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UK Government



NEWHAM
FAMILY HUB
NETWORK



Newham's Family Hub Activity Guide

1 October–31 December 2025

Free support for families at every stage

beststartinlife.gov.uk

Family Hubs contact:

☎ 020 3373 2555 ✉ familyhub@newham.gov.uk



newham.gov.uk/familyhubnetwork

WE ARE NEWHAM.



What Are Family Hubs and How Do They Help?

Family Hubs are part of Best Start in Life – the government's programme supporting families from pregnancy, through the early years (0–2), and right up until children start school (age 5) and beyond.

In Newham, our four Family Hubs are located at Shipman Youth Zone, East Ham Library, Manor Park Children's Centre and United West Children's Centre & Family Hub.

The United West Family Hub operates across two Children's Centre sites: Rebecca Cheetham Nursery and Kay Rowe Nursery, so families in both areas can access hub services.

Family Hubs provide free workshops, activities, advice and support for families up to age 18 (or 25 for young people with additional needs), with a strong focus on early help so that small challenges don't become bigger ones.

We work in partnership with children's services, health visitors, CAMHS, housing and the voluntary sector, so families can access joined-up support. Whether visiting a hub, joining outreach sessions or using online resources, you can find the right help at the right time

– making support more accessible, connected and effective.

Find out more at beststartinlife.gov.uk

Family Hubs bring the following support services:

- Practical Help
- Money and benefits advice
- Help to get into work or training
- Housing and homelessness support
- Help for refugees and asylum seekers

Family Wellbeing

- Domestic violence and abuse support
- Support with alcohol or drugs
- Mental health and wellbeing

Early Years Support (part of Best Start in Life: Healthy Babies)

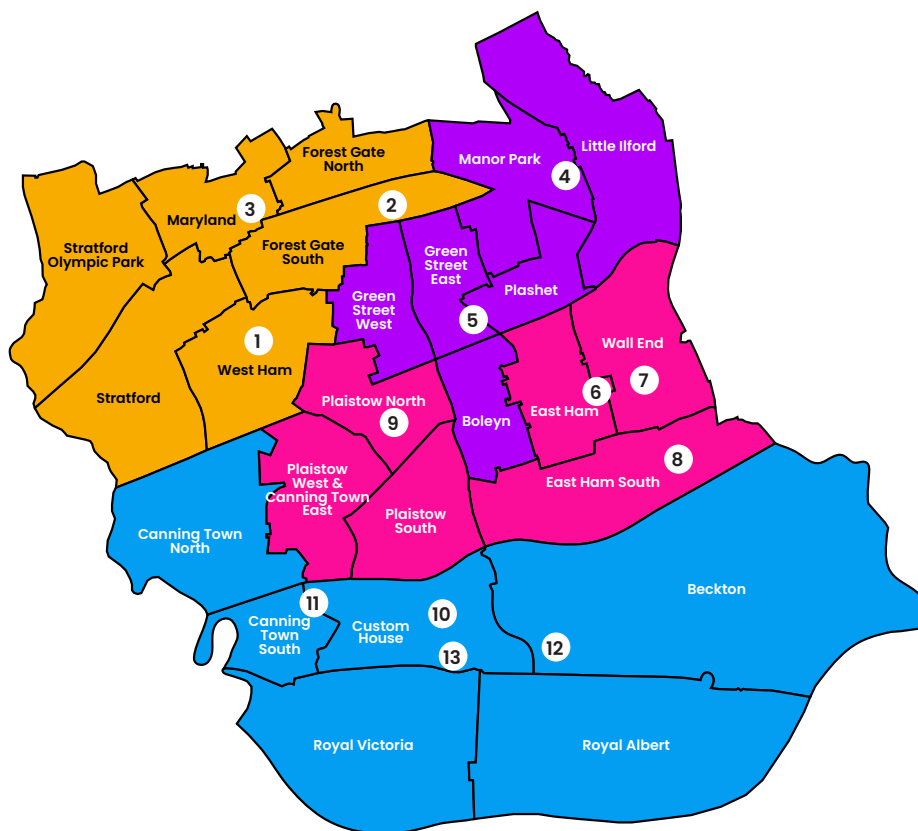
- Parent and baby groups
- Stay and play sessions
- Parenting programmes
- Infant feeding support (breastfeeding, bottle-feeding and weaning)

Children & Young People

- Youth activities
- Holidays and Activity Fund (HAF)



Family Hubs in Newham – Part of Best Start in Life



West

1. Rebecca Cheetham Children's Centre (United West Family Hub)
2. Kay Rowe Children's Centre (United West Family Hub)
3. Maryland Children's Centre

East

4. Family Hub @ Manor Park Community Children's Centre
5. St Stephen's Children's Centre

Central

6. Family Hub @ East Ham Library
7. Altmore Children's Centre
8. Oliver Thomas Children's Centre
9. Plaistow Children's Centre

South

10. Edith Kerrison Children's Centre
11. Keir Hardie Children's Centre
12. Beckton and Royal Docks Children's Centre
13. Family Hub @ Shipman Youth Zone



Family Hub Services – part of Best Start in Life

Family Hubs in Newham bring together nine key strands of support. These are delivered as part of Best Start in Life – supporting families from pregnancy, through the early years (0–2), and up until children start school (age 5). We also provide support and activities for children and young people up to age 18 (or 25 for those with additional needs).

Click on headings to access services from our website.



Healthy Babies – Infant Feeding

Support and information from our specialist Infant Feeding Team, and our new volunteer peer supporters, a warm welcome at our Baby Feeding Cafes, antenatal and weaning workshops. Breast pump loan available. Helpline 7 days on 07534 249 611. Find out more about Newham's Infant Feeding support, Baby Feeding Cafes, breast pump loan, and 7-day helpline. Visit newham.gov.uk/babyfeeding or call 07534 249 611 (7 days a week).



Perinatal Mental Health Support

Mental health assessments, counseling, therapy, and specialist health visitor support.



Parenting and Relationship Support

Courses, peer support and digital resources to build confident parenting and healthy family relationships.



Parent and Caregiver Panel

A space to share experiences, provide feedback, and suggest service improvements..



Early Language and Home Learning

Stay and play sessions, tailored workshops, home learning resources, and specialist support to support children's early language and learning.



Newham's Family Hub Activity Guide – 1 October–31 December 2025



Best Start in Life

Antenatal and maternity support, health visitor services, and digital resources for the first 1,001 days.



SEND Support Services

Specialist advice, workshops, and peer support for children and young people with special educational needs and disabilities (SEND) and their families.



Youth Services

Activities for young people aged 10–25, led by youth workers to support social, emotional and personal development.



Practical Support & Guidance

Confidential advice and practical help for families facing challenges – including money, housing, employment and wellbeing support.

See the map to find your locality and see where our services are available.

Family Navigators – here to help

Family Navigators are your first point of contact for advice, guidance and support. They act as a 'one-stop shop' for families in Newham, helping you to:

- Access financial, housing and employment support
- Get advice on benefits, debt or wellbeing
- Register with GPs, dentists, schools and early education
- Receive signposting to local services and community activities

- Complete applications and forms (up to 4 pages) Find specialist help, including SEND, domestic abuse and substance misuse services

Navigators are multilingual, with access to translation services, and are based across Family Hubs, children's centres, schools and community venues throughout Newham.

