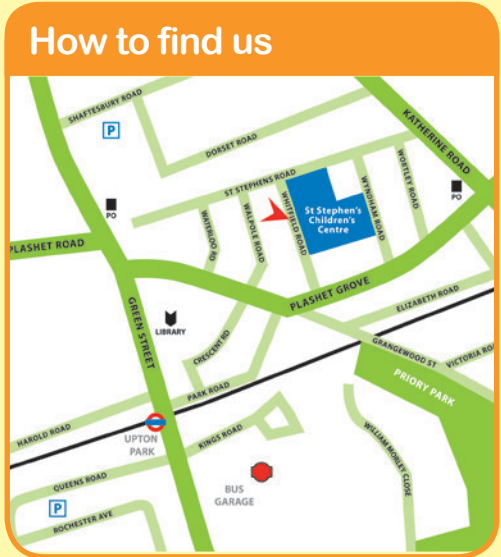


Please bring your Extended Services registration card to every session. If you do not have one you can still come and we will help you fill in a registration form.



The Centre will be closed from Monday 31st July – Friday 11th August & 28th August

Health Reviews

Your child will have a health review at 1 year and 2½ years, this will consist of looking at your child's progress in speech and language, growth, diet, physical, social, intellectual and emotional development.



St Stephen's Nursery

St Stephen's Children's Centre has a 180 place maintained nursery for 3-5 year olds and some EEF 2 places. Please come in to register your child after their 2nd birthday and to find out more.

St Stephen's Day Care

St Stephen's Children's Centre also has Day Care nursery provision; it is a fee paying provision for children aged from 1-5 years. It is open from 8am-6pm, 48 weeks of the year.

Family Support

Our family support workers Marie Foley, Rebecca Ross & Wendy Campbell can offer support with parenting issues, housing issues, nursery education grants, domestic violence or any other issues that you may have.
To contact Marie Foley call on 0208 586 0147 or marie.foley@st-stephens.newham.sch.uk

For more information please contact the centre on **0208 586 0147** or visit www.st-stephens-nurserychildrenscentre.org.uk

Holiday Stay & Play dates

JULY		AUGUST / SEPTEMBER	
Monday Stay & Play 24th July 9:30-11:30am 1:00-3:00pm	Thursday Stay & Play 27th July 9:30-11:30am 1:00-3:00pm	Monday Stay & Play 14th, 21st August 9:30-11:30am 1:00-3:00pm	Thursday Stay & Play 17th, 31st August 9:30-11:30am 1:00-3:00pm
Tuesday Stay & Play 25th July 9:30-11:30am 1:00-3:00pm	Friday Stay & Play 28th July 9:30-11:30am Zumba For Parents & Children 28th July 9:45-10:45am	Tuesday Stay & Play 15th, 22nd & 29th August 9:30-11:30am 1:00-3:00pm	Friday Stay & Play 18th, 25th August & 1st Sept 9:30-11:30am Zumba For Parents & Children 18th & 25th August 1st Sept 9:45-10:45am
Wednesday Day Out - Barking Park 26th July 10:00am-2:00pm		Wednesday Day Out - Chalkwell Beach 16th August 9:30-3:00pm Day Out - City Farm 23rd August 10:00am-2:00pm Day Out - TBC 30th August	Football Fun 17th & 31st August 1:00-2:00 Sports Day 24th August 10:00-1:00 Bring a snack

Local Breastfeeding Groups (women only)

Breastfeeding Workshop

Intensive Class
Day 1 & Day 2
Monday 10th & Monday 17th July
10am – 4pm

St Stephen's Midwifery Group Practice

020 3182 100
Monday – Friday:
8:00am – 4:00pm
Saturday: 9:00am – 2:00pm
Sunday 9:00am 12:00midday / 1:00-3:00pm

Best Start in Life

We are committed to supporting every family with young children to give their child the Best Start in Life. This includes a free offer to all families of:

- Access to childcare for all three and four year olds and those two year olds who meet the eligibility criteria.
- Advice and guidance on parenting skills including one-to-one support where extra help is needed
- Stay-and-Play activities where children learn important skills through play and parents can meet other parents.
- Help into employment, training or volunteering.
- A range of child & family health and development sessions including advice on breastfeeding, weaning, healthy eating, sleep routines and a whole range of other health issues through pregnancy into the first years of life.



ACTIVITIES CALENDAR

July - September 2017

ST STEPHEN'S NURSERY & CHILDREN'S CENTRE
WHITFIELD ROAD | EAST HAM | E6 1AS | T: 0208 586 0147
www.st-stephens-nurserychildrenscentre.org.uk

Monday

Baby Play **TT**

Do you have a baby aged between 0-2 years? If so then come along to our Baby Play Session. **Every Monday. (Note: no baby play on 18th September) 9:30-11:30am**

Bookgifting 0-2 Years

Would you like to receive free books? To receive these books it is important that you bring along your child's red health book. **HELD IN BABY PLAY 11th September**

Outdoors & Active

Come & join us for an active fun filled session outdoors. **1:00-2:00pm**

Chatterbox **B**

A session with a speech and language therapist for you and your child if you have any communication or speech and language concerns. **3rd July, 18th September 1:15-3:15pm**

Coffee & Conversation **B C TT**

An informal group to build your confidence to talk in English. **6 week session. 11th September 9:00-10:30am**

Toilet Training **B C**

Are you about to start toilet training your child? Need help? This session provides support, strategies and tips. **11th September 1:00-3:00pm**

Family Support Drop In **TT**

Come and talk to one of our Family Support Workers for advice and support on housing, immigration or benefit issues. If we can't help you we may know someone who can. **Every Monday. Starting 3rd July 9:15-10:15am**

