



FREE SERVICES for families with children under 5



January - March 2018



Telephone 0207 474 0654
Email childrens.centre@ellenwilkinson.newham.sch.uk
www.bardcc.co.uk



Index

B Booking is essential

C Crèche facilities available

N New for 2018

I By invite only

T Term Time only

Meet the Minders

5 February
10.00am-12.00pm

B

Are you looking for childcare?

Do you like the idea of a home learning environment? If yes, please come along to our 'Meet the Minders' event, where you will be given an insight into a range of childminders settings and the opportunity to ask questions about the home learning environment.

Holiday Stay & Play

0mths – 8yrs
12 February
10.00am-12.00pm

Come and learn with your child through play and explore a range of different art activities that will support their development. Gain ideas to take home to extend your child's learning.

Relax for Birth

5 Or 12 January
11.00am-3.00pm

B

Relax for Birth sessions will prepare you for labour and birth. They are informative, fun and interactive. For more information or to book a place please contact the parent education team on 0207 363 8026.

Tuesday

Heuristic Play

Under 1 year / Pre-Walkers
10.30am-12pm

A session to support babies' innate desire to explore their natural world around them through a range of everyday objects and materials.

Sensory Play

Under 1 year / Pre-Walkers
11.00am-12pm

A session for children to further explore their senses through the exploration of a range of different sensory items in a well-equipped sensory room.

Runs alongside Heuristic Play and priority will be given to those within this session.

Coffee Afternoon

1.00pm-2.30pm
16 January

B C N

Topic: Motherhood & Post Natal Support

Come along to learn about the Support available when it comes to Motherhood. Share experiences with others and prepare for a positive birthing experience.

Beckton and Royal Docks Children's Centre



Monday

Childminders' Network

0mths – 8yrs
9.30am-11.30am

T

Welcoming registered childminders to come along and meet other childminders, access support and find out about training opportunities. Come and enjoy a variety of play and art activities with your children.

Messy Play

0mths – 4yrs
2.00pm-3.15pm

Explore many different activities including sand, water, play dough, painting and many more. Dress to get messy.



Conversation Café – Parenting

1.00pm-3.00pm

23 January



Conversation café is a friendly space where individuals can meet to share ideas, learn new skills and find solutions to challenges affecting our community, including: adult education, barriers to employment, cancer awareness, domestic and sexual violence, skills development, mental health issues including loneliness, parenting, prenatal and postnatal mental health.

Triple P - Power of Positive Parenting Seminar

30 January

1.00pm-3.00pm



This is a one of 2 hour session, which explores the Power of Positive Parenting. Positive Parenting is an approach to raising children that aims to promote children's development and manages behaviour and emotions in a positive and non-hurtful way. It is based on strong nurturing relationships, good communication and positive attention.

Coffee Afternoon

1.00pm-2.30pm

6 February



Topic: Child Development & Health

Part of our parent/carer support programme covering different topics identified through the needs of our users. This session we will be covering Child Development & Health – milestones, health reviews, Health Visitors offer.

Healthy Snacks – Pancakes

Half Term Fun!

1.00pm-3.00pm

13 February



Pancake Day celebrations and ideas on how to cook a simple pancake with your child to make a fun healthy snack! Children who have siblings up to 8 are welcomed!

Positive Parenting Discussion Groups – Dealing with Disobedience

27 February

1.00pm-3.00pm



This discussion provides examples of common forms of disobedience and some reasons why children have difficulty learning to follow instructions. A number of positive parenting strategies are then introduced to help parents develop a personal plan to prevent disobedience, teach their child limits, and also to manage disobedience when necessary.

Ladies Day

1.00pm-3.00pm

9 March



An enjoyable and relaxing afternoon for all the ladies to celebrate International Women's Day and Mother's Day. There will be tea and coffee provided, beauty treatments, arts and craft and a range information stalls. All mothers, carers and grandmothers welcomed!

Coffee Afternoon

1.00pm-2.30pm

13 March



Topic: Childcare Options

Part of our parent/carer support programme covering different topics identified through the needs of our users. This session we will be covering Childcare Options – what is available for you if you are returning to work, The 2 Year Old Free Entitlement, 30 Hours Free Education, Early Years Providers and Childminders within the area.

