



Newham's Family Hub Activity Guide

1 April-30 June 2025

Free services and activities for you and your family

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?

Newham's 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. Each hub delivers workshops, activities, advice and support services from conception to 18 years (up to 25 years if the young person has additional needs). Our services are tailored to meet your needs at the earliest preventing small challenges becoming bigger ones.

Our partnerships extend to local authority children's services, health visitors, CAMHS, housing, and the voluntary sector, working together to provide tailored support. Whether visiting a local hub, receiving outreach support, or accessing resources online, families can find the help they need, when they need it – making support more accessible, connected, and effective.

Family Hubs bring the following support services:

- 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
- Parent and baby groups
- Stay and play sessions
- Parenting programmes
- Infant feeding programmes
- Youth activities
- Mental health and wellbeing



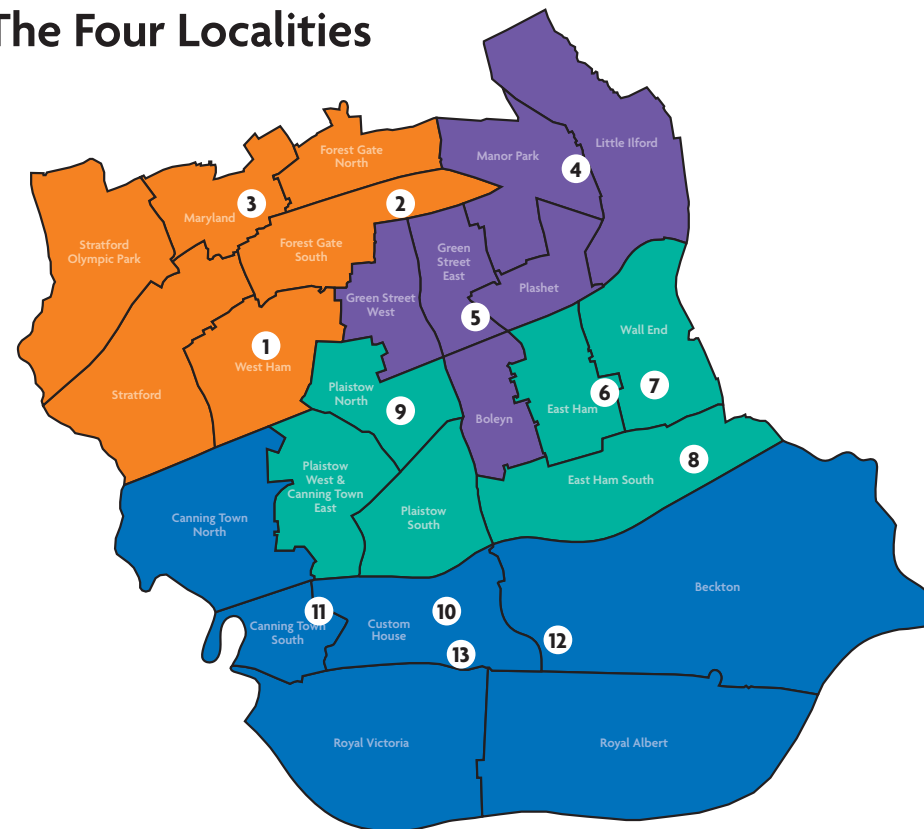
Register today with Family Hubs and find out more how we can help you.



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



The Four Localities



West: Stratford, Forest Gate and West Ham

- ① Rebecca Cheetham Children's Centre
- ② Kay Rowe Children's Centre
- ③ Maryland Children's Centre

East: Manor Park, Little Ilford and Green Street

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

Central: East Ham and Plaistow

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

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

- 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 Hubs offer a wide range of services through key areas of support, including parenting, health, learning, and well-being. These areas work together to provide early help, ensuring families receive the right support at the right time. Our timetables show the activities available at each hub, making it easy to find what you need.

Click on headings to access services from our website



Infant Feeding

Support and information from our skilled team via the helpline, baby feeding cafes, and workshops.



Perinatal Mental Health Support

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



Parenting and Relationship Support

Peer support, parenting courses, digital resources, and advice for confident parenting.



