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NEWHAM
FAMILY HUB
NETWORK



Best Start Family Hubs – Newham Activity Guide

1 January – 31 March 2026

**FREE
ACTIVITIES**



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 Children's Centre and Kay Rowe Children's Centre, 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

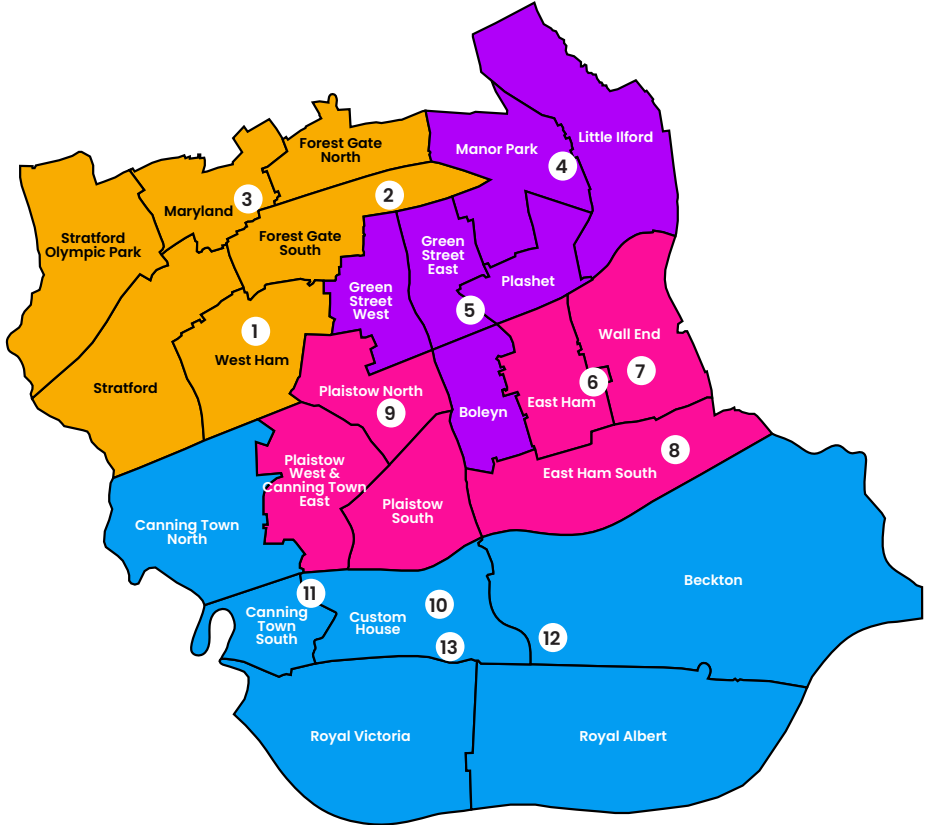
Early Years Support (part of Best Start in Life: Healthy Babies)

- 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.



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.

Infant Feeding Support in Newham

Here to help with feeding your baby,
offering skilled, parent-centred guidance



- Help get ready to feed your baby
- Baby Feeding Helpline
07534 249 611
- Baby Feeding Cafes
- Starting solids workshops
- Peer support



To find out more about the
available support visit
newham.gov.uk/BabyFeeding
or scan the QR code



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

Closure notice:

Monday 2 March 2026 (training)

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.

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

Financial Resilience Programme

9.30am–2pm

Starts 12 January

Free advice and support with budgeting, debt, benefits, employment and access to essentials, helping families strengthen their finances.

Newham Nurture Pregnancy Session

10am–1pm



19 January, 2 February, 2 and 16 March

Crèche available for non-school aged children.

Postnatal Workshops

12.30–2.30pm



Every 2 weeks

Term time only

By invitation

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



19 January, 16 February, 16 March

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

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.

The Children's Society

10am–12.30pm

13, 27 January, 10, 24 February,
10, 24 March

We can provide drop-in emotional wellbeing support for young people aged 10–25 and 1:1 sessions for parents. These are informal, solution-focused conversations with our Wellbeing Practitioners, aimed at helping with things like managing feelings, relationships, identity, future plans, and feeling safe in the community.