Toilet Training

27 March

1.00pm-3.00pm



Are you thinking of starting to potty train your child? Would you like some useful tips on how to begin potty training?

Come along to this two hour workshop where you can learn how to begin the process of potty training and gain useful tips.

Wednesday

Baby Club

Under 1 year / Pre-Walkers

2.00pm-3.00pm

An informal session for new parents / carers and their babies to meet and play. Giving the baby a range of stimulating resources to support their early developmental needs.

Oral Health

31 January

1.30pm-3.00pm

A session where you can get information and discuss all aspects of dental care for your child.

Within Baby Club

Health Advisory Clinic

10 & 24 January

14 & 28 February

14 & 28 March

1.30pm-3.00pm

Drop in clinic. An opportunity to have your baby's height and weight measured and discuss any concerns you may have with the Health Visitor. Please remember to bring your child red book along.

Triple P

10, 17, 24, 31 January, 7 February
& 7 March



Triple P group gives you a chance to learn and then practice new ways to develop the relationship between you and your child

Chatterbox

21 February
9.15am-11.30am



Do you have concerns around your child's speech? Come along with your child and receive advice from a speech therapist. Child needs to be 2 or 3 years at the time of appointment.

Appointment only please call to book.

Healthy Weight, Healthy Nutrition

7 March
1.30pm-2.30pm



Session led by the Health Visiting Team covering the following areas: Weaning – Introduction to solid food/family meals, Family Nutrition, Oral Hygiene, Healthy Eating, Bin the Bottle, I can use a big cup Feeding Myself and Fussy Eating.

Thursday

Stay & Play

0mths – 4yrs
10.00am-12.00pm

Come and learn with your child through play and explore a range of different art activities that will support their development. Gain ideas to take home to extend your child's learning.

Baby Explorers

3-18 months
2.00pm-3.00pm

Enjoy the experience of sensory play in a relaxed and friendly environment.

Oral Health

25 January
10.00am-12.00pm

A session where you can get information and discuss all aspects of dental care for your child.

Within Stay & Play

English Classes

Term Time Only
1.00pm-3.00pm



English classes teaching speaking, listening reading and writing. Giving you information & skills to help your child in school and giving you the opportunity to take up a City & Guilds qualification when you are ready.

Friday

Sing-along & Stories

1-4 years
9.30am-10.15am

An interactive singalong and story session with musical instruments and puppets. Please arrive promptly as this is a practitioner led session from start to end.

Baby Sing-along & Stories

Under 1 year / Pre-Walkers
10.30am-11.15am

Session for parents and babies under 1 to enjoy a variety of songs and stories. The session will include developing communication skills through key word signing.

Chatterbox

19 January Or 16 March
1.15pm-3.30pm



Do you have concerns around your child's speech? Come along with your child and receive advice from a speech therapist. Child needs to be 2 or 3 years at the time of appointment.

Appointment only please call to book.

Baby Massage

From 3 months, No walkers / crawlers
19, 26 January, 2 & 9 February
2.00pm-3.00pm



Baby massage is a 4 week course that offers a wonderful experience and a special time with your baby. There are lots of ways baby massage can benefit you & your baby, including: Better sleep, Soothing baby, Develop communication skills, and stimulate baby's brain development, through skin to skin contact.

Baby Sign-Along

Under 1's
23 February, 9, 16 & 23 March
2.00pm-3.00pm



Come along to learn about the world around you through the use of signs with your baby to promote early communication.

World Book Day Celebration - Mad Hatters Tea Party

2 March
1.00pm-3.00pm



Come along and join us on an adventure down the rabbit hole. Experience a fun filled afternoon tea party with the Mad Hatter and other characters from the magical wonderland that defies all logic! Come along as your favourite story character with a chance to win a prize! Spaces are limited so booking is essential!

Winsor Primary School



Monday

Stay & Play

0mths – 4yrs
9.30am-11.30am



Come and learn with your child through play and explore a range of different art activities that will support their development. Gain ideas to take home to extend your child's learning.

Oral Health

15 January
9.30am-11.30am

A session where you can get information and discuss all aspects of dental care for your child.

Within Stay & Play

Tuesday

Stay & Play

0mths – 4yrs
1.30pm-3.15pm



Come and learn with your child through play and explore a range of different art activities that will support their development. Gain ideas to take home to extend your child's learning.

Oral Health

27 March
1.30pm-3.30pm

A session where you can get information and discuss all aspects of dental care for your child.

Within Stay & Play

Thursday

Music & Movement

10.30am-11.30am



A session for children and parents/carers to get active using different types of dance and musical instruments (indoor/outdoor based activities).

Pier Parade



Lending Library @ Pier Parade

A range of toys/resources for children aged 0-5 to promote home learning, parents can loan resources on a weekly basis to continue the learning in the home environment.

Monday

Baby Club

Under 1 year / Pre-Walkers
10.30am-12.00pm

An informal session for new parents / carers and their babies to meet and play. Giving the baby a range of stimulating resources to support their early developmental needs.

Discovery Play for Toddlers

12months+
1.30pm-2.45pm

A programme supporting your toddler to "Discover and Explore". An opportunity to explore, use and experiment with a range of natural and everyday objects. Developing imagination, problem solving, motor skills and much more.

Oral Health

12 March
10.30am-12.00pm

A session where you can get information and discuss all aspects of dental care for your child.

Within Baby Club

Stay & Play

0mths – 4yrs
10.00am-11.30am

Come and learn with your child through play and explore a range of different art activities with your children.

Oral Health

20 March

10.00am-11.30pm

A session where you can get information and discuss all aspects of dental care for your child.

Within Stay & Play

Tuesday

Stay & Play

0mths – 4yrs

10.00am-11.30am

Come and learn with your child through play and explore a range of different art activities with your children.

Oral Health

20 March

10.00am-11.30pm

A session where you can get information and discuss all aspects of dental care for your child.

Within Stay & Play

Toddler Soft Play

1 - 2 years

1.30pm-3.00pm

Aimed at new walkers and confident crawlers to explore their physical movement through soft play such tents, tunnels, steps and ball pit.

N

Wednesday

Baby Massage

From 3 months, No walkers / crawlers

14, 21, 29 March & 4 April

10am-11am

Baby massage is a 4 week course that offers a wonderful experience and a special time with your baby. There are lots of ways baby massage can benefit you & your baby, including: Better sleep, Soothing baby, Develop communication skills, and stimulate baby's brain development, through skin to skin contact.

B

Thursday

Sing-along & Stories

1-4 years

1.30pm-2.30pm

A sing-a-long session with musical instruments & puppets, including story time.

Friday

Messy Play

0mths – 4yrs

10.00am-11.30am

Explore many different activities including sand, water, play dough, painting and many more. Dress to get messy.

Richard House Children's Hospice



Beckton & Royal Docks Children's Centre with the support of Edith Kerrison Children's Centre, are now pleased to be working in partnership with Richard House Children's Hospice in Beckton. We will initially be delivering play and learning sessions at this site and hope to develop this partnership further in the future to deliver Newham's Best Start in Life Guarantee.

Wednesday

Sensory Storytelling & Singalong

1-4 years

2.00pm-3.00pm

An interactive sensory singalong / story session. Please arrive promptly as this is a practitioner led session from start to end.

Spaces are limited for this session.

Thursday

Messy Play

0mths – 4yrs

2.00pm-3.15pm

Explore many different activities including sand, water, play dough, painting and many more. Dress to get messy.

Due to the nature of Richard House and the needs of the children who are accessing their residential services we kindly ask that parents / carers refrain from attending any sessions here if you or your child are unwell to avoid the risk of passing on any further illnesses and infections.

Please remember to bring your Children's Centre membership card with you to all sessions.



To register you will need to bring your child's birth certificate, two proofs of address dated within the last 3 months and photo ID for yourself. Please speak to a member of staff for acceptable documents.

About our groups

We have limited spaces for all of our groups; all groups are on a first come first serve basis unless it is a booking only group. During the winter months we have fewer spaces available as less families want to use the outdoor area. If you are turned away from a group it is because there is a valid Health & Safety reason, we need to ensure that the environment is not overcrowded and is effective and safe. Buggies & prams need to be left outside for health & safety purposes.

Please note the use of mobile phones/tