






# Forest Gate Children's Centre - Kay Rowe and Maryland

## Activity Calendar 1st – 31st Oct 2024

All our sessions are subject to change according to our availability and guidance from the local authority

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Stay and Play (1-4years)</b> 10:00am - 11:30am 7, 14, 21, 28 Oct Kay Rowe</p> <p><u>First 25 children only</u></p> 	<p><b>ASQ-3 (24 months)</b> Health Review By invitation only from your Health Visitor Kay Rowe</p>	<p><b>Child Advisory Clinic (Baby-well clinic)</b> 9:30am - 11:30am 9 Oct Kay Rowe</p> <p><b>Stay and Play (1-4years)</b> 10:00am - 11:30am 2, 16, 23, 30 Oct Kay Rowe</p> <p><u>First 25 children only</u></p>	<p><b>Stories and Rhymes</b> 9:30am-10:15am 3, 10, 17, 24 Oct Gate Library</p> <p><b>Connect with me</b> 3, 10, 17, 24 Oct Kay Rowe <u>By invitation only</u></p> 	<p><b>Dads Stay and Play Parents in Mind</b> 10:00am - 11:00am 4 Oct Kay Rowe Contact Imran 07542127813</p> <p><b>Stay and Play Cooking</b> 10:00am-11:30am 11, 18, 25 Oct Kay Rowe <u>Booking required</u></p> <p><b>Stay and Play Messy</b> 10:00am - 11:00am 4, 18, 25 Oct Maryland</p> <p><u>First 15 children only</u></p> 	<p><b>Gardening Project</b> 10:30am - 12:30pm 19 Oct Kay Rowe</p>
<p><b>Stay and Play Baby Sensory (Babies under 1yr only)</b> 1:30pm - 2:30pm 7, 14, 21, 28 Oct Kay Rowe</p> <p><u>First 15 babies only</u></p>	<p><b>Stay and Play (1-4years)</b> 1:00pm-2:30pm 1, 22 Oct Maryland</p> <p><u>First 15 children only</u></p> <p><b>Stay and Play (1-4years)</b> 1:00pm-2:30pm 29 Oct Kay Rowe</p> <p><u>First 25 children only</u></p>	<p><b>SEND Stay and Play</b> 1:00pm - 2:30pm 16, 23, 30 Oct Kay Rowe For children with additional needs Contact Josie 07931554972</p>	<p><b>Parents in Mind (0-2yrs)</b> 1:00pm - 2:30pm 10, 24 Oct Kay Rowe Talk and support mum to mum Contact Carol 07525403673</p> <p><b>Community Garden</b> 1:30pm - 2:30pm 3, 10, 17, 24 Oct Community Garden Earlham Grove E7 9AS</p>	<p><b>Stay and Play Messy</b> 1:00pm- 2:00pm 4, 11, 18, 25 Oct Kay Rowe</p> <p><u>First 12 children only</u></p> <p><b>Stay and Play Baby Sensory (Babies Under 1 yr only)</b> 1:30pm - 2:30pm 4, 18, 25 Oct Maryland</p> <p><u>First 10 babies only</u></p>	<p><b>Celebrating Black History Month</b> Week 21-25 Oct</p>

Kay Rowe Children's Centre - Osborne Road E7 0PH

Telephone: 0208 534 4403 / 07931554993

Website: [www.kayrowe.newham.sch.uk](http://www.kayrowe.newham.sch.uk)

Maryland Children's Centre - Buxton Road, E15 1QX

Telephone: 0208 534 8351

Email: [info@kayrowe.newham.sch.uk](mailto:info@kayrowe.newham.sch.uk)

# Your Local Community



Accessing free 15 hours child care for 2 year olds.

Are you eligible?

[www.newham.gov.uk/twoyearold](http://www.newham.gov.uk/twoyearold)



## Out and About

- ⇒ Wanstead Park - Warren Road, E11 2LS
- ⇒ Olympic Park - Stratford E20
- ⇒ Forest Gate Community Garden  
136 Earlam Grove, E7 9AR

## Free Vitamins

You can pickup from:

Kay Rowe CC: Mon +Wed 10am-12pm  
1pm-2.30pm

Thurs 1pm-2.30pm

Maryland CC: Tues +Fri 10am-3.30pm

**Please call before you come to check availability.**



We may have to cancel sessions from time to time, due to circumstances beyond our control.

We will notify parents and carers through our texting service.

So please contact us if you would like to register for this service. 0208 534 4403

## Local Food Banks

Your local food banks in E7 & E15

⇒ Grow Baby - new/used clothes for 0-5yrs

Address: 88a Romford Rd, E15 4EH

Tel: 0208 534 4019

⇒ Woodgrange Baptist Church

Address: 345 Romford Road, E7 8AA

Tel: 0208 555 9880

⇒ Newham Community Project

## !IMPORTANT INFORMATION!

- \* All sessions will be on a first come first served basis.
- \* There will be a cap on number of entries.
- \* No entry 15mins after the start of the session.

If you are not registered with FGCC please use the link below to register

[https://newham-self.achieveservice.com/service/Best Start in Life Registration](https://newham-self.achieveservice.com/service/Best%20Start%20in%20Life%20Registration)