Jelly Babies

A session of messy play where babies are given the opportunity to explore using their bodies and a variety of creative resources. **Session held in place of Baby Play. First come first served. Limited spaces. 18th September 9:30-11:30am**

Fab Fruit & Veg **B**

Different ways to make sure your family are having their '5-A-Day'. **25th September 12:30-1:30pm**

Tuesday

Childminder Drop In/Training **TT**

A group for qualified childminders to gain training, support and an opportunity to use our resources. **9:30-11:30am**

Stay & Play – Active Session **TT**

Have fun with your toddler and engage in indoor & outdoor fun. **NOTE: You can only attend 1 session on a first come first serve. Limited spaces. Session 1: 12:30-1:45pm Session 2: 2:00-3:15pm**

ESOL -REGISTRATION DAY ONLY

An introduction to English to speakers of other languages. Please enquire for criteria. National Insurance number required. **Date in September TBC. 1:00-3:00pm**

Parent Talk & Play **B**

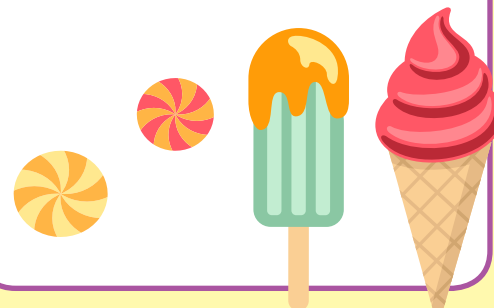
Come and find out how to help develop your child's speech through play. 3 week session. **4th, 11th, 18th July 9:00-11:00am**

Snacks & Smoothies **B**

Ideas for making healthy snacks & smoothies with your children. **19th September 9:30-10:30am**

Bottle To Cup **B C**

Do you need advice and support on how to stop your child using a bottle? Come along to this session. **12th September 9:30-11:30am**



Wednesday

Numeracy Registration Day Only

Come and brush up on your numeracy skills. National Insurance number required. **Date in September TBC. 9:00-11:00am**

Bookgifting 3+ Years

Would you like to receive free books? To receive these books it is important that you bring along your child's red health book. **13th September 9:00-9:30am 12:30-1:00pm**

Treasure Basket **B**

Opportunities for babies to explore and play with objects from the real world instead of toys. 8-18 months. **Limited spaces. Every Wednesday. 11:00am-12:00midday**

Stay & Play – Learning Bags **TT**

Come along and borrow some books to share and enjoy with your child. **NOTE: You can only attend 1 session on a first come first serve. Limited spaces. Session 1: 12:30-1:45pm Session 2: 2:00-3:15pm (NOTE: No Stay & Play on 20th September)**

Jelly Tots

Come and support your child to explore the world through messy play. Bring a change of clothes for your child and a towel. **First come first served. Limited spaces. 20th September 1:00-3:00pm**

Coping With kids **B C**

Do you sometimes feel frustrated with your child? Would you like some support and tips on how to cope with those situations you find difficult to deal with? **20th September 12:45-3:00pm**

Oral Health W/S

Advice on how to promote healthy teeth and gums with your 0-5 year old. **Held in Stay & Play. 6th September**



Thursday

Well Baby Clinic

Come and meet your Health Visitor for advice and support regarding your child's growth and development. **No appointment required. First come first served. Limited spaces. 9:30-11:30am**

Stay & Play **TT**

Join us for a fun filled session and encourage your child to make and learn new skills using all sorts of materials. **NOTE: You can only attend 1 session on a first come first serve. Limited spaces. Session 1: 12:30-1:45pm Session 2: 2:00-3:15pm**

Childcare Level 1 Registration Day

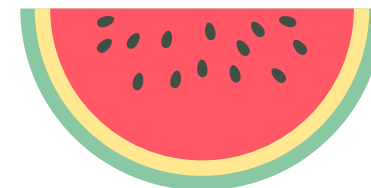
Would you like to be able to gain valuable knowledge and experience with a classroom setting? Come and find out if you have the right previous experience and qualifications to register for this Level 1 CACHE qualification. **14th September 1:00-3:00pm**

Music & Movement

This story time session is ideal for children under 5 years old. **8th September Held In Stay & Play**

Bedtime Routine **B C**

Do you need help and support getting your child off to bed in the evenings? This workshop provides support, strategies and tips. **7th September 12:45-3:00pm**



Friday

Stay & Play - Healthy Eating Advice & Cooking

Come along and enjoy cooking healthy snacks with your child. **9:00-11:00am**

Zumba for Parents & Children

Zumba classes feature rhythms set to high-energy Latin beats. Before you know it, you're getting fit and your energy levels are soaring! There's no other fitness class like a Zumba class. It's easy to do, effective and totally exhilarating. **9:45-10:45am**

Sensory Story Telling/ Messy Play at Green Street Library

This story time session is ideal for children under 5 years old. **1:00-3:00pm**

Swimming

Enjoy an active session at East Ham Leisure Centre with your baby/toddler. There will be a charge for adults (children free). **For 4 weeks. 8th September 9:30-11:30am**

Saturday

Saturday Stay & Play

All Dad's, Mum's, Grandparents and Carer's with children aged 8 years and under are welcome to play at the Children's Centre and use the garden on the following Saturday: **30th September 10:00am-12:00midday**



Activities taking place at Cleves Primary School

Every Monday

Soft Play 2:10-2:50pm

Key to activities

- **Activities for carers only**
- **Activities for children and carers**
- B** **Booking Required**
- C** **Crèche available**
- TT** **Term time only**

St Stephen's are now a Healthy Eating Centre



Newham's Healthy Children Centre Award

As recognised by the Early Start Community Nutrition Team