✉ Family.Navigators@newham.gov.uk
🏠 newham.gov.uk/familynavigators



Register today with Family Hubs and find out more how we can help you.



See all services offers at our family hub website and sign up for our newsletter.



Family Hub @ East Ham Library

Unless otherwise stated, all activities are held at:

Family Hub @ East Ham Library
328 Barking Road, E6 2RT

☎ 020 3373 2555

✉ easthamfamilyhub@newham.gov.uk

Buses to East Ham Library

Bus	Route
5	From Canning Town to Romford
58	From Walthamstow to East Ham
101	From Beckton to Wanstead
104	From Stratford to East Ham
115	From Aldgate to East Ham
147	From Ilford to Canning Town
300	From East Beckton to Canning Town
325	From East Beckton to East Ham
376	From Beckton to Redbridge
474	From Canning Town to Manor Park

Nearest bus stops

- Stop J (East Ham Library – Buses 5, 58, 104, 115, 147, 300, 325, 376)
- Stop B (East Ham Town Hall – Buses 101, 104)

Summary of bus routes service all hubs

Bus	Route
101	Serves Manor Park, East Ham Library
147	Serves Shipman Youth Zone, East Ham Library
474	Serves Manor Park, Shipman Youth Zone, East Ham Library

Other venues

Altmore Children's Centre
Altmore Avenue, East Ham, E6 2BX

☎ 020 8552 6604 | 07572 440 457

✉ childrenscentre@alfederation.com

🏠 altmore.newham.sch.uk

Family Hubs Outreach Site

Central Park Primary
Thackeray Road, E6 3BN

Key

- 📅 Booking required
- 👶 Crèche available
- 🚶 Drop-in
- 📝 Invite/referral only
- 💻 Online session
- 🧑 SEND activities

All activities are subject to change.

All Family Hubs are accessible by public transport, and we strive to ensure they are easy to reach for everyone in the community.



Newham's Family Hub Activity Guide – 1 October–31 December 2025

Monday

Family Navigator information Advice and guidance

9.30am–12pm, 1–3pm



Family Navigator support and advice includes:

- Financial support and benefits advice
- Employment assistance
- Housing and homelessness support
- Domestic violence and abuse support
- Help for refugees and asylum seekers
- Alcohol and substance use support
- Applications Registrations Referrals and Signposting
- Our Navigators are multilingual and have access to translation services
- Support with Referrals and Signposting
- Help complete forms up to 4 pages in length

For more information or email:

Family.Navigators@newham.gov.uk

Newham Nurture Pregnancy Session

10am–1pm

**6 and 10 October,
10 and 24 November**

Crèche available for non-school aged children



Postnatal Workshops

12.30–2.30pm



Every 2 weeks

0–2 years

Contact newham.nurture@nct.org.uk

CGL Newham Rise (Substance Misuse Service)

10am–12pm



Parents/carers with children birth–18 years (up to 25 with SEND)

Free, confidential support for families and young people affected by drug and/or alcohol use, and those who may be impacted by someone else's substance use. One to one support, advice and information for children, young people, families and adults.

Welcome to the World

1–2pm



**20 October, 17 November,
15 December**

You are cordially invited to attend this session on any of the dates.

- 1pm – Baby rhyme time session
- 1.15pm – Welcome to family hubs (information on services)
- 1.30pm – Receive your goodie bag and ask any questions
- 1.45pm – Pick up your healthy start vitamins for mother baby/child and register for the library



Newham's Family Hub Activity Guide – 1 October–31 December 2025

Tuesday

Family Navigator information Advice and guidance

9.30am–12pm, 1–3pm



Family Navigators aim to deliver services that ensure all families can access the support they need by acting as a 'one stop shop for advice and guidance.' See Monday for full description.

Domestic Abuse Support Service (HESTIA)

10am–2pm



Hestia provides emotional and practical support to those experiencing domestic abuse.

Wednesday

Baby Feeding Café

1–2.30pm



Come along for support from our skilled Infant Feeding Team, a cup of tea and a chat with other parents. Arrive early. For 1–1 support 7 days a week, contact the Newham Baby Feeding Helpline: 07534 249 611
newham.gov.uk/babyfeeding

SEND 0–25 Education Team

10am–12.30pm



Chance to speak to the Special Educational Needs and Disabilities (SEND) 0–25 Education Team: (Launch: Wed 5 Nov 2025; then 1st Wed monthly)

Thursday

Family Navigator information Advice and guidance

9.30am–12pm, 1–3pm



Family Navigators aim to deliver services that ensure all families can access the support they need by acting as a 'one stop shop for advice and guidance.' See Monday for full description.

Our Newham

9.30am–12pm



Support across five programmes: Money, Work, Business & Enterprise, Learning & Skills and Youth. Helping residents maximise their income, kick-starting career journeys. Come along to speak to Our Newham.

Central Park Activities

Family Navigator – Information, Advice and Guidance

**Tuesdays, 9am–12pm
Starting 4 November**



Central Park Primary School

Family Navigators aim to deliver services that ensure all families can access the support they need by acting as a 'one-stop shop' for advice and guidance. See Monday for full description.



Looking for support with basic essentials, money, employment or wellbeing?

Weekly Wednesday drop in sessions, 9.30–12pm
Shipman Youth Zone, 340 Prince Regent Lane, E16 3JH



Supporting families with:

- **Food Club:**
Access to food and other basic essentials – £5
- **Money Advice:**
Guidance on budgeting, debt management, repayment plan advice, and financial support.
- **Employment Support:**
Find a job that fits your skills and knowledge.
- **Wellbeing Assistance:**
Access to resources and support for mental health and wellbeing.
- **Understanding Benefits Entitlement:**
Assistance with benefit overpayment calculations and support in claiming and appealing benefit decisions.
- **Healthy Start vitamins:**
We offer Healthy Start vitamins.

No booking required, just come along on the day.

☎ 020 3373 2555

✉ familyhub@newham.gov.uk



Family Hub @ Shipman

Unless otherwise stated, all activities are held at:
Family Hub @ Shipman
340 Prince Regent Lane, E16 3JH
☎ 020 3373 2555

Closure dates

Shipman centre will be closed 25–29 August 2025

Buses to Prince Regent Lane (Shipman Youth Zone):

Bus	Route
147	From Ilford to Canning Town
241	From Stratford to Prince Regent Lane
325	From East Beckton to Prince Regent Lane
473	From North Woolwich to Stratford
474	From Canning Town to Manor Park

Nearest Bus Stops:

- Stop PC (Prince Regent Lane/ Shipman Road – Buses 147, 241, 325, 474)
- Stop D (Prince Regent Lane – Buses 147, 474, 473)

Key

- 📅 Booking required
- 👶 Crèche available
- 🚪 Drop-in
- 📝 Invite/referral only
- 💻 Online session
- 👨‍👩‍👧‍👦 SEND activities

All activities are subject to change.

All Family Hubs are accessible by public transport, and we strive to ensure they are easy to reach for everyone in the community.



