

Kay Rowe

Monday

Newham NCT- Parents in Mind

9.30-11.00am

This new local, friendly group or 1 to 1 support is available for women experiencing low mood, anxiety or emotional difficulties during pregnancy and early parenthood.

Booking required so please contact

Belinda on: 07525 403673

Outdoor Play

10-11am

Let your children enjoy learning through physical play and become confident in their movement, balance and coordination.

First 10 children only

Storytelling for babies (under 1yr)

11.30am-12.15pm

Come and enjoy a story, songs and rhymes with your baby.

Frequency will change in Oct

ESOL

1-3pm

Dates TBC

Crèche available.



Tuesday

Childminders' Network

9.30am-12.30pm

This is a drop-in session to support all registering and registered childminders in developing their business and professional development. Parents who are looking for childcare can also make an appointment to drop in and meet the childminders.

Stay and Play (12-30 months)

1- 2.30pm

This is a session for little explorers, with plenty of opportunities to encourage their independence as they freely explore.

Also come and speak to a Health Visitor within this session, if you have any concerns about your child's development.

Health Visitor will be here on: 23 Jul, 24 Sept

First 20 children only

Maryland

Monday

Messy Mondays (1-3yrs)

10-11.30am

Come and join us for some storytelling fun. We will take you into a whole new world full of imagination, adventure and creativity.

Please remember to bring a change of clothes as your child will get messy!

First 16 children only

Baby group (3-12months)

1.30-3pm

An inviting, safe environment where you can meet others, share ideas and experiences, enjoying regular focussed activities designed to develop babies' senses.

First 16 babies only

Weaning Workshop

2-3pm

16 Sept

Do you have a baby aged 6-12 months? Come and learn about introducing solid foods to your baby. Health visitors will be at this session to provide tips on each weaning stage and answer your questions about weaning.

Tuesday

Stay and Play

1.15-3.15pm

This is an opportunity for mums, dads and carers to interact in fun activities.

We have a welcoming and safe environment where children can learn and play through a variety of indoor and outdoor activities.

First 16 children only



Wednesday

Stay and Play

9.15-11.15am

This is an opportunity for mums, dads and carers to interact in fun activities in a safe and welcoming environment. Every other week we will prepare a healthy snack. This session will focus on healthy lifestyle.

First 20 children only

No session on 3 Jul, 7 Aug, 4 Sept due to baby clinic.

24 Jul Carnival

Child Health Advisory Clinic

(0-5 years)

1st Wed of every month

9.30-11am

3 Jul, 7 Aug, 4 Sept

Come and speak to a health visitor about your child's development. Please remember to bring your child's red book (for children 0-5years)

SEND Stay and Play

1-3pm

This is an opportunity for children with additional needs, their mums, dads and carers to interact in fun activities. We have a welcoming and safe environment where children can learn and play through a variety of indoor and outdoor activities.

Thursday

Perinatal Support Group

3-4pm

4 Jul and 5 Sept

Session facilitated by Specialist Health Visitor to raise awareness of mental health difficulties, and the promotion of positive relationships between parents and their infants.

For further information please contact

Nelly on 07984 468779



Wednesday

Stay and Play

9.15-11.15am and 1.15-3.15pm

This is an opportunity for mums, dads and carers to interact in fun activities. We have a welcoming and safe environment where children can learn and play through a variety of indoor and outdoor activities.

First 16 children only

Child Health Advisory Clinic (0-5years)

3rd Wednesday of every month

1.30-3.30pm

17 Jul, 21 Aug and 18 Sept

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



Thursday

Stay and Play (12-30 months)

9.15-10.45am

This is a session for little explorers, with plenty of opportunities to encourage their independence as they freely explore.

Storytelling at the Gate Library

10.30-11.30am

Come and enjoy a story, arts, crafts, songs and rhymes.

Friday

Stay and Play

9.15-10.30am

This session will focus on messy play. We will take you into a whole new world full of imagination, adventure and creativity. Please remember to bring a change of clothes as your child will get messy!

First 15 children only

Treasure Babies (under 12 months)

11.30am-12.30pm

Let your babies explore through their senses. This is also an opportunity for you meet other parents.

Stay and Play

1.15-2.45pm

This will focus on physical play .Come and enjoy a range of different physical activities both indoors and outdoors.

First 20 children only

Last session 27 September

Twins and more

1-3pm

12 Jul and 13 Sept

This stay and play session is aimed at families who have twins, triplets etc. Come along, meet other families and share experiences while your children engage in fun stimulating activities.

Saturday

Gardening Project

21 Sept

10.30am-12.30pm

Enjoy the outdoors. Come along plant bulbs, vegetables and enjoy the outdoors!



Friday

Childminders' Network

9.15-11.15am

This is a drop in session to support all registering and registered childminders in developing their business and professional development. Parents who are looking for childcare can also make an appointment to drop in and meet the childminders.

Afternoon Tea

1-3pm

This is an informal group for parents and carers to enhance their life skills and personal development through group therapy, training and workshops. Please book in by every Wednesday, if you would like to attend these sessions.

Crèche available.

