

# **Oliver Thomas Children's Centre Activity Calendar**

1<sup>st</sup> October – 19<sup>th</sup> December 2024

For further information please call the childrens centre on -02085521177 option 3

Monday	Tuesday	Wednesday	Thursday	Friday
	* * * * * * * * * * * * * * * * * * * *	Stay & Play Babies Sensory Play 10:30 -11:30	Stay & Play Baby and Toddler 10:30 – 11:30	<b>Stay &amp; Play</b> 10:00 – 11:00 Under 5's
		Talking Tots 10:00 – 12:00 6 <sup>th</sup> &13 <sup>th</sup> Nov By invitation only	East Ham Library Term Time Only Little Champions 10:00- 11:00	There will be no session on the 13 <sup>th</sup> December
Stay and Play Story Time 1:30 - 2:30	<b>Stay &amp; Play</b> 1:00 - 2:00 Under 5's	Stay and Play 1:30 -2:30 Themed sessions:	<b>Stay &amp; Play</b> 1:00 -2:00 Under 5's	Stay and Play Baby and Toddler 1:00 - 2:00
Term time only		9 <sup>th</sup> Oct – Junk Modelling		0 - 2years  There will be no session on the 13 <sup>th</sup> December
		13 <sup>th</sup> Nov – Clay		
		11 <sup>th</sup> Dec – Seasonal Crafts		

Please be aware that we will have a revised timetable for the October Half Term  $28th \ Oct - 1^{st} \ Nov \ October \ 2024$ 

# Monday Breast Feeding Support

Every Monday 10:00 -12:00







WE ARE SUPPORTIVE.





NEWHAM BABY FEEDING HELPLINE 07534 249 611

#### **Family Support**

If you have any concerns in regards to housing, debt, benefits, parenting or you and your families well being in general please either call or drop into the Children's Centre to arrange an appointment with Alika our Family Support Worker who will be happy to support you



## Other Sessions and General information

#### **Tuesdays**

#### Parents in mind

10:00 -11:30

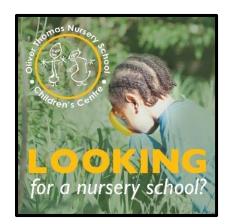
**Term Time Only** 

Are you pregnant or a new mum and feeling low, anxious, alone?

Come along to this nonjudgmental space to talk and gain support

For further information call 07525403673





### **Healthy Start Vitamins**

You can receive free vitamins if you have a child under the age of 4yrs, are pregnant, or had a baby in the last 12 months.



Vitamins can be collected between 9:30 – 3:00 Monday – Friday



#### **Baby Weighing Clinic**

1:00 - 3:00

16<sup>th</sup> Oct

20th Nov

18<sup>th</sup> Dec

Booking Required Call 020 3373 9983

# Baby Massage and Yoga

If you have a young baby and are interested in learning massage and yoga techniques to enhance bonding with your baby
Please contact the Children's Centre on:
0208 552 1177

Where Sally will be able to give you information on any upcoming workshops

#### **Friday**

#### **Hestia support**

Hestia provides domestic abuse support services

9:30 – 12:00 Booking required

#### **Nursery Applications**

If you are interested in your child attending Oliver
Thomas Nursery School, you can access an
application form from the school reception or you can
find it on line at

www.oliverthomas.org.uk/home/registration-form/

If you need support in filling in the form a member of the Oliver Thomas Children's Centre Team will be happy to help

#### **Book Start Baby Pack**

If you have a baby under the age of one, you are able to access your free bookbag from our Children's Centre