The
Children's
Society

Wednesday

Baby Feeding Cafe

1–2.30pm



Come along early for support from our skilled infant feeding team, a cup of tea and chat with other parents. For 1-1 support 7 days contact Newham Baby Feeding Helpline: 07534 249 611
newham.gov.uk/babyfeeding

SEND Advice Drop in Service

10am–12.30pm

7 January, 4 February,



Come and speak to the Special Educational Needs and Disabilities (SEND) 0–25 Education Team for advice, guidance and information on local SEND support.

newham.gov.uk/parentingsupport

GamCare

10am-12.30pm

**7, 21 January, 4, 18 February,
4, 18 March**



Free and confidential information, advice and support for anyone affected by gambling. We understand gambling, we care about you. We also provide support to those who are affected by someone else's gambling.

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.

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 notice:

Monday 2 March 2026 (training)







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.

Monday

Countdown to Cuddles

**10–11.30am, 12–1.30pm and
2.30–4pm**



Starts 12 January

Antenatal Classes – Midwife-Led:
6-Week Rolling Programme
Join us for a supportive and
informative journey as you prepare
for the arrival of your little bundle
of joy!

Programme Outline:

- Week 1: Ready, Steady, Baby! –
Online or In-Person
- Week 2: Feeding the Future – In-
Person
- Week 3: Move for Two – In-Person
- Week 4: Empowered Birth – In-
Person
- Week 5: Feeding with Confidence
– In-Person
- Week 6: Mindful Mums & Dads –
In-Person

No booking required – just drop in!

For more information call
020 3373 2555 or email
familyhub@newham.gov.uk

Debt Advice

10am–12pm, 2–4pm
**26 January, 23 February,
23 March**



Trained Advisers will carry out the
initial assessments for clients who
have debts, preparing documents
for an initial advice appointment.
They will also engage in
conversations to build relationships

with clients and teach them how
to confidently use technology to
access debt advice.

Citizens Advice

10am–1pm
Starts 6 January
0–19 years



Support available for families
We offer help with:

- Consumer issues
- Work-related challenges
- Financial difficulties
- 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 Monday.

Antenatal Clinic

10am–4pm



This clinic is booked by midwives
from Newham University Hospital,
giving expectant parents an easy
and welcoming place for their
routine antenatal appointments.
Here, we provide full antenatal
care—checking on the health
and progress of both mum and
baby, carrying out important
assessments, and offering helpful
advice and support every step of
the way.

Hestia Domestic Abuse Support

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



Has your child missed their school vaccinations?

Vaccination UK, commissioned by NHS England since 2015, delivers the school-aged immunisation programme in Newham. This catch-up clinic provides another opportunity for your child to receive their vaccinations.

Eligibility: Children aged 2-16 years who missed their school vaccinations.

To book a place use the QR code or walk in and come and see us.

- Flu Immunisation: 19 January



- Diphtheria/Tetanus/Polio (DTP) and Meningitis ACWY
Vaccination: 9 February, 16 March



- MMR: Please contact us directly using the number below.

General information:

schoolvaccination.uk/catch-up-clinics/catch-up-newham

Questions or nurse support: Call the Newham Immunisations Team on 020 8214 1393.

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

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.

Come and see us at Newham General Hospital

9am–12pm

Starts 6 January

Meet some of the family hub team and learn about all the FREE sessions.

Sister Circle

9am–1pm

Starts 24 February



Delivered in partnership by Sister Circle, HENRY, and Family Hubs This antenatal programme offers a safe, supportive space for families to learn, share, and prepare for life with a new baby.

