

# MANOR PARK COMMUNITY CHILDREN'S CENTRE

## ACTIVITY TIMETABLE APRIL – JULY 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 15 April</i></p>	<p><b>Little Champions</b> @ Sheringham Nursery <i>Stay &amp; Play session focusing on supporting children with additional needs.</i> <i>Birth to 5 years old</i> Drop In <b>10 – 11am</b> <i>Starting from 16 April</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 17 April</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 18 April</i></p>	<p><b>Buttercups</b> (5 weeks) @ Sheringham Nursery Please speak to your health visitor for a referral. <b>9.30 – 11am</b></p>
<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>15 April – 20 May</i></p>	<p><b>Healthy Families Parents Group</b> <b>9 – 11am</b> @ Sheringham Nursery <i>Fun session to talk about healthy eating &amp; healthy lifestyle for the whole family.</i> <i>9 and 23 April</i> <i>14 and 28 May</i> <i>11 and 25 June</i> <i>9 and 23 July</i> To book: contact Asmat Syed <a href="mailto:elft.newham-GLHIP@nhs.net">elft.newham-GLHIP@nhs.net</a></p>	<p><b>Health Visitor Clinic</b> @ Sheringham Nursery <i>Birth to 5 years old</i> Call to book <b>9.30 – 11.30am</b> <i>10 April, 8 May, 12 June, 10 July</i></p>	<p>Speech and Language Therapist will attend the session on 2 May</p> <p><b>NCT Parents in Mind</b> (Every 2 Weeks) @ Sheringham Nursery A friendly space for pregnant or new mums to talk and gain support. <b>10.30 – 11.30am</b> <i>Starting from 11 April</i></p>	<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 19 April</i></p>
<p><b>Stay and Play Baby Explorers</b> @ Sheringham Nursery <i>Birth to 18 months old</i> Drop In <b>1.30 – 3pm</b> Starting from 15 April</p>	<p><b>English For Speakers Of Other Languages (ESOL)</b> (10 weeks) @ Sheringham Nursery Call to book  <b>1 – 3pm</b> <i>Starting from 23 April</i></p>	<p><b>E-PaTs</b> (8 weeks)  @ Sheringham Nursery Call to book <b>1 – 3pm</b> <i>24 April – 19 June</i></p>	<p><b>Signalong</b> (6 weeks)  @ Sheringham Nursery Signalong can support your child's speech, language and communication needs Call to book <b>12.45 – 2.45pm</b> <i>9 May – 20 June</i></p>	<p><b>SATURDAY</b></p>
<p><b>Stay and Play Baby Explorers</b> @ Sir John Heron Primary School <i>Birth to 18 months old</i> Drop In (Limited Spaces) <b>1.30 – 2.30pm</b> <i>Starting from 16 April</i></p>	<p><b>Minor Ailments and Accident Prevention</b> Led by the Health Visiting team Call to book <b>1.30 – 2.15pm</b> <i>Dates to be confirmed</i></p>	<p><b>Tea and Talk</b>  @ Sheringham Nursery Drop In <b>1 – 2.30pm</b> <i>This will be a Fathers Only group on 24 April, 29 May, 26 June, 17 July</i></p>	<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 olds</i> Referral required <b>1.30 – 2.30pm</b> <i>27 June – 25 July</i></p>	<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 April</i> <i>18 May</i> <i>29 June</i> <i>20 July</i></p>
	<p><b>Weaning Session</b> Led by the Health Visiting team Health visitor will attend Baby Explorers Group @ Sir John Heron Primary School on <b>30 April, 21 May and 25 June</b></p>	<p><b>Minor Ailments and Accident Prevention</b> Led by the Health Visiting team Call to book <b>1.30 – 2.15pm</b> <i>Dates to be confirmed</i></p>	<p><b>PARENTING WORKSHOPS</b>  Call to book</p> <p>Toilet Training <i>18 April</i> <b>1.30 – 2.30pm</b></p> <p>Positive Behaviour <i>18 April</i> Bedtime Routine <i>16 May</i> Bottle to Cup <i>13 June</i> <b>9.30 – 10.30am</b></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/>

 lovelybooks  
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**



## 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

**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