Newham's Family Hub Activity Guide – 1 October–31 December 2025

Monday

Specialist Health Visiting clinic

9am–2pm

Specially booked by our health visiting team.



Maternity Clinic

9am–4pm

Pre-birth

Pre-booked by Newham Hospital. Community antenatal clinic for Newham Hospital patients.



Story and Rhyme Stay and Play

10–11am

Term time only

Under 4s

Delivered by Edith Kerrison. A play-based session aimed at assisting your child's early language and communication development.



Citizens Advice

10am–1pm

Reception children up to year 11

Support for parent/carers with consumer issues, work-related difficulties, financial challenges, and housing advice. To book an appointment to see an adviser please call **020 3880 2492** and leave a message with your name and number between 10am–12pm on Mondays. An advisor will get in touch to book an appointment at the Shipman.



Domestic Abuse support (Hestia)

10am–4pm



A safe, confidential and non-judgemental place for anyone to come in and speak to a friendly Family Hub staff member in regards to their safety, wellbeing and to receive practical support.

Childhood Vaccination Catch Up Clinic

3.30–5.30pm

3 November

3.30–5.30pm

8 December

2–18 years



Vaccination UK has been commissioned by NHS England since 2015 to deliver school-aged immunisations in Newham. If your child missed their vaccination at school, our catch-up clinic provides another opportunity for them to receive it. Please book via the following links:

Flu – [london.schoolvaccination.uk/flu/2025/newham](https://www.schoolvaccination.uk/flu/2025/newham)

For more information, please visit: [schoolvaccination.uk/catch-up-clinics/catch-up-newham](https://www.schoolvaccination.uk/catch-up-clinics/catch-up-newham)

Alternatively, please call us on 020 8214 1393 for any questions or help with booking.





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DOST

3.30–5.45pm – ESOL classes

Term time only

6–8pm – Youth Club

13–19 years

Refugee migrant backgrounds

Youth provision offering football, volleyball, table tennis, pool, educational workshops and cooking activities for young people from refugee migrant backgrounds. For up-to-date information always first check the DOST Instagram.

Instagram: @dost_centre

07852 855711

mariam@dostcentre.co.uk

dostcentre.co.uk

Music and Movement

10–11am

Term time only

18 months–under 5s

Delivered by Beckton and Royal Dock Children Centre (BARD)

A space for children to share and enjoy a variety of songs, rhymes, and music through Music & Movement. Join us for a lively session that includes dance, music and rhyme – you will definitely have fun!

Tea, Talk & Takeaways

10am–12pm

7, 21 and 28 October, 4, 11 and 25 November, 2, 9 and 23 December

Parents with children 0–2 years

Providing supportive sessions for expectant and new mothers, fathers, and co-parents. Our focus will be on wellness, emotional connection, and the journey into parenthood. Through open conversations, practical guidance, and reflective activities. Please use this registration link forms.gle/JPufTo36asvYdHEC6

Tuesday

SENDIASS Drop-in

9am–12pm

0–25 with SEND

SENDIASS Drop-in offering Special Educational Needs information, advice, and support for children, young people with disabilities, and their families.

Mencap-parents support group (SEND)

9.30–11.30am

21 October and 18 November

Adults, parents can come with children under 5s

Face-to-face parent led support group run by Mencap Family connectors who have experience of caring for children with additional needs.





Newham's Family Hub Activity Guide – 1 October–31 December 2025

Breakthrough

11am–12.30pm

**14 October, 18 November and
16 December**

**Children are welcome, parents
and caregivers are responsible, for
their children.**

A welcoming coffee morning drop-in, organised by parents for parents, open to all families including those with children with special educational needs (SEN). Breakthrough is open to:

- Families with children who have Special Educational Needs (SEN)
- Members of the local community
- Parents and caregivers

Offer and support includes:

- Signposting to services and support sessions (e.g. self-care, crime prevention, exploitation awareness)
- Community-led discussions around local concerns
- A welcoming space with toys available for children to play

For more information contact
Yasmin Jamil : 07852 224341.



Little Champions

1–2.30pm

Term time only

Under 5s with SEND

Stay and play session for under 5 year olds with SEND including access to family support, information and advice

This session will support sensory needs, communication and language, social interaction and play skills, and family wellbeing through:

- Messy play
- Sign along
- Drama and singing
- Movement and play
- Exploring a sensory room
- A range of toys and equipment
- Family support sessions

For any questions please contact:

lorraine.grant@newham.gov.uk

navya.diwan@newham.gov.uk

Tel: 020 8534 6196



Youth Zone Sessions

3.30–6pm, 7–9pm

Term time only

10–17 years

No booking required. Completed one-off registration form required.

padlet.com/YESLBN

Sessions include music studio, football, basketball, dodgeball, badminton and table tennis.

Targeted sessions gym and cooking.





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Wednesday

Family Navigators

9.30am–12pm



Parents/carers with children birth–18 years (up to 25 with SEND)

Family Navigators provide a one stop shop for families to access information, advice and support.

- Help with school application and access to early education
- GP and dentist registrations
- Education and training opportunities
- Employment, money and finance
- Special Educational Needs
- Access to Domestic Abuse services and support
- Access to food support
- Health and wellbeing
- Parenting and Health relationship support
- Local and community activities
- We can signpost to services that support with cost of living i.e. bills, food, rent etc.
- Support families from pre-birth to young people aged up to 18 years old, and young people aged up to 25 if there is diagnosed SEND needs.

For more information or email:

Family.Navigators@newham.gov.uk

Specialist Health Visiting clinic

9.30am–2pm



Under 5s

Specially booked by our health visiting team.

Musical Beacons SEND group and individual family session

9.45–10.15am



Individual and family session

10.30am–11.30am



Group session

**24 September to 3 December
Term time only**

2–4 years

Musical play sessions for very young disabled and/or neurodivergent children and their families. Families should attend at least 1 individual session to meet the musicians before joining the group. To book email: musicalbeacons@soundcastle.co.uk or call/text/whatsapp: 07586 662754

Childminders Stay and Play

10am–12pm

Stay and Play specifically for childminders. For additional information contact Deepika Jinendradasa at **depu0056@yahoo.com**



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Mencap SEND Dads support group

10am–12pm

1 October and 5 November

Adults, parents can come with children under 5s

Face-to-face dad's support group, led by Mencap Family Connectors who have lived experience of caring for children with additional needs.



Our Newham

10am–12pm

Parents/carers with children birth–18 years (up to 25 with SEND)

Support across five programmes: Money, Work, Business & Enterprise, Learning & Skills and Youth. Helping residents maximise their income, kick-starting career journeys. Come along to speak to Our Newham.



CGL Newham Rise (Substance Misuse Service)

10am–12pm

Parents/carers with children birth–18 years (up to 25 with SEND)

Free, confidential support for families and young people affected by drug and/or alcohol use, and those who may be impacted by someone else's substance use.

One to one support, advice and information for children, young people, families and adults.



DLR community ambassadors

10am–12pm

29 October, 26 November, 31 December

Coming to talk and show the different services that we provide in DLR and the projects that we have for Communities.