- Focus areas: Breastfeeding (BFI compliant), wellbeing, and healthy family lifestyles
- Free toolkit: Provided to all families, with resources available in multiple languages
- Environment: Build knowledge and skills around pregnancy and early family life, while connecting with other local families and growing confidence together

Weekly Topics

Each week covers a different theme:

1. Becoming a new family
2. A healthy pregnancy
3. Bonding with your baby
4. Looking after ourselves and caring for a newborn
5. Giving birth
6. Life after birth (including feeding and where to find support)

By the end of the programme, families will feel more confident, supported, and connected as they begin their journey into parenthood.

Mencap–parents support group (SEND)

9.30–11.30am

20 January, 17 February, 17 March

Adults, parents can come with children 0–18



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

Little Champions

10–11.30am

Starts 13 January

Under 5s



Stay & Play Sessions (Under 5s)

Who can attend:

- Parents/carers and childminders with children under 5
- Siblings under 5 are welcome
- No booking required – just drop in

Newham's Family Hub Activity Guide – 1 January–31 March 2026

- Please note: maximum of two children per childminder

What to expect:

These sessions are designed to support children's sensory needs, communication and language development, social interaction, and play skills through:

- Messy play
- Exploring musical instruments
- Movement and play activities
- A wide range of toys and equipment

Additional support:

Family support is available during the session.

Contact us for more information:

Lorraine.grant@newham.gov.uk

Navya.diwan@newham.gov.uk

020 8534 6196

07974 527 895

Connect Play Say SLT

10am–12pm

Starts 27 January



This group is delivered by two Speech and Language Therapists (SLTs) for children and parents who are already known to the Speech and Language Therapy team and have been identified as suitable to attend. The group runs once a week for four weeks.

Weekly focus:

- Week 1: Recap on Adult–Child Interaction (ACI) strategies
- Week 2: Behaviour and Communication
- Week 3: Supporting Language
- Week 4: Bilingualism and Screen Time

The Early Years Speech and Language Therapy (SALT) team will send families a booking link. After attending the group, the child's case will be closed to EY SALT. However, families can contact EY SALT up to four months after the final session to request a review if further support is needed.

Talk & Takeaways

10am–1pm

Starts 6 January and then fortnightly

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. For further information, please contact ankhplace@gmail.com or 07931 712508.

Strengthening Families, Strengthening Communities (SFSC)

10.30am–1.30pm

Starts 27 January



For parents/cares with children between the ages of 11–17

Course Duration:

- 3 hours per week, over 13 weeks
- Easy Booking:
- Sign up quickly through our simple online booking page

Celebrate Success:

- Receive a certificate and a

parent manual when you complete the course

About the Course:

SFSC is designed to help parents and carers strengthen family life, build confidence, and support children's wellbeing.

What You'll Gain

Build Relationships

- Nurture positive family connections
- Celebrate and value family and cultural traditions

Manage Emotions

- Learn strategies to manage anger and stress
- Use effective discipline approaches

Gain Skills

- Boost confidence and communication
- Understand your child's development

Support & Safety

- Recognise and respond to challenges
- Support your child's success at school
- Address bullying and online safety
- Feel more confident in your parenting role

Community

- Meet other parents and share ideas

What's Included

- Light refreshments
- Parent manual

For further details please contact parenting@newham.gov.uk

Speech & language Drop in

12.30-2pm



Do you have questions about your child's talking? Meet a speech and language therapist online. We can talk about any concerns you have and offer you advice to support your child's communication.

To book a appointment familyhub@newham.gov.uk
Call us: 020 3373 2555

Shape Up at Shipman: Small Steps, Big Changes

12.30-2.30pm



Starts 13 January

Join Our FREE 12-Week Weight Management Programme! Lose weight the fun way! Each session lasts 2 hours:

- First Hour: Interactive Workshop
- Second Hour: Active Session (e.g., Gym, Zumba, and more!)

Programme Details:

- Adults only (18+)
 - Commitment for 12 weeks
- Complete at least 8 weeks and enjoy:

- Discounted Newham Leisure Membership (includes gym, classes, and swimming)
- 10 FREE sessions at the community sauna

Eligibility:

- BMI of 25+
 - At least one health condition (e.g., high blood pressure, diabetes)
 - Postnatal participants: You can join after your 6-week GP check
- Interested? Register today!