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.



Start for Life

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



SEND Support Services

Specialist advice, workshops, learning support, emotional and peer support.



Youth Services

Activities for youth aged 10-25, led by qualified youth workers to enhance social and emotional learning.



Practical Support & Guidance

Confidential advice and practical help for families facing challenges. Our team can guide you to the right support

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

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 Number	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)

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

Summary of Bus Routes Serving All Hubs:

Bus Number	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

🔄 Crèche available

☎ Call to book

📄 Invite/referral only

💻 Online session

👥 SEND activities

📅 Drop-in

All activities are subject to change.

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

Term time only

Every 2 weeks

Baby & Me

12.30-2.30pm

Term time only

0-2 years

Weekly

Welcome to the World

1-2pm

7 April, 2 June

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

1pm Welcome to Family Hub @ East Ham Library

1.15pm Information on services for families

1.30pm Baby rhyme time session

1.45pm Receive your goodie bags & any questions

2-3pm We give out Healthy Start Vitamins

Tuesday

Family Navigator information Advice and guidance

9.30am-12pm

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
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For more information or email:

Family.Navigators@newham.gov.uk

Domestic Abuse Support Service (HESTIA)

10am-2pm

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

Wednesday

Baby Feeding Café

1-3pm

A warm welcome, and chat with other parents. Arrive early if you need support from the Baby Feeding Team. Newham Baby Feeding Helpline 07534 249611.

Thursday

Family Navigator information Advice and guidance

9.30am-12pm, 1-3pm

Family Navigator support and advice includes:

- Financial support and benefits advice
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- Housing and homelessness support
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For more information or email:

Family.Navigators@newham.gov.uk

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, 9.30am-12pm

Starts 22nd April

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.

Being a Parent Autism

Wednesdays, 10am-12.30pm

30 April - 9 July (10 sessions)

Central Park Primary School

Parents with children 5-16 years

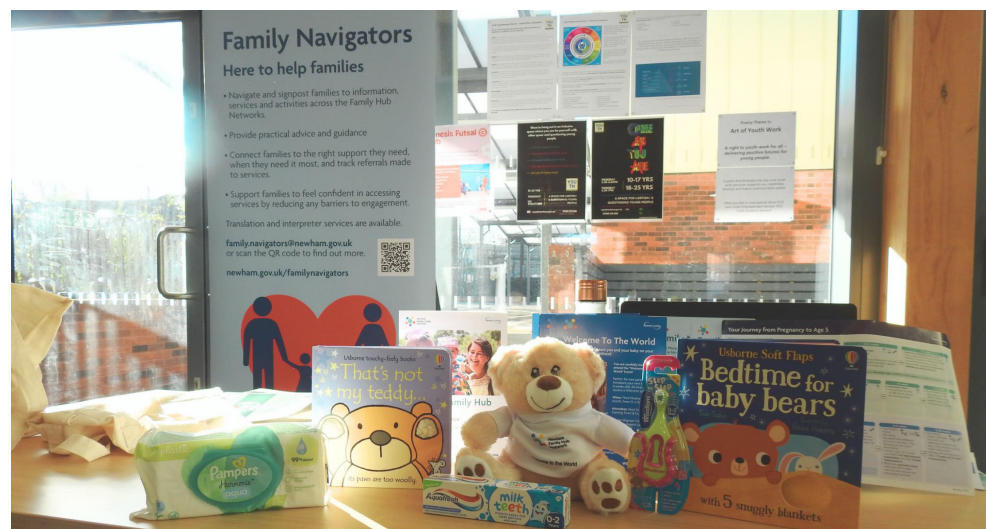
Being a Parent Autism is a 10-week group programme offered to parents/carers of children with Autism aged from 5 to 16 years old. The course is led by trained Empowering Parents, Empowering Communities (EPEC) parent group leaders with lived experience of parenting a child with additional needs. To book: tickettailor.com/events/londonboroughofnewhamcouncil/1322748

Welcome to the world at Family Hub @ East Ham Library

Every 1st Monday of the month

7 April, 2 June, 7 July, 1-2pm

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



Agenda

Time	Session
1pm	Welcome to Family Hub @ East Ham Library
1.15pm	Information on services for families
1.30pm	Baby rhyme time session
1.45pm	Receive your goodie bags and ask any questions

For further information:

☎ 020 3373 2555

✉ easthamfamilyhub@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

Buses to Prince Regent Lane (Shipman Youth Zone):

Bus Number	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

- 👶 Crèche available
- ☎ Call to book
- 📄 Invite/referral only
- 💻 Online session
- 👤 SEND activities
- 📱 Drop-in

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.