Food 4 Me Food Club

10.30am–12.30pm

Parents/carers with children birth–18 years (up to 25 with SEND)

The Newham Food Alliance can support you or a parent/carer you know who is facing financial difficulties and struggling to access enough food.

To book: **newham-self.achieveservice.com/service/NFA_Referral**

If you have any questions or are unable to use this form, you can leave a message with the resident's full name, full address (including postcode) and phone number on 07790 975 086 or email **frontdoor@newhamfoodalliance.org**. A member of the NFA front door team will respond as quickly as possible during working hours Monday–Friday (9am–5pm).



Perinatal Support Group

10.30am–12.30pm

17 December

Delivered by Children's Health 0–19





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Feed Your Family for a Fiver Healthy Cooking Courses

10.30am–12.30pm



Course 1: 8, 15 and 22 October

Course 2: 12, 19 and 26 November

Course 3: 3, 10 and 17 December

Parents/carers

Practical workshops focused on budget-friendly, healthy cooking. We will provide the equipment and ingredients. No cooking experience needed. Learn to prepare meals for a family of 4 for just £5. Topics covered:

- Cooking on a budget
- Healthy ingredient swaps
- Reducing oil, salt, and sugar

Please select only one of the course dates.

Email: familyhub@newham.gov.uk

Phone: 020 3373 2555

My child, my life (delivered by CGL Rise Newham)

1–3pm

Parents with newborn babies – 6 years old

My child my life is a 10 weeks programme focused on parents in substance misuse recovery. During each session a topic will be explored along an activity and a space to discuss thoughts at the end. Babies and toddlers are welcome to join. For more information contact Kelly Romero Kelly.Romero@cgl.org.uk

Youth Zone Session

3.30–5.30pm

10–17 years

6.30–9pm

18–25 years

Term time only

Advice information and guidance on enrolling and or completing your Duke of Edinburgh Award. West Ham Foundation lead football session. Art, PS5 and tonnes more. Targeted session for young adults. Support with job applications study etc. One-Off registration form can be completed on arrival.

padlet.com/YESLBN

Thursday

Maternity Clinic

9am–3pm



Pre-birth

Pre-booked by Newham Hospital. Community antenatal clinic for Newham Hospital patients.

Health Visiting

9.30am–12pm



Under 5s

Specially booked by our health visiting team. Book an appointment with your health visitor to discuss your child's health and wellbeing.

First Steps: Family Steps

10am



2, 9, 16 and 23 October, 6, 13, 20 and 27 November, 4 December

Under 5s



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Music session delivered by Newham Music
Our Family Steps class is a mixed-age group for young children and their adults, offering playful opportunities for everyone to explore instruments and move their bodies, and to enjoy songs, rhymes and stories together.
To book: forms.gle/D738RbZqm6Fp2t9S9



First Steps: MotherEase

11am
2, 9, 16 and 23 October, 6, 13, 20 and 27 November, 4 December
Mothers of children under 5.
For mums and their babies or toddlers (children under 5)

Music session delivered by Newham Music
A safe and nurturing space where mums can support and celebrate each other on their motherhood journey.
To book: forms.gle/D738RbZqm6Fp2t9S9



SENDIASS

1–3pm
0–25 with SEND

SENDIASS Drop-in offering Special Educational Needs information, advice, and support for children, young people with disabilities, and their families.



Young and Mighty mamas meetup

4.30–6pm
16 October and 13 November
For mothers/birthing people (ages 18 years +) who are pregnant or have children up to 2 years olds

An early evening session to connect with other young parents. Time for you in a space where you and your baby can be. Light refreshments served. For more information, contact Carol on 07525 403673 or email parentsinmind.newham@nct.org.uk



SEND

4–5.30pm
Term time only
10–18 years

Session is open to Young People (YP) aged 10–18 years with Special Educational Needs (SEN) 1:4 Ratio Targeted session aiming to support YP into Mainstream provisions. A member of Team will be in touch once Expression of interest is received. Please use QR code with link to Expression of Interest form. + FAQ's.



Friday

Baby Feeding Café

10–11.30am
Come along for support from our skilled Infant Feeding Team, a cup of tea and a chat with





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other parents. Arrive early. For 1–1 support 7 days a week, contact the Newham Baby Feeding Helpline: 07534 249 611

newham.gov.uk/babyfeeding

Bumps To Yummies CIC

12.30–2.30pm

10 and 24 October, 7 and 21

November, 5 and 19 December

**Pregnant and postnatal women/
birthing people**

A compassionate organisation devoted to enhancing maternal well-being and fortifying family bonds throughout the transformative journey from pregnancy to birth and beyond. They are also committed to supporting aspiring, vulnerable, and teenage mothers/birthing persons. Join the community to use their free services:

- Postnatal Support
They provide safe and nurturing spaces for new mothers to connect, share experiences, and receive emotional support.
 - New-born Care Workshops
They offer workshops on new-born care, including nappy-changing, soothing techniques, and infant safety.
 - Infant Feeding Consultation
- For more information contact:
Tel: 07534 622703 Email:
contact@bumpstoyummies.com

Clever Cloggs Curious Cubs

10.15–11am

3, 17 and 31 October, 7 and 21

November, 5 and 19 December

18 months – under 5s

Delivered by Clever Cloggs Day Nursery

Join us for our fun-filled Stay and Play sessions, specially designed for toddlers, pre-schoolers and their grown-ups! These sessions offer a warm and welcoming space where little ones can explore, play and learn through hands-on activities, messy play, stories and songs. This is a great opportunity to meet our staff team and other families, support your child's early development and get a feel for life at our nursery – all in a relaxed and friendly environment. For queries contact Clevercloggs-customhouse@hotmail.com or call 020 7511 9126.

Youth Zone Sessions

12.30–2.30pm, 3.30–6pm

Term time

12–5pm

21–24 and 28–31 October

(Half term)

10–17 years

Come and see your newest Youth Zone. This State-of-the-Art Building has everything you need to support your social, emotional, artistic, sporting, political and career aspirations. No booking required. One-off registration form can be completed on arrival. padlet.com/YESLBN

October half term will have targeted session alongside our open access session. See padlet for more.



Baby Banks: Helping Families in Need

Being a parent can be tough, especially if you are facing financial difficulties. Baby Banks in Newham are here to help by providing essential items for your baby during this challenging time.

What are Baby Banks?

Like Food Banks, Baby Banks give families free baby and maternity items such as clothes, nappies, and safety equipment. They are run through Newham's Children's Centres and help families who are struggling financially to care for their little ones.

What do Baby Banks provide?

Baby Banks offer:

Baby clothes and shoes



Nappies and wipes



Toys



Baby safety equipment (like gates and finger guards)



Maternity and sanitary items (pads, tampons, menstrual cups)



How to access Baby Banks

Visit your local Children's Centre and speak with a staff member. You don't need to register in advance but you will be encouraged to register when you visit.



National Parenting Week Celebrations

Parenting Conference and Family Hub Marketplace

Saturday 18 October, 10am–2pm
East Ham Library, 328 Barking Road, E6 2RT

**Free workshops, stalls, light refreshments,
and advice for parents in Newham
Kids' activities (face painting, henna & story time)**

**FREE
ENTRY**

**FREE
GIFT**



Join us for the second Family Hubs Marketplace and Parenting Conference, a welcoming event for families, parents, carers and professionals to discover support and services across Newham. Find advice, activities and inspiration for every stage of family life, from pregnancy to young adulthood, including SEND.