Newham's Family Hub Activity Guide - 1 January-31 March 2026

Call: 020 3373 2555

Email: familyhub@newham.gov.uk

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.

Wednesday

Welcome Wednesdays

9.30am-12.30pm

Starts 7 January

Join us every Wednesday morning for FREE advice and support, to help you and your family thrive.

Drop in, meet our friendly team, and access multiple services in one place. All families are welcome. The building is step-free and buggy friendly.

What's On:

- **Family Navigators** - Family support guidance, 9.3-12pm
- **Our Newham Money** - Financial advice service, 10am-12pm
- **Food 4 Me Club** - Healthy eating workshops, 10.30am-12.30pm
- **CGL (Change Grow Live)** - Substance use support, 10am-12pm

- **DLR community ambassadors** speak to a member of staff about DLR services and projects
28 January, 25 February, 25 March

Specialist Health Visiting clinic

9.30am-2pm

Under 5s

Specially booked by our health visiting team.



Mencap SEND Dads support group

10am-12pm

7 January, 4 February, 4 March

Adults, parents can come with children 0-18

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



Childminders Stay and Play

10am-12pm

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

Perinatal Psychology Individual Sessions

10am-5pm



Pregnancy and up to 12-month-postnatal psychological interventions for birthing people and their partners struggling with mental health issues (e.g. fear of childbirth, depression, anxiety, attachment difficulties etc). Patients will be first admitted to Newham Perinatal Mental Health Team, which is an NHS community service, where they could self-refer. Telephone number: 020 7363 8801 and email address: elft.newhamperinatalreferrals@nhs.net - for further details.

FREE Cooking Class- Cook, Connect & Share!

10.30am-12pm
4, 11, 25 February
4, 11, 18 March



Adults only

- Drop in and prepare a delicious meal for your family completely FREE!
- All equipment and ingredients provided.
- No cooking experience needed just bring your enthusiasm!

For further information
familyhub@newham.gov.uk
020 3373 2555

Nutrition Kitchen Newbies

12.30-1.30pm



For new mothers with a history of gestational diabetes

12-week programme includes free healthy eating advice alongside baby massage, baby yoga classes and gym session. Call or email to book and for further information: 075 2658 0621 / 020 3793 5049
sandeep@nutrition-kitchen.co.uk

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

1.30-2.30pm



Starts 7 January

Fun, Support & Connection for Parents in Recovery

- Free gift for every 3 sessions you attend
 - Babies & toddlers welcome (under 5s)
- Bring your little ones and join us for:
- A fun activity
 - A weekly topic to explore
 - Time to share ideas and connect with others

How to Join

- Complete a quick [self referral](#) online
- Or ask a professional to refer you
- Simply scan the QR code to get started



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

Health Spot

4-8pm

Health Spot Newham is a free GP service for all young people aged 11 – 19 years, and up to 25 years with (SEND). To book a 30 minute appointment:

- Please include your name and contact details (phone or email)
- Scan the QR code or click here
- Or call, text or email Rose, a youth worker, on

07967 856 180

healthspot@newham.gov.uk



Thursday

First Steps (Music Session with Newham Music)

10am - Family Steps

11am - Mother's Ease

15, 22, 29 January

5, 12, 26 February

5, 12, 19, 26 March

Under 5s

Join us for **Family Steps**, a joyful mixed-age class for young children and their adults. Together you'll explore instruments, move your bodies, and enjoy songs, rhymes, and stories in a playful, welcoming space.

Mother's Ease:

Alongside the music, we offer a safe and nurturing environment where mums can connect, support one another, and celebrate their motherhood journey. To book or for further information newham-music.org.uk/our-projects/first-steps

Countdown to Cuddles

10-11.30a, 12-1.30pm and 2.30-4pm

Antenatal classes – Midwife-led: 6-week rolling programme

Join us for a supportive and informative journey as you prepare for the arrival of your little bundle of joy!

