



Oliver Thomas Children's Centre Activity Calendar

1st October – 19th December 2024

For further information please call the childrens centre on – 020 8552 1177 option 3

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

***Please be aware that we will have a revised timetable for the October Half Term
28th Oct – 1st Nov October 2024***

Monday
Breast Feeding Support

Every Monday
10:00 -12:00



WE ARE SUPPORTIVE.

WE ARE NEWHAM.



NEWHAM BABY FEEDING HELPLINE
07534 249 611

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 non-judgmental 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



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



Baby Weighing Clinic

1:00 – 3:00

16th Oct

20th Nov

18th 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