Children can enjoy arts and crafts, Lego, story time, face painting and henna while parents explore local resources, meet other families and connect with services.

newham.gov.uk/familyhubnetwork

Workshops cover safer relationships, toilet training, parenting teenagers, school readiness, digital parenting, infant feeding, early years health and support for fathers and male carers.

Discover services from all Family Hub strands including infant feeding, perinatal health, parenting support, parent and caregiver panel, early language and home learning, Best Start in Life publications and SEND support.

Book parenting workshops





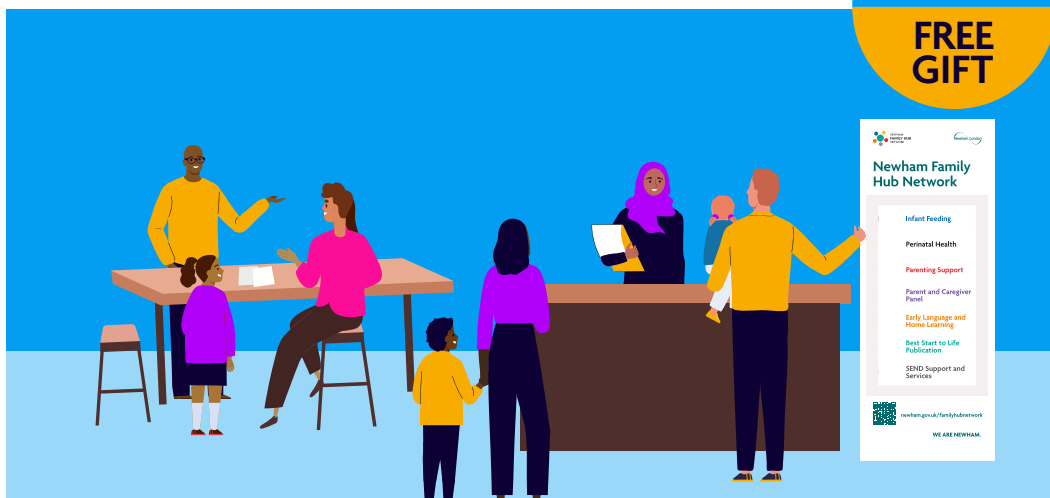
Family Hub Marketplace

Saturday 18 October, 10am–2pm
East Ham Library, 328 Barking Road, E6 2RT

Join Us for the 2nd Family Hubs Marketplace & Parenting Conference!

**FREE
ENTRY**

**FREE
GIFT**



The Family Hubs Marketplace brings local services and community organisations together. Families, parents, carers and professionals can drop in, explore stalls and find practical support.

Support covers every stage of family life: Start for Life (pregnancy to age 2), Toddlers & Preschoolers (ages 2–5), School-Age Children (ages 5–11), Young People (ages 10–25, including SEND), and Parents, Carers & Professionals.

Free children's activities include arts and crafts, Lego, story time, face painting and henna.

Speak directly with staff, ask questions and collect useful resources. Browse at your pace, connect with others and take home information to support your family.

Why come along?

- Explore stalls from a wide range of services
- Meet staff and get practical advice
- Enjoy free activities for children
- Pick up resources to take home

newham.gov.uk/familyhubnetwork



Family Hub @ Manor Park

Unless otherwise stated, all activities are held at:
Family Hub @ Manor Park
Community Children's Centre
Sheringham Avenue, E12 5PB

☎ 020 8553 2479

✉ mpccc@sheringham-nur.newham.sch.uk

🏠 sheringham-nur.org.uk/childrens-centre

Buses to Manor Park:

Bus	Route
25, 425, 86	From Stratford
W19	From Walthamstow via Wanstead
147	Nearby

Nearest Bus Stops:

Little Ilford Lane

Distance from Manor Park Station:

Approximately a 15-minute walk

Other venues

- **Manor Park Library**
685–693 Romford Road, E15 5AD
- **Jack Cornwell Community Centre**
Jack Cornwell Street, E12 5NN
- **Salisbury Primary School**
495 High Street North, E12 6TH
- **Sheringham Nursery School**
Sheringham Avenue, E12 5PB
- **Sir John Heron Primary School**
School Road, E12 5PY

Key

- 📅 Booking required
- 👶 Crèche available
- 👤 Drop-in
- 📝 Invite/referral only
- 💻 Online session
- 👥 SEND activities

All activities are subject to change.

All Family Hubs are accessible by public transport, and we strive to ensure they are easy to reach for everyone in the community.



Newham's Family Hub Activity Guide – 1 October–31 December 2025

Monday

Story and Rhyme Time

10–11am

Term time only

Manor Park Library

Birth–5 years

Songs and creative activities in the library.



Stay and Play Baby Explorers

1.30–3pm

Term time only

Jack Cornwell Community Centre

Birth–18 months

Play and exploration session for babies.



Specialist Health Visitor clinic

Invite only

Sheringham Nursery



Tuesday

Little Champions

9.30–10.30am

Targeted service

Birth–5 years

Stay & Play session focusing on supporting children with additional needs. Please note: Due to restricted capacity and staffing we cannot allow siblings to attend. CAMHS Clinician will be attending the group every week.



Hestia Drop-in Surgery

9.30am–12pm

Emotional and practical support for victims of domestic abuse.



CAMHS Consultations

10.30am–1pm

CAMHS supports children and young people experiencing a variety of mental health and behaviour difficulties.



English For Speakers Of Other Languages (ESOL)

1–3pm

Term time only

Family learning course to improve your English and reading skills.



Stay and Play Baby Explorers

1.30–2.30pm

Term time only

Birth–18 months

Play and exploration session for babies.





Newham's Family Hub Activity Guide – 1 October–31 December 2025

Weaning Session

1.30–2.30pm



**21 October, 25 November and
16 December**

Sir John Heron Primary School

Led by the Health Visiting team
Health visitor will attend Baby
Explorers Group @ Sheringham
Nursery.

E-PaTs

1–3pm



1 October – 26 November

Term time only

8 weeks course for parents with
children under the age of 5 who
have a learning or developmental
disability.

Wednesday

Stay and Play

9–10.30am



Term time only

Birth–5 years

Indoor and outdoor play in a good
quality early years environment.

Health Visitor Clinic

9.30–11.30am



**8 October, 12 November and
10 December**

Birth–5 years

Weighing and general check-up.

Tea and Talk

1–2.30pm



Term time only

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

Thursday

Stay and Play

9–10.30am



4 September – 13 November

Term time only

Birth–5 years

Indoor and outdoor play in a good
quality early years environment.

Little Talkers

9.30–10.30am



**20 November – 18 December
(5 weeks)**

Birth–5 years

NCT Parents in Mind

10–11.30am



Term time only

Every 2 weeks, starts 18 September

A friendly space for pregnant
or new mums to talk and gain
support.