Monday

Specialist Health Visiting clinic

9am-2pm

Under 5s

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 - leave a message with your name and number. An advisor will get in touch to book an appointment at the Shipman.



Youth Zone Sessions

Please note there are no sessions on Monday.

For timetable, please visit:

padlet.com/YESLBN

Family Community Cooking (Lunch Club) by Nutrition Kitchen

11.15am-12.45pm

12 May - vegetable chilli and salad

26 May - pasta party

9 June - mega meatballs

23 June - dhal and rice

7 July - chicken curry and naan

Parent/carers and children under the age of 5

Delivered by Edith Kerrison.

Cooking activity for the whole family to help you be more active and make healthier choices. Join us for lunch.

Email referrals@nutrition-kitchen.co.uk

[co.uk](https://www.nutrition-kitchen.co.uk), call 07526 580621 or drop in that morning.



Tuesday

SENDIASS Drop-in

9am-12pm

Starting from Tuesday 8th April

0-25 with SEND

SENDIASS Drop-in offering Special Educational Needs Information, Advice, and Support for children, young people with disabilities, and their families.



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!



Coffee and Chat

10am-12pm

22 April, 20 May, 24 June

Join us for a warm and welcoming get-together where parents and caregivers can share, listen, and learn from each other. Grab a coffee, chat openly, and pick up some useful tips and advice in a friendly, supportive space.



Strengthening Families, Strengthening Communities

10.30am-1.30pm

Parents with children 0-17 years

A course that helps parents and carers tackle parenting challenges, support school success, address bullying, and build confidence.

To book visit: tickettailor.com/events/londonboroughofnewhamcouncil/1322748

Little Champions

1-3pm

Term time only

Starting from Tuesday 22nd April

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. Open Access Youth Club. Completed One-Off Registration Form required. Visit SYZ on padlet.com/YESLBN

If you're between the ages of 10-17 then you're welcome to drop-in and explore. 2 sessions to choose from today or come to both! With boxercise, Gym, Music Studio and tonnes of games. Or Football, Basketball, Dodgeball, plus Badminton & Table Tennis.

Wednesday

Family Navigators

9.30am-12pm



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

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

Specialist Health Visiting clinic

9.30am-2pm



Under 5s

Specially booked by our health visiting team.

Childminders Stay and Play

10am-12pm

Term time only

Stay and Play specifically for childminders. For additional information contact Childminder Deepika

Jinendradasa at

depu0056@yahoo.com

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.

Food 4 Me Food Club

10.30am-12.30pm



Term time only

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).

Energy Advice delivered by The Renewal Programme

10.30am-12.30pm



Third Wednesday of the month starting 23rd April

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

Advice and support for parents/carers around energy bills, to help householders keep warm in their home. Come along to receive:

- Energy saving tips
- Find out more about energy efficiency
- Signposting to other services i.e. free hot meals, food banks
- Learn where to get help if you are struggling with energy bills
- Refer to the Green Doctors team for free in-depth advice via telephone or home visits (subject to eligibility)

Support Green Doctors offer:

- Contact energy suppliers to discuss billing queries or energy debt on their account
- Information on grants for energy efficiency improvements
- Help applying for debt relief
- Information on Warm Homes Discount or Priority Service Register
- Installing free energy measures (via home visits appointments)
- Onward referrals and signposting to other services i.e. for debt support, housing

Perinatal Support Group

10.30am-12.30pm

16 April

Delivered by Children's Health 0-19

Youth Zone Sessions

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

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.

