>            @ Jack Cornwell Community Centre  <i>Birth to 5 years old</i>            Drop In  <b>1.30 – 3pm</b>  <i>Starting from 29 February</i>  <i>Speech and Language Therapist will attend the session on 29 February</i></p> <hr/> <p><b>Nutrition Kitchen</b> (12 weeks)            This programme is designed to teach families the importance of eating well and making healthy lifestyle choices.            Call to book  <b>1.30 – 2.45pm</b>  <i>18 January – 22 February</i></p>	<p><b>Buttercups</b> (5 weeks)            @ Sheringham Nursery  <i>Please speak to your health visitor for a referral.</i>  <b>9.30 – 11 am</b>  <i>Starting from 5 January</i></p> <hr/> <p><b>Stay and Play Baby Explorers</b>            @ Sheringham Nursery  <i>Birth to 18 months old</i>            Drop In  <b>1.30 – 3pm</b>  <i>Starting from 12 January</i></p> <hr/> <p><b>Stay and Play</b>            @ Salisbury Primary School  <i>Birth to 5 years old</i>            Drop In  <b>1.30 – 3pm</b>  <i>Starting from 12 January</i></p>
				SATURDAY
				<p><b>Family Stay and Play</b>            @ Sheringham Nursery  <i>Birth to 8 years old</i>            Drop In  <b>10 – 11.30am</b>  <i>27 January</i>  <i>24 February</i>  <i>23 March</i></p>
				<p><b>Parenting Workshops</b>  <i>Toilet Training 1 February</i>  <i>Positive Behaviour 8 February</i>  <i>Bedtime Routine 7 March</i>  <i>Bottle to Cup 21 March</i></p> <div>  </div> <p><b>1 – 2pm</b>            Call to book</p>

## Contact us for more information about these services

### Buttercups

(5 weeks programme)

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

### Triple P

(7 weeks programme)

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.

### E-PaTs

(8 weeks programme)

Course for parents with children under the age of 5 who have a learning or developmental disability

### Tea and Talk

Join the Tea and Talk group for a well-deserved time out.  
Various activities and guest speakers.

### English For Speakers Of Other Languages (ESOL)

(12 weeks programme)

The course will make you more confident, skilled and independent in speaking, reading and writing English whether you are a complete beginner or just need that extra help.

## Free Early Education for 2-year-olds

### Have you got your I AM 2 Letter?

To check whether your two year old is eligible for 15 hours of free education please contact the centre and one of our friendly team member will be happy to help.

## Special Educational Needs Support

Would you like to know more about the **LOCAL SEND OFFER** in Newham?  
**Visit:**


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



Essential Books and Rhymes for 2 Year Olds  
<https://www.sheringham-nur.org.uk/books-and-rhymes-2-year-olds/>

Essential Books and Rhymes for 3-4 Year Olds  
<https://www.sheringham-nur.org.uk/books-and-rhymes-3-4-year-olds/>

Essential Books A-Z Index  
<https://www.sheringham-nur.org.uk/essential-books-index/>



## **SAFEGUARDING**

If you are worried that a child may be a victim of neglect, abuse or cruelty, contact our Safeguarding Team on **020 8553 2479** 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**

## **BREASTFEEDING**

We are a Breastfeeding friendly centre.  
You are welcome to breastfeed here.



## Where to find us...

### Sheringham Nursery School

Sheringham Avenue  
Manor Park  
E12 5PB

### 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

### Sir John Heron Primary School

School Road  
Manor Park  
London  
E12 5PY

## School Holidays Activities

The centre offers a revised timetable for families with children up to 8 years old in the school holidays.  
Separate timetable is published near the time.



## UNIVERSAL FREE HEALTHY START VITAMINS SCHEME



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

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

### MONDAY TO FRIDAY

**Health Visitor Clinic**  
@ Sheringham Nursery  
**9am – 12pm**

Please speak to your health visitor for an appointment.

### HEALTH VISITING TEAM

Single Point of Access  
0203 373 9983



## 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](http://www.newham.gov.uk/childrenshealth)

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