Programme Outline:

- Week 1: Ready, Steady, Baby! – Online or In-Person

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- Week 2: Feeding the Future – In-Person
- Week 3: Move for Two – In-Person
- Week 4: Empowered Birth – In-Person
- Week 5: Feeding with Confidence – In-Person
- Week 6: Mindful Mums & Dads – In-Person

No booking required – just drop in!
For more information call
020 3373 2555 or email
familyhub@newham.gov.uk

Antenatal Clinic

10am–4pm

Starts 8 January

This clinic is booked by midwives from Newham University Hospital, giving expectant parents an easy and welcoming place for their routine antenatal appointments. Here, we provide full antenatal care—checking on the health and progress of both mum and baby, carrying out important assessments, and offering helpful advice and support every step of the way.



Residents United Forum (RUF) – 3rd Annual General Meeting

**Registration 10.30am, starts 11am
26 February**

About RUF

Residents United Forum (RUF) is a registered charity dedicated to amplifying the voices of disabled people and their carers. Our vision is to establish a Deaf and Disabled Persons Organisation (DDPO) in

Newham, led and run by disabled people and their carers.

Join Us at Our AGM

We are delighted to invite you to our 3rd Annual General Meeting (AGM). This is a chance to:

- Hear about what we've achieved so far
- Learn more about our 10-year plan
- Discover how you can get involved by becoming a member or Trustee

Contact Us

Email: ruf23.info@gmail.com

Tel/Message: 07704 285020d

Parents in Mind

1–2.30pm

29 January, 26 February, 26 March

Join us for a welcoming space designed for parents in the early stages. It's a chance to chat, connect with others, and feel supported.

Enjoy a gentle gym session for you and your baby – boost your mood, reduce stress, and make time for yourself while bonding with your little one in a safe, supportive environment.

Please consult your healthcare professional before starting any new exercise programme, especially during pregnancy or after birth.

Booking is required. For more information or to reserve your space, contact Carol at parentsinmind.newham@nct.org.uk



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.



SEND Youth Inclusion Session

4-5.30pm

Term time only

Before sessions begin, we'll invite you to a short meeting. This is a chance for us to get to know you and complete your registration at the Youth Zone.

Eligibility

- SEND young person
- Eligible for Short Breaks
- 1:4 support ratio
- Lives in Newham
- Aged 10-18

Next Steps:

- Please complete an [Expression of Interest Form](#)
- A team member will contact you as soon as possible



Friday

Baby Feeding Café

10-11.30am

Starts 9 January

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



Debt Advice

10am-12pm

9, 23 January, 6, 13 February

Trained Advisers will carry out the initial assessments for clients who have debts, preparing documents for an initial advice appointment. They will also engage in conversations to build relationships with clients and teach them how to confidently use technology to access debt advice.



Clever Cloggs Curious Cubs

10.15-11am

16, 30 January, 13, 27 February, 13, 27 March

Come and join our Stay & Play Sessions! Get ready for fun-filled morning designed especially for toddlers, pre-schoolers, and their grown-ups! Our sessions create a warm and welcoming space where little ones can:



Newham's Family Hub Activity Guide - 1 January-31 March 2026

- Dive into hands-on activities
- Enjoy messy play
- Discover stories and songs
- Explore a wide range of toys and learning experiences

It's the perfect chance to:

- Support your child's early development
- Connect with other local families
- Experience the joy of nursery life in a relaxed, friendly environment

For queries: Clevercloggs-customhouse@hotmail.com

Call us on 020 7511 9126

Come and see us at Newham General Hospital

1.30-4pm

Starts 9 January

Meet some of the family hub team and learn about all the FREE sessions we have to offer also offering advice and support.

Talk About Parenting (TAP)

10.30am-12pm



30 January, 27 February, 27 March

Looking for free, helpful support as a parent in Newham?

- Drop in and discover the wide range of support available for parents of children aged 0-19 (or up to 25 with SEND).
- If you've joined a parenting group before, this is a great chance to reconnect with the Parenting Team and meet other parents in your area.
- A friendly, informal space held on the last Friday of every month.