Maternity Clinic

9am-3pm

Pre-birth

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

EPEC Being a Parent**10am-12pm****1 May - 3 July****Parents with children aged 2-16 years**

A parent led parenting programme that aims to strengthen parent- child bonds and relationships

- Supporting parent to learn a range of positive parenting skills
- To better understand children's feelings
- Value effective parent-child communication
- Build better more resilient family relationships

The sessions cover

- Being good enough
- Play and spending time with your children
- Understanding children's behaviour
- Positive discipline strategies,
- Listening and communication
- Coping with stress.

To book on visit: tickettailor.com/events/londonboroughofnewhamcouncil/1322748

Family Transition**10am-12.15pm****5 June - 10 July****Parents/carers with children 0-16 years**

A programme focusing on parents who are experiencing relationship upset following separation or divorce. The sessions consider

- Ways to manage the changes that can happen through separation or divorce.
- Managing emotions, managing conflict and moving on to build a new family identity using different learning tools.

The programme suggests ideas on positive parenting to support your child's development and looks at the importance of looking after yourself and managing the stresses and demands involved in separation and divorce

To book: tickettailor.com/events/londonboroughofnewhamcouncil/1322748

SENDIASS Drop-in**1-3pm****Starting from Tuesday 8th April****0-25 with SEND**

SENDIASS Drop-in offering Special Educational Needs Information, Advice, and Support for children, young people with disabilities, and their families.

Vocal**3.30-5pm****Term time only****10-18 years**

Session is open to Young People (YP) aged 10-18 yrs 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 the QR code to access the Expression of Interest form and FAQs.

**Friday****Baby Feeding Café****10am-12pm**

Come along with your baby to our friendly weekly drop-in. Have a cup of tea, chat with other mums, and get support from our Baby Feeding Team – for all parents including breast and bottle feeding.

Domestic Abuse support (Hestia)**10am-12pm**

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.

University of East London: Pre-Entry Information Advice and Guidance Service**10am-12.30pm****8, 23 May, 6, 20 June****Parents/carers with children 0-18 (up to 25 with SEND)**

This service provides educational guidance to those aspiring to access higher education. Advice provided on adult, further and higher education courses. Also advise on overseas qualifications. The Pre-Entry Information Advice and Guidance Service offering impartial information and guidance tailored to meet the needs of individuals who aspire to progress to university. Call 020 8223 3042 to make an appointment.

Bumps To Yummiest CIC**12.30-2.30pm****25 April, 9, 23 May, 6, 20 June****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. We're also committed to supporting aspiring, vulnerable, and teenage mothers/ birthing persons. Join the community to use our free services:

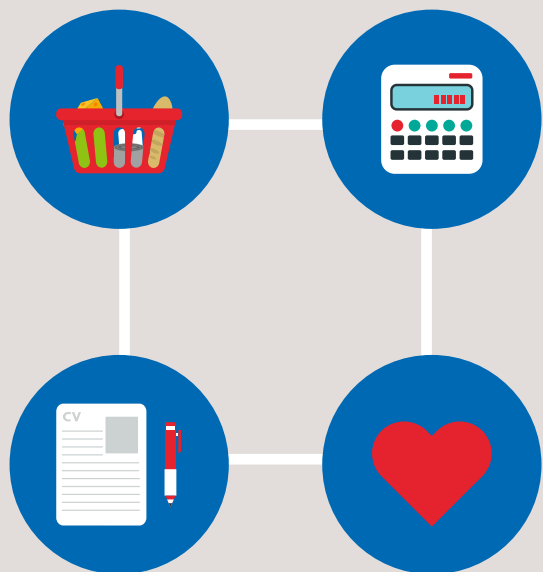
- Postnatal Support
We provide safe and nurturing spaces for new mothers to connect, share experiences, and receive emotional support.
- New-born Care Workshops
We offer workshops on new-born care, including nappy-changing, soothing techniques, and infant safety.
- Infant Feeding Consultation

Youth Zone Session/s**12.30-2.30pm, 3.30-6pm****10-17 years**

No booking Required. Open Access Youth Club. 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'. And with no Carbon footprint, the future on multiple levels! full details: padlet.com/YESLBN

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

Weekly Wednesday drop in sessions, 9.30-11.30am
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.