Baby Feeding Café

10–11.30am



Come along for support from
our skilled Infant Feeding Team,
a cup of tea and a chat with



Newham's Family Hub Activity Guide – 1 October–31 December 2025

other parents. Arrive early. For 1–1 support 7 days a week, contact the Newham Baby Feeding Helpline: 07534 249 611
newham.gov.uk/babyfeeding.

Active Stay and Play

1.30–3pm



Term time only

Jack Cornwell Community Centre

Birth–5 years

Stay and play with a focus on physical development.

Friday

Buttercups

9.30–11am



Term time only

5 weeks targeted intervention group which focuses on supporting families who have children presenting with additional needs. Please speak to your health visitor for a referral.

NCT Infant Feeding Support

12–2pm



Term time only

A friendly space for parent-to-parent breastfeeding support, general feeding information, signposting, and a listening ear.

Family Navigators



1–3pm

Family Navigators help families find and access support in Newham. Criteria for Family Navigator referral is:

- Have to be a parent of a child under 18 who lives with them currently (or under 25 if child has additional needs)
- Living in Newham

Stay and Play

1.30–3pm



Salisbury Primary School

Birth–5 years

Indoor and outdoor play in a good quality early years environment. Please use the Daycare Car Park Entrance on Romford Road (Opposite Manor Aquatics Centre).

Saturday

Family Stay and Play with Dads Group



10–11.30am

25 October, 29 November and 20 December

Birth–8 years

Indoor and outdoor play in a good quality early years environment.



Newham's Family Hub Activity Guide – 1 October–31 December 2025

October Half Term

Little Champions

10.30–11.30am

Tuesday, 28 October

Targeted service

Birth–5 years

Stay & Play session focusing on supporting children with additional needs. Please note: Due to restricted capacity and staffing we cannot allow siblings to attend. CAMHS Clinician will be attending the group every week.



Hestia Drop-in Surgery

9.30am–12pm

Tuesday, 28 October

Emotional and practical support for victims of domestic abuse.



CAMHS Consultations

10.30am–1pm

Tuesday, 28 October

CAMHS supports children and young people experiencing a variety of mental health and behaviour difficulties.



Stay and Play

10am–12pm

Tuesday, 28 October

Wednesday, 29 October

10am–12pm

Birth–8 years

Indoor and outdoor play in a good quality early years environment.



Baby Feeding Café

10am–12pm

30 October

Come along with your baby, get support from our Baby Feeding Team and meet other mums.



Active Stay and Play

1.30–3pm

Thursday, 30 October

Jack Cornwell Community Centre

Birth–8 years

Stay and play with a focus on physical development.





Newham's Family Hub Activity Guide – 1 October–31 December 2025

Family Navigators

1–3pm

Friday, 31 October

Family Navigators help families find and access support in Newham. Criteria for Family Navigator referral is:

- Have to be a parent of a child under 18 who lives with them currently (or under 25 if child has additional needs)
- Living in Newham



Stay and Play

1.30–3pm

Friday, 31 October

Salisbury Primary School

Birth–8 years

Indoor and outdoor play in a good quality early years environment.



Parent Feedback

“

I'm really glad to know about this organisation.

Family Hub is very helpful for people. When I was frustrated with my child's school and didn't know what to do, I went there trying to find the council office. That's when I learned about this organisation. At first, I didn't even know what it was, but I felt very comfortable when I spoke with you. You helped me a lot and gave me guidance. To be honest, I don't feel stressed anymore because I believe if I face any problems in the future, the Family Hub will help me.”

Hi, I'm Alex from CAMHS.
Worried about your under-5's development, behaviour or bonding?
Book a brief parent consultation at your local Children's Centre.
Email me at alex.tsefos1@nhs.net





Newham's Family Hub Activity Guide – 1 October–31 December 2025

Family Hub Nutrition Kitchen (Healthy Cooking Course)

**Practical workshops focused on budget-friendly, healthy cooking.
We will provide the equipment and ingredients.**



No cooking experience needed.

Learn to prepare meals for a family of 4 for just £5.

Topics covered:

- Cooking on a budget
- Healthy ingredient swaps
- Reducing oil, salt, and sugar

For: Adults only

Address: Shipman Youth Zone, 340
Prince Regent Lane, London E16 3JH

Dates:

- **Course 1:** 8, 15 and 22 October
- **Course 2:** 12, 19 and 26 November
- **Course 3:** 3, 10 and 17 December

Time: 10.30am–12pm

Booking Info: Please select only one of the courses dates.

 familyhub@newham.gov.uk
 020 3373 2555



United West Children's Centre & Family Hub

Activities are held at:

For Rebecca Cheetham Children's Centre

Marcus Street, Stratford, E15 3JT

☎ 020 8534 3136

✉ [childrenscentre@](mailto:childrenscentre@rebeccacheetham.newham.sch.uk)

rebeccacheetham.newham.sch.uk

🏠 rebeccacheetham.newham.sch.uk

Other venues

Abbey Lane Children's Centre

Three Mills Play, Stratford, E15 2SD

Stratford Library

3 The Grove, London E15 1EL

Nearest Bus Stops:

- From Plaistow Station: Plaistow Grove (Stop L), Church Street (Stop N)
- From Green Street: Stratford Park (Stop S)
- From Stratford Station: Plaistow Grove (Stop M), Church Street (Stop J), Stratford Park (Stop F)

Please refer to the Rebecca Cheetham Children's Centre website to find out more about our October Half Term Programme (which is slightly different to the activities on offer during the Term Time) and our End of Year Celebration Parties,

Buses

Bus	Route
69	Canning Town Station–Walthamstow Bus Station
241	Stratford City Bus Station–Royal Crest Avenue
262	Stratford Bus Station–Gallions Reach Shopping Park
473	Stratford Bus Station–North Woolwich Ferry
276	Stoke Newington Common–Gateway Surgical Centre
238	Barking Station–Stratford Bus Station
104	Stratford Bus Station–Beckton Bus Station

Key

- 📅 Booking required
- 👶 Crèche available
- 🚪 Drop-in
- 📝 Invite/referral only
- 💻 Online session
- 👨‍👩‍👧‍👦 SEND activities

All activities are subject to change.

All Family Hubs are accessible by public transport, and we strive to ensure they are easy to reach for everyone in the community.

Newham's Family Hub Activity Guide – 1 October–31 December 2025

Activities are held at:

Kay Rowe Children's Centre

Osborne Road, E7 0PH

☎ 020 8534 4403/07931 554993

✉ [childrenscentre@](mailto:childrenscentre@kayrowe.newham.sch.uk)

kayrowe.newham.sch.uk

🏠 kayrowe.newham.sch.uk

Closure dates

25 December 2025 to 5 January 2026

Outreach sites

- The Magpie Project – Grassroots Resource Centre
Located in: Memorial Recreation Ground, Memorial Ave, London E13 0HQ
- Abbey Lane Children's Centre
Three Mills Play, Stratford, E15 2SD

Nearby Bus Routes

Bus	Route
25	Stratford–Ilford
86	Stratford–Romford
425	Stratford–Ilford
330	Canning Town–Wanstead Park
58	Walthamstow–East Ham
325	East Beckton–Prince Regent

By Train

Forest Gate Station (London Overground / Elizabeth line) is the nearest rail station, just a few minutes' walk away

Key

- 📅 Booking required
- 👶 Crèche available
- 📄 Drop-in
- 📝 Invite/referral only
- 💻 Online session
- 👥 SEND activities

All activities are subject to change.