For more information, email: parenting@newham.gov.uk

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.

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

Closure notice:

Monday 5 January 2026 (training)
Monday 2 March 2026 – The centre will be open, but no services will be running.

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

Key

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

All activities are subject to change.

MONDAY TO FRIDAY

Health Visitor Clinic
@ Sheringham Nursery

9am–12pm

Please speak to your health visitor for an appointment.

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

Monday

Childminder Stay and Play

9.30-11.15am

Term time only

Starts 12 January

Term time only



Story and Rhyme Time

10-11am

Term time only

Starts 12 January, no session on 2 March

Manor Park Library

Birth-5 years

Songs and creative activities in the library.



Stay and Play Baby Explorers

1.30-3pm

Term time only

Starts 12 January, no session on 2 March

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

Starts 6 January

Targeted service

Birth-5 years

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



Hestia Surgery

10am-4pm

Fortnightly, starts 13 January

Targeted service

Emotional and practical support for victims of domestic abuse.



CAMHS Consultations

10.30am-1pm

Starts 6 January

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



Stay and Play Baby Explorers

1.30-2.30pm

Starts 6 January

Term time only

Birth-18 months

Play and exploration session for babies.



Weaning Session

1.30-2.30pm

27 January, 24 February, 28 March

Led by the Health Visiting team.

Health visitor will attend Baby Explorers Group.



Wednesday

Stay and Play

9-10.30am

Starts 7 January

Term time only

Birth-5 years

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



Health Visitor Clinic

9.30-11.30am

14 January, 11 February, 11 March

Birth-5 years

Weighing and general check-up.



Tea and Talk

1-2.30pm

Starts 7 January

Term time only

Join the Tea and Talk group for a well-deserved time out.

Various activities and guest speakers. Crèche to be confirmed.



E-PAtS

1-3pm

21 January to 18 March

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



Thursday

Stay and Play

9-10.30am

8 January to 26 February

Term time only

Birth-5 years

Indoor and outdoor play in a good quality early years environment. Speech and Language therapist will attend the group on 5 February.



Little Rockets

9.30-10.30am

5-26 March

Targeted service, Invite only

Birth-5 years

4 weeks targeted intervention delivered by the Early Years SALT team to help parents support their child's communication and language development.



NCT Parents in Mind

10-11.30am

Every 2 weeks, starts 8 January

Term time only, Targeted service

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



Baby Feeding Cafe

10-11.30am

Come along early for support from our skilled infant feeding team, a cup of tea and chat with other parents. For 1-1 support 7 days contact Newham Baby Feeding Helpline: 07534 249 611
newham.gov.uk/babyfeeding.



Sister Circle: Preparation for Parenthood Programme

12.30-4.30pm

6 week programme

8 January to 26 February

Invite only

Programme offering emotional and practical support – including self-care, bonding techniques and life after birth while helping new parents connect with local families and build a lasting support network.



Active Stay and Play

1.30-3pm

Term time only

Starts 8 January

Jack Cornwell Community Centre

Birth-5 years

Stay and play with a focus on physical development.



Friday

Buttercups

9.30-11am

Dates to be confirmed

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.



Financial Resilience Programme

9.30am-2pm

Starts 16 January

Free advice and support with budgeting, debt, benefits, employment and access to essentials, helping families strengthen their finances.

NCT Infant Feeding Support

12-2pm

Starts 9 January, Term time only

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



Family Navigators

1-3pm

Starts 16 January

Family Navigators help families find and access support in Newham. Criteria for 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

Starts 9 January

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).





Newham
SHORT BREAKS
are excited to launch
the new **self-referral pathway**
5th December 12pm

For more information, please look up Short Breaks on
Newham's Local Offer

[Newham Families Advice and Support | Short Breaks](#)

The form will be located on the
How to access Short Breaks section

United West Children's Centre & Family Hub

Activities are held at:

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 February Half Term Programme (which is slightly different to the activities on offer during the term time).

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 January–31 March 2026

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.