No booking required, just come along on the day.

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



ACCESS INFO

Family Hub @Manor Park Community Children's Centre

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

Closure dates

Closed: 18 April (Good Friday), 21 April (Easter Monday), 5 May (Early May Bank Holiday), 26 May (Spring Bank Holiday)

Buses to Manor Park:

Bus Number	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

- 👤 Crèche available
- ☎ Call to book
- 📄 Invite/referral only
- 💻 Online session
- 👨‍👩‍👧‍👦 SEND activities
- 📅 Drop-in

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.

For locations where dates are yet to be confirmed, please contact Manor Park Children's Centre on 020 8553 2479.

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 - Peep Learning Together Programme.

Specialist Health Visitor clinic

All day
Sheringham Nursery

Tuesday

Little Champions

9.30-10.30am
Targeted service
Birth-5 years
 Drop-in
 Stay & Play session focusing on supporting children with additional needs. Please note: Due to restricted capacity and staffing we cannot allow siblings to attend.

Hestia Drop-in Surgery

9.30am-12pm
 Emotional and practical support for victims of domestic abuse.

Stay and Play Baby Explorers

1.30-2.30pm
Term time only
Sir John Heron Primary School
Birth-18 months
 Play and exploration session for babies with Sensory Bags Library. Please use entrance on Fourth Avenue.

Weaning Session

1.30-2.30pm
29 April, 20 May, 24 June
Sir John Heron Primary School
 Led by the Health Visiting team
 Health visitor will attend Baby Explorers Group @ Sir John Heron Primary School. Please use entrance on Fourth Avenue.

English For Speakers Of Other Languages (ESOL)

1-3pm
Term time only
 English learning course for parents/carers of children attending Sheringham Nursery or Sheringham Primary School.

Wednesday

Stay and Play

9-10.30am
Term time only
Birth-5 years
 Indoor and outdoor play in a good quality early years environment with Learning Bags and Toy Library - Peep Learning Together Programme.

Health Visitor Clinic

9.30-11.30am
9 April, 14 May, 11 June
Birth-5 years
 Weighing and general check-up.

Dads Group

1-2.30pm
30 April, 21 May, 25 June
 A relaxed group for dads, father figures and male carers to share ideas, learn new things and find advice and support.

Tea and Talk

1-2.30pm
23 April, 7, 14, 21 May, 4, 11, 18 June
 Join the Tea and Talk group for a well-deserved time out. Various activities and guest speakers.

E-PaTS

1-3pm
Term time only
 8 weeks course for parents with children under the age of 5 who have a learning or developmental disability.

Thursday

Stay and Play

9-10.30am
24 April - 12 June
Term time only
Birth-5 years
 Indoor and outdoor play in a good quality early years environment. Speech and Language Therapist will attend the session on 22 May.

Little Talkers

9.30-10.30am
19 June - 17 July
Birth-5 years
 By referral only.
 5 weeks programme focusing on supporting children's early language and communication.

NCT Parents in Mind

10-11.30am
3 April, 1, 15 May, 12, 26 June
 A friendly space for pregnant or new mums to talk and gain support.

Infant Feeding Café

10am-12pm

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

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

Targeted Service

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

Starts 25 April

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

Family Navigators

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
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- Help complete forms up to 4 pages in length

For more information or email:

Family.Navigators@newham.gov.uk

Stay and Play

1.30-3pm

Term time only

Salisbury Primary School

Birth-5 years

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

Saturday

Family Stay and Play

10-11.30am

26 April, 28 June

Birth-8 years

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

Half Term 26-30 May

Trip: West Ham Park

27 May

10am-2pm

Birth-8 years

Hestia Drop in Surgery

27 May

9.30am-12pm

Emotional and practical support for victims of domestic abuse.

Stay and Play

28-29 May, 10-11.30am

28 May, 1.30-3.30pm

Birth-8 years

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

Infant Feeding Café

29 May

10am-12pm

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

Active Stay and Play

29 May

1.30-3pm

Jack Cornwell Community Centre

Birth-8 years

Stay and play with a focus on physical development.