All Family Hubs are accessible by public transport, and we strive to ensure they are easy to reach for everyone in the community.



Newham's Family Hub Activity Guide – 1 October–31 December 2025

Monday

Family Stay & Play (Messy Play)

10–11.30am

Term time only

Abbey Lane Children's Centre

Under 5s

A range of messy activities will be available for you to explore and enjoy with your child. Dress to get messy! Please Note: There will be no session held on 10 November (Staff Away Day).



Stay & Play

10–11.30am

6, 13, 20 October, 3, 17, 24

November, 1, 8, 15 December

Kay Rowe

1–4 years

First 25 children only. An opportunity for parents and carers to interact in fun activities with their child. Children can learn and play through a variety of indoor and outdoor activities.



Baby Feeding Café

10–11.30am

Rebecca Cheetham

Come along for support from our skilled Infant Feeding Team, a cup of tea and a chat with other parents. Arrive early. For 1–1 support 7 days a week, contact the Newham Baby Feeding Helpline: 07534 249 611

newham.gov.uk/babyfeeding



CAMHS Advice and Support

1.30–3.30pm

Rebecca Cheetham

Under 5s

Do you wonder if your child is developing healthily? Do you feel concerned about your child's behaviour? Are you worried about your mood and how it may affect your relationship with your child? Come along and speak to our partner CAMHS and Early Years Specialist (Alex). To book, call 020 8534 3136.



Stay & Play Baby Sensory

1–2pm

6, 13, 20 October, 3, 10, 17, 24

November, 1, 8, 15 December

Kay Rowe

Babies under 12 months

First 15 babies only. Let your babies learn and explore through their senses. This is also an opportunity for you to meet other parents.



Family Stay & Play

1–2.30pm

Term time only

Abbey Lane Children's Centre

Under 5s

A fun and interactive session for you to explore, learn and grow with your child. Please Note: There will be no session held on 10 November (Staff Away Day).





Newham's Family Hub Activity Guide – 1 October–31 December 2025

Baby Stay & Play (Singing and Story time)

1–1.45pm, 2–2.45pm

Term time only

Rebecca Cheetham

0–12 months

A fun and interactive singing session designed for expectant parents and for parents and carers with babies who are crawling and cruising but not yet walking. To book, please call 020 8534 3136.



Support Team to talk through some of your parenting challenges and gain tips and guidance on how to deal with stressful moments. To book, call 020 8534 3136.

Need support this Winter?

9.15–10.30am

9 December

Rebecca Cheetham

Parents/carers

Join a member of the Family Support Team to find out more about what help is available for you and your family, during the winter period (including activities for your child/ren). To book, call 020 8534 3136.



Tuesday

ASQ–3 (24 months) Health Review

Kay Rowe

Health visitor will invite you for your child's 2yr Health Review



Bedtime Routine

9.15–10.30am

28 October

Rebecca Cheetham

Parents/carers

Join a member of our Family Support Team to gather ideas and strategies on how to support your child to establish a good bedtime routine. To book, call 020 8534 3136.



Rhyme Time

10–11am

Term time only

Stratford Library

Under 5s

A musical session filled with songs and rhymes with a magical ending by bringing stories alive.



Toddler Stay & Play

10–11.30am

Term time only

Rebecca Cheetham

18 months–under 3 years

A fun and interactive session for you to explore, learn and grow with your child. To book, call 020 8534 3136.



Let's talk Parenting!

9.15–10.30am

18 November

Rebecca Cheetham

Parents/carers

Join a member of the Family





Newham's Family Hub Activity Guide – 1 October–31 December 2025

Mini Readers Book Club

10–11.30am



Term time only

Rebecca Cheetham

18 months–under 3 years

Running alongside Toddler Stay and Play. Join our Book Club if you have a love of books. We love reading and we love sharing our books too, so you can borrow them each week and choose a new book each time. To book, call 020 8534 3136.

Little Talkers

10.15–11am



Kay Rowe

A 4 week course for children from 18 months, presenting with delayed language development. You will be given strategies to support your child's learning at home. Contact Farjana on 020 8534 4403.

Baby Massage

1–2pm



Starts 4 November, 5–week course

Rebecca Cheetham

6 weeks– 6 months

Enjoy the benefits of massage for you and your baby. Sessions delivered by a qualified and experienced practitioner. For more information, call 020 8534 3136.

Stay and Play

1–2.30pm



7, 14, 21, 28 October, 4 November, 9, 16 December

Kay Rowe

1–4 years

First 25 children only. An opportunity for parents and carers to interact in fun activities with their child. Children can learn and play through a variety of indoor and outdoor activities.

Little Talkers

1.15–2.30pm



Term time only

Rebecca Cheetham

2–3 years

5 week programme, to support children's early language and communication. Gain tips and strategies to help your child communicate. For more information, call 020 8534 3136.

Little Rockets

1.30–2.30pm



11, 18, 25 November, 2 December

Kay Rowe

A 4 week course for parents and children who are waiting for an autism assessment and are using some language to communicate. By invitation from the speech and language team.



Newham's Family Hub Activity Guide – 1 October–31 December 2025

Wednesday

Hug in a Mug (Coffee Morning)

9.30–10.30am



Term time only

Rebecca Cheetham

Under 5s

Come and join us for a catch up over a warm drink in a relaxed and friendly environment. Meet other families within your community and find out more about what we offer in the Stratford and West Ham Neighbourhood.

Nutrition Kitchen

9.30–10.30am



Starts 10 September, 6 week course

Rebecca Cheetham

Under 5s

Take part in activities for the whole family to help be more active and gain tips on how to make healthier food choices.

Family Support Drop-in

9.30–10.30am



Term time only

Rebecca Cheetham

Under 5s

Our friendly Family Support Team are readily available to listen and respond to any issues that are affecting your family life.

Child Advisory Clinic

9.30–11.30am



8 October, 12 November and 10 December

Kay Rowe

Come and speak to a Health Visitor about your child's development. Please remember to bring your child's red book.

Toilet Training Workshop

9.30–11.30am



22 October

Kay Rowe

1–5 years

Practical tips and strategies to help you in toilet training your child.

Stay and Play

10–11.30am



1, 29 October, 5, 19, 26 November, 3 December

1–3pm

17 December (Christmas party)

Kay Rowe

1–4 years

An opportunity for parents and carers to interact in fun activities with their child. Children can learn and play through a variety of indoor and outdoor activities. First 25 children only.

Being a Parent (2–16 years)

10am–12pm



Starts 1 October, 9 week course

Term time only

Rebecca Cheetham

2–16 years

EPEC Parenting Programme



Newham's Family Hub Activity Guide – 1 October–31 December 2025

Physiotherapy Group

10.30–11.30am

Term time only

Rebecca Cheetham

Targeted service

Under 5s

Delivered by our Partner NHS Physiotherapists Team.



NCT Parents in Mind

11.45am–12.45pm

Term time only

Rebecca Cheetham

Delivered by our Partner– Parents in Mind.