Monday

Family Stay & 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 3 March (Staff Away Day).

Stay & Play

10-11.30am

12, 18, 26 January, 2, 9, 16, 23

February, 9, 16, 23, 30 March

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. Collect a Learning Bag in the session.

Dad's Nailing it (Father's Group)

10-11.30am

Rebecca Cheetham

1-4 years

New session. A space for father to come together to connect, spend quality time with their child/ren and celebrate the successes of being a great male role model.

Baby Feeding Cafe

10-12pm

Rebecca Cheetham

Come along early for support from our skilled infant feeding team, a cup of tea and chat with other parents. For 1-1 support 7 days contact Newham Baby Feeding Helpline: 07534 249 611
newham.gov.uk/babyfeeding

Stay & Play Baby Sensory

1-2pm

12, 19, 26 January, 2, 9, 16, 23

February, 9, 16, 23, 30 March

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. Collect a Baby Sensory bag in the Session.

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 3 March (Staff Away Day).

Baby Stay & Play (Singing and Story time)

1.30-2.30pm

Term time only

Rebecca Cheetham

0-12 months

A fun and interactive singing/ storytelling session designed for expectant parents and for parents and carers with babies who are crawling and cruising but not yet walking. First come first serve - first 12 families.



Consultation with Alex (Child and Adult Mental Health Service)

1.30-4.45pm

Rebecca Cheetham

Under 5s

Come along and speak with Alex (Early Years Specialist/Clinical Psychologist) and talk through any worries that is having an affect on the relationship with your child. 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.



EPAtS

9.30-11.30am

27 January, 3, 10, 24 February, 3, 10, 17, 24, 31 March

Kay Rowe

8 Week course for parents with children under the age of 5 who have learning or developmental disabilities.



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.



Bedtime Routine

10-11.15am

24 March

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.



Benefit Breakdown

10-11.15am

13 January

Rebecca Cheetham

Parents and carers

Join a member of the Family Support Team to help you help you understand and access the financial support you're entitled to. From government benefits to local grants and schemes. To book, Please call 020 8534 3136.

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.

Borrow a Learning Bag

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.

Little Talkers

10.15-11am

Kay Rowe

18 months-under 3 years

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.

Stay and Play

1-2.30pm

6, 13, 20, 27 January, 3, 10, 17, 24

February, 3, 10, 17, 24, 31 March

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. Collect a Learning Bag in the session.

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. Please call 020 8534 3136 for more information.

Wednesday

Let's talk Parenting!

9.15–10.30am

18 February

Rebecca Cheetham

Parents and carers

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



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

14 January, 11 February, 11 March
Kay Rowe

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

7, 21, 28 January, 4, 18, 25 February,
4 March (World Book Day), 18
March and 25 March (Eid party)

10–11.30am

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. Collect a Learning Bag in the session.



Early Positive Approaches to Support

10am-12pm

8 week course starts 21 January

Term time only

Rebecca Cheetham

Under 5s

The E-PaTS programme provides parents with space to share the joys and challenges they have faced and provides a practical toolkit to support communication and independence as well as strategies to minimise risks associated with challenging behaviour and support the whole family's wellbeing and resilience.



Physiotherapy Group

10.30-11.30am

Term time only

Rebecca Cheetham

Targeted service

Under 5s

Delivered by our Partner NHS Physiotherapists Team.



NCT Infant Feeding Peer Support Group

11.45am-12.45pm

Term time only

Rebecca Cheetham

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



SEND Stay and Play

1-2.30pm

7, 14, 21, 28 January, 4, 11, 18, 25

February, 11, 18 March

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.



NCT Parents in Mind

1-2.30pm

Term time only

Rebecca Cheetham

Parents in Mind provides support to all parents across Newham - mothers and birthing people, fathers and non-birthing parents.



Thursday

Connect with me



8, 15, 22, 29 January, 5, 12, 26

February, 4, 12, 19, 26 March

Kay Rowe

Delivered by the Speech and Language Team.