Family Navigators

30 May

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

Stay and Play

30 May

1.30-3pm

Salisbury Primary School

Birth-8 years

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

Upcoming workshops

Bedtime Routine workshop



Dates to be confirmed

1.30-2.30pm

Practical tips and strategies to help you establish good bedtime routines for a peaceful night's sleep.

Bottle to Cup Workshop



Dates to be confirmed

1.30-2.30pm

Practical tips and strategies to help your child move away from the bottle and on to the cup.

Positive Behaviour Workshop



Dates to be confirmed

1.30-2.30pm

Practical tips and strategies to support your child's behaviour.

Toilet Training Workshop



Dates to be confirmed

1.30-2.30pm

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

Shelter Workshop



28 April

1-3pm

Workshop led by a Shelter Advice, Support and Guidance Worker. Topic to be confirmed. No crèche facilities.

Minor Ailments and Accident Prevention



Dates to be confirmed

Led by the Health Visiting team.

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 organization. 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.”



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.

United West Children's Centre & Family Hub

Activities are held at:

For Rebecca Cheetham and Kay Rowe Children's Centre

Marcus Street, Stratford, E15 3JT

☎ 020 8534 3136

✉ childrenscentre@rebeccacheetham.newham.sch.uk

🏠 rebeccacheetham.newham.sch.uk

Closure dates

- Rebecca Cheetham Children's Centre will be closed on Bank Holidays.
- Staff inset day- Friday 27th June 2025
- Staff inset day- Tuesday 22nd July 2025
- Rebecca Cheetham Nursery and Children's Centre will be closed from Wednesday 23rd July 2025 - Tuesday 5th August 2025.
- The centre will reopen on Wednesday 6th August 2025.

Other venues

Abbey Lane Children's Centre

Three Mills Play, Stratford, E15 2SD

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)

Buses

Bus Number	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

- 👶 Crèche available
- ☎ Call to book
- 📄 Invite/referral only
- 💻 Online session
- 👥 SEND activities
- 🚪 Drop-in

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.

Activities are held at:

Kay Rowe Children's Centre

Osborne Road, E7 0PH

☎ 020 8534 4403/07931 554993

✉ childrenscentre@kayrowe.newham.sch.uk

uk

🏠 kayrowe.newham.sch.uk

Outreach sites

Stratford Library

3 The Grove, London E15 1EL

The Magpie Project – Grassroots Resource Centre

Located in: Memorial Recreation Ground, Memorial Ave, London E13 0HQ

West Ham Lane Health Centre

84 West Ham Lane, Stratford, London, E15 4PT

Abbey Lane Children's Centre

Three Mills Play, Stratford, E15 2SD

Nearby Bus Routes

Bus Number	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

- 👶 Crèche available
- ☎ Call to book
- 📄 Invite/referral only
- 💻 Online session
- 👥 SEND activities
- 🚪 Drop-in

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.

Monday

Stay and Play

10-11.30am
28 April, 12, 19 May, 2, 9, 16, 23, 30 June
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.

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!

Baby Feeding Café

10am-12pm
Term time only
Rebecca Cheetham

A warm welcome, and chat with other parents. Arrive early if you need support from the Baby Feeding Team. Newham Baby Feeding Helpline 07534 249611.

Stay and Play Baby Sensory

1.30-2.30pm
28 April, 12, 19 May, 2, 9, 16, 23, 30 June
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 parent/carers.

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.

Tuesday

Toilet Training Workshop

9.15-10.30am
10 June
Rebecca Cheetham
Parents/carers

Join a member of our Family Support Team to gather ideas and strategies on how to support your child to transition from nappies to the toilet. Booking required. Please call 020 8534 3136.

Making Time for Me (Mindfulness) Workshop

9.30-11am
22 April
Rebecca Cheetham
Parents/carers

Join our Family Support Team to gain tips and take part in group discussions and activities to understand the importance of taking care of your own mental health and wellbeing. Booking required. Please call 020 8534 3136.

SALT Tune in- Music Group

9.30-11.30am
Term time only
Rebecca Cheetham
Under 5s

Referral/invitation only. Targeted Service. Delivered by our partner Speech and Language Team.