NCT Infant Feeding Peer Support Group

11.45am–12.45pm

Term time only

Rebecca Cheetham

NCT Infant Feeding Peer Support Group – a free infant feeding support group delivered at your local Children's Centre, designed to provide a relaxed and friendly environment with support from trained NCT Peer Supporters.



Thursday

Connect with me



2, 9, 16, 23 October, 13, 20, 27 November, 4, 11, 18 December
Kay Rowe

Delivered by the Speech and Language Team.

Stories and Rhymes

9.30–10.15am

2, 9 October, 13, 27 November, 4, 11 December

The Gate Library

0–4 years

Come and enjoy a story, arts and crafts, songs and rhymes. Please arrived by 9.20am.

SEND Stay and Play

1–2.30pm

1, 8, 29 October, 5, 12, 19, 26 November, 3, 10 December

Kay Rowe

0–4 years

An opportunity for parents and carers of children with additional needs to interact in fun activities with their child. Children can learn and play through a variety of indoor and outdoor activities. Contact Josie on 07931 554972.



Baby Stay and Play (Baby Sensory)

10–11.30am

Rebecca Cheetham

Birth–12 months

A fun and interactive session designed for expectant parents and for parents and carers with babies under 18 months. To book, call 020 8534 3136.





Newham's Family Hub Activity Guide – 1 October–31 December 2025

Health Promotion in partnership with Stratford and West Ham Health Visiting Team

1.30–2pm



**Every third Thursday of the month
Rebecca Cheetham**

Under 5s

Come along and speak to a friendly Health Visitor about your child's health and development. To book, call 020 8534 3136.

Little Voices Big Talk

1–2pm



**27 November, 18 December
Kay Rowe**

18–36 months

A four-week guided course to help you support your child's development and give them the best start in life. Did you know every conversation with your child helps build their brain? All you need is you and a picture book!

Learning Bag Library

1–2.30pm



October only

Kay Rowe

0–3 years

Borrow a learning bag to enjoy reading with your child at home.

Family Stay and Play

1–2.30pm



Rebecca Cheetham

Under 5s

A fun and interactive session for you to explore, learn and grow with your child. To book, call 020 8534 3136.

Speech and Language Therapist

1–2.30pm



20 November

Rebecca Cheetham

Under 5s

Come along to our Family Stay and Play session where we will be visited by a member of the Speech and Language Team who will be able to provide you with guidance and support with regards to your child's communication, speech and language development. To book, call 020 8534 3136.

Parents in Mind

1–2.30pm

**9, 23 October, 6, 20 November,
4 December**

Kay Rowe

0–2 years

NCT, talk and support mum-to-mum. Contact Carol 07525 403673.



Newham's Family Hub Activity Guide – 1 October–31 December 2025

Friday

Family Navigators

9.30am–12.30pm



Every Friday

Kay Rowe

- Information, advice, financial support, benefits advice
- Employment assistance
- Housing, homelessness support guidance
- Help with form filling up to 4 pages long
- Support with referrals and signposting

To book, please call 02 08534 4403 or 07931 554993.

Dads Stay and Play

10–11am

**3 October, 7 November,
5 December**

Kay Rowe

0–4 years

Delivered by NCT Parents in Mind
Come and enjoy fun activities and get advice and information all things Dad! Contact Imran 07542 127813.

Family Support Drop-in

10–11.30am



Term time only

Rebecca Cheetham

Under 5s

A fun and interactive session for you to explore, learn and grow with your child. To book, call 020 8534 3136.

Stay and Play Cooking

10–11.30am



**10, 24 October, 14, 28 November,
19 December**

Kay Rowe

18 months–4 years

First 12 children only. Parents and children will prepare, cook and enjoy the healthy dishes. Children will be able to explore the garden whilst the food is cooking. To book, call 020 8534 4403.

Stay and Play Messy

1–2pm



**10, 24 October, 14, 28 November,
5, 19 December**

Kay Rowe

0–4 years

First 12 children only. Let your child explore through their senses and develop their imaginative play.

Family Stay and Play (Messy Play)

1–2.30pm



Term time only

Rebecca Cheetham

Under 5s

A range of messy activities will be available for you to explore and enjoy with your child. Dress to get messy! To book, call 020 8534 3136.



Family Support Drop in

9.30–10.30am

Term time only

Rebecca Cheetham

Come along and speak to our friendly Family Support Team to gain help and support with your current situation/home life.



SEND Stay and Play

1–2.30pm

Wednesday, 29 October

Kay Rowe

0–4 years

An opportunity for parents and carers of children with additional needs to interact in fun activities with their child. Children can learn and play through a variety of indoor and outdoor activities. Contact Josie on 07931 554972.



Saturday

Gardening Project

10.30am–12.30pm

11 October and 15 November

Kay Rowe

Outdoor garden activity, where children can enjoy planting herbs, bulbs and watch them grow at home, as they learn how to look after them.



October Half Term

Stay & Play

10–11.30am

Tuesday, 28 October

Wednesday, 29 October

Kay Rowe

1–8 years

First 25 children only. An opportunity for parents and carers to interact in fun activities with their child. Children can learn and play through a variety of indoor and outdoor activities.





Newham Children's Centres

The Children's Centres in Newham provide tailored services such as parenting workshops, baby and toddler groups, health checkups, and early learning activities focused on language development and social skills. Each centre offers support like play sessions, health visitor appointments, and school readiness programs, creating a strong support network for families with children aged 0–5 to promote both child development and family wellbeing.

West: Stratford, Forest Gate and West



Rebecca
Cheetham
Children's Centre



Kay Rowe
& Maryland
Children's Centre

East: Manor Park, Little Ilford and Green Street



Manor Park
Community
Children's Centre



St Stephen's
Children's Centre

Central: East Ham and Plaistow



Altmere
Children's Centre



Oliver Thomas
Children's Centre



Plaistow
Children's Centre

South: Custom House, Canning Town and Beckton and Royal Docks



Edith Kerrison
Children's Centre



Keir Hardie
Children's Centre



Beckton and Royal Docks
Children's Centre

View all Children's Centre timetables at: families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=10



Digital Parenting & National Parenting Week October 13–24, 2025

This October, Family Hubs will be celebrating parents and carers in Newham with two special weeks of activities and resources.

Parenting Conference & Family Hubs Marketplace **Saturday 18 October, 10am–2pm** **East Ham Library**

A day of inspiring workshops, local service stalls and fun activities for children. Parents, carers and professionals are all welcome, and entry is free.



Digital Parenting Week **(13–17 October)**

We are launching Togetherness – our new programme of online parenting modules. Each day we will share videos, tips and lunchtime seminars on:

- Understanding the teenage brain
- SEND and neurodiversity
- Mental health
- Preparing for parenthood and the early years
- Supporting fathers and carers

National Parenting Week **(20–24 October)**

Daily films and newsletters will highlight parenting programmes, support for dads and carers, and the wide range of Family Hub services. A Family Hubs pop-up stall will be at Dockside on Monday 20 October.

Stay connected with Family Hubs and Togetherness for free support, activities and resources for families across Newham.



newham.gov.uk/familyhubnetwork

WE ARE NEWHAM.