Stories and Rhymes

9.30-10.15am

8, 15, 22, 29 January, 5, 12, 26

February, 5, 12, 19, 26 March

The Gate Library

0-4 years

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

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.

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.

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

12 February

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

15, 29 January, 12, 26 February,

12, 26 March

Kay Rowe

0-2 years

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

Baby Massage

1.30–2.30pm

22, 29 January, 5, 12 February

Kay Rowe

6 weeks to 5 months

Learn the benefits of baby massage through positive touch. Learn massage strokes to aid baby's stimulation, bonding, sleep, colic, teething and digestion. To book, contact Farida on 0793 1554967.



Family Support Drop-in

9.30–10.30am

Term time only

Rebecca Cheetham

Under 5s

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



Baby Yoga

1.30–2.30pm

26 February, 5, 12 March

Kay Rowe

6 weeks to 5 months

Learn some relaxing yoga moves through gentle stretching and relaxation for you and your baby. We will also sing songs and rhymes that you will both enjoy! To book, contact Farida on 0793 1554967.



Family Navigators

9.30am–12.30pm

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 020 8534 4403 or 07931 554993.



Friday

Change, Grow and Live

9am–12pm

Rebecca Cheetham

Consultation with Anushi (Come and Talk through concerns relating to drug additional or alcohol use which is having an affect in your personal/ family life in a confidential and non-judgemental space. Booking required.



Citizen Advice Bureau

9.30am–12.30pm

Kay Rowe

Support for parents/carers with consumer issues, financial challenges, work related difficulties and housing advice.



Dads Stay and Play

10–11am

9 January, 6 February, 6 March

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.

Stay and Play Cooking

10–11.30am

16, 23, 30 January, 13, 20, 27
February, 13, 27 March

Kay Rowe

18 months–4 years

First 10 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.

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. To book, call 020 8534
3136.

Stay and Play Messy

1–2pm

9, 16, 23, 30 January, 6, 13, 20, 27
February, 6, 13, 27 March

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.

Domestic Abuse Support (Hestia)

1–3pm

Kay Rowe

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

Saturday

Gardening Project

10.30am–12.30pm

17 January, 7 February, 7 March

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.

February Half Term

Stay & Play

10-11.30am

Monday, 16 February

Wednesday, 18 February

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.



SEND Stay and Play

1-2.30pm

Wednesday, 18 February

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 Sensory

1-2pm

Monday, 16 February

Kay Rowe

Under 1 year

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



Stay and Play Cooking

10-11.30am

Friday, 20 February

Kay Rowe

18 months -4 years

First 10 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 & Play

1-2.30pm

Tuesday, 17 February

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.



Stay & Play Messy

1-2pm

Friday, 20 February

Kay Rowe

0-4 years

Let your child explore through their senses and develop their imaginative play.





SEND Advice Session

Got a question about your child's special educational needs or disabilities (SEND)? If you're a parent or carer, join our free drop-in session

FREE



Address: East Ham Library,
328 Barking Road, E6 2RT

When: 1st Wednesday of each month

Start date: Wednesday 12 November
2025

Time: 10am – 12.30pm

About the session

Come and speak to the Special Educational Needs and Disabilities (SEND) 0–25 Education Team for advice, guidance and information on local SEND support.

No booking needed – just drop in for a chat.

For more information, click [here](#) or scan the QR code.



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		East: Manor Park, Little Ilford and Green Street	
			
Rebecca Cheetham Children's Centre	Kay Rowe & Maryland Children's Centre	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

Little Voices, Big Talk



To register, scan
QR code or
click [here](#).

The power of picture books to grow conversations

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!

More than just reading a book

- ✓ Share closeness and fun
- ✓ No need to finish the book or read the words
- ✓ Use the pictures to spark conversation
- ✓ Conversations can start even before your child is talking - we'll show you how!

To find the nearest venue delivering this course, please register online using our QR code highlighted above

Free support for families at every stage
beststartinlife.gov.uk

Family Hubs contact:

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

newham.gov.uk/familyhubnetwork

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