Little Talkers

10-11am
Kay Rowe
18 months - 3 years
 A 4 week course for children presenting with mild-moderate speech and language delay. You will be given strategies to support your child's learning at home. By appointment only. Contact Farjana on 07931 554993 or 020 8534 4403.

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.

ASQ-3 (24 months) Health Review

10-11.30am
28 April, 12, 19 May, 2, 9, 16, 23, 30 June
Kay Rowe
1-4 years
 By invitation from your health visitor. Health visitor will invite you for your child's 2yr Health Review.

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. Booking required. Please call 020 8534 3136.

Bedtime Routine Workshop

10-11.30am
20 May
Rebecca Cheetham
Parents/carers

Join our Family Support Team to gain positive parenting tips and strategies for developing a good bedtime routine. Booking required. Please call 020 8534 3136.

Stay and Play

1-2.30pm
22, 29 April, 6, 20 May, 3, 17, 24 June
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.

Coffee 'n' Chat

1-2.30pm
15 April, 13 May, 10 June, 8 July
Kay Rowe

Open and honest conversations, sharing lived experiences, tools, tips and advice to adapt to yourself and your family'

Little Talkers**1.15-2.30pm****Term time only****Rebecca Cheetham****2-3 years**

Referral/invitation only. Please call 020 8534 3136 for more information. 5 week programme, to support children's early language and communication. Gain tips and strategies to help your child communicate.

**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.

**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****9 April, 14 May, 11 June****Kay Rowe**

Last entry 11.15am

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

**Stay and Play****10-11.30am****23, 30 April, 7, 21, 28 May, 4, 18, 25 June****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.

Early Positive Approaches to Support (EPAtS)**9.30-11.30am****Term time only****Rebecca Cheetham****Under 5s**

8 week parenting course. Targeted Service. Please call 020 8534 3136 for more information. Delivered by our skilled Early Years Practitioner in partnership with a parent partner. For families with a young child with learning and/or developmental disability.

**Physiotherapy Group****10.30-11.30am****Term time only****Rebecca Cheetham****Under 5s**

Referral/invitation only. Targeted Service. Delivered by our Partner NHS Physiotherapists Team.

**NCT Infant Feeding Peer Support Group****11.45am-12.45pm****Term time only****Rebecca Cheetham**

A free infant feeding support group delivered at your local Children's Centre, that is designed to provide a relaxed and friendly environment to meet other mums and access skilled support from an NCT Breastfeeding Counsellor.

**SEND Stay and Play****1-2.30pm****7, 14, 21, 28 May, 4, 11, 18, 25 June****Kay Rowe****Birth-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. By invitation only. Contact Josie 07931 554972.

**Eid Party****1-3pm****2 April****Kay Rowe**

Come and celebrate Eid with us. Make an Eid Card, get your Henna done, enjoy games and party food. Booking required 07931 554993 or 020 8534 4403.

**Thursday****Connect with me****3, 24 April, 1, 8, 15, 22 May, 12, 19, 26 June****Kay Rowe**

By invitation only. Delivered by the Speech and Language Team.

**Stories and Rhymes****9.30-10.15am****3, 24 April, 1, 8, 15, 22 May, 5, 12, 19, 26 June****The Gate Library****Birth-4 years**

Please arrived by 9.15am. Come and enjoy a story, arts and crafts, songs and rhymes.

**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. Booking required. Please call 020 8534 3136.



Pregnancy after Loss**11.30am-2.30pm****8 May****Rebecca Cheetham**

Referral/ invitation only. Targeted Service. Delivered by our partner OCEAN & Tulip MMHS at Barts Health.

**Parents in Mind****1-2.30pm****24 April, 8, 22 May, 5, 19 June****Kay Rowe****Birth-2 years**

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

Learning Bag Library**1-2.30pm****3, 24 April, 1, 8, 15, 22 May, 5, 12, 19, 26 June****Kay Rowe****1-3 years**

Come and enjoy a story and then borrow a Learning Bag to enjoy reading with your child at home. Booking required. Please contact 07931 554993 or 020 8534 4403.

**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. Booking required. Please call 020 8534 3136.

**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. Booking required. Please call 020 8534 3136.

**Friday****Family Navigator****9.30am-12.30pm****25 April, 2, 9, 16, 23 May, 6, 13, 20, 27 June****Kay Rowe**

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

**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.

**Dads Stay and Play****10-11am****4 April, 2 May, 6 June****Kay Rowe****Birth-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.

Stay and Play Cooking**10-11.30am****11, 25 April, 9, 23 May, 13, 27 June****Kay Rowe****18 months-4 years**

Parents and children will prepare, cook and enjoy the healthy dishes. Children will be able to explore the garden whilst the food is cooking. Booking required 07931 554993 or 020 8534 4403. First 12 children only.

**Family Stay and Play****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. Booking required. Call 020 8534 3136.

**Out & About****10am-2.30pm****2 May - Young V&A Bethnal Green****16 May - Olympic Park****30 May - Mudchute Farm****6 June - West Ham Park -Picnic****20 June - Chalkwell Beach****Birth-4 years**

Booking required 07931 554993 or 020 8534 4403. More information upon booking.

**Stay and Play Messy****1-2pm****4, 11, 25 April, 9, 23 May, 13, 27 June****6 months-4 years**

Let your child explore through their senses and develop their imaginative play. First 15 children only.

Mini Readers Book Club**1.15-2.15pm****Term time only****Rebecca Cheetham****Under 5s**

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. Running alongside the Messy Play session. Booking required. Please call 020 8534 3136.



Family Stay and Play (Messy Play)**1.30-2pm****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! Booking required.

Please call 020 8534 3136.

**Stay and Play****1-2.30pm****8 April****Kay Rowe**

First 25 children only. Under 8s welcome during school holidays. 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.

Stay and Play SEND**1-2.30pm****9 April****Kay Rowe**

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. By invitation only. Contact Josie 07931 554972.

**Stay and Play Messy****1-2pm****11 April****Kay Rowe****6 months-8 years**

Allows children to use their natural curiosity and engage their senses at their own developmental stage. Children will get messy so bring spare clothes! First 12 children only.

Saturday**Gardening Project****10.30am-12.30pm****26 April, 10 May, 14 June**

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

**Holiday activities April 2025****ASQ-3 (24 months) Health Review****8, 15 April****Kay Rowe**

By invitation from your Health Visitor. Health Visitor will invite you for your child's 2yr Health Review.

Stay and Play Cooking**10-11.30am****22 April****Kay Rowe****18 months-5 years**

Parents and children will prepare, cook and enjoy healthy dishes. Children will be able to explore the garden whilst the food is cooking. Booking required 07931554993 or 020 8534 4403.

First 12 children only.

Holiday activities May 2025**Stay and Play****1-2.30pm****27 May****Kay Rowe****1-8 years**

First 25 children only.

Under 8s welcome during school holidays. 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.

Stay and Play**10-11.30am****28 May****Kay Rowe****1-8 years**

First 25 children only.

Under 8s welcome during school holidays. 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.

Stay and Play SEND**1-2.30pm****28 May****Kay Rowe****1-5 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. By invitation only. Contact Josie 07931 554972.

**Out and About Olympic Park****10am-2.30pm****30 May****Kay Rowe**

Booking required 07931 554993 or 020 8534 4403. More information upon booking.



FIESTA FUN DAY 2025

CELEBRATING DIVERSITY
& EMBRACING DIFFERENCES

FRIDAY 27TH JUNE 2025
1:00PM - 5:00PM

VENUE:
Rebecca Cheetham Nursery
Marcus Street, E15 3JT
0208 534 3136



Newham London

ALSO INCORPORATING THE
LAUNCH OF THE "UNITED WEST"
FAMILY HUB



RAFFLE
TOMBOLA
CAKE STALL
BOUNCY CASTLE
ZUMBA DANCING
FACE PAINTING
FUNFAIR STYLE GAMES
FOOD STALLS

ENTRY FEE: DONATION (includes Drink Token)



THIS IS A CASH ONLY EVENT!

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 center 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



NEWHAM
FAMILY HUB
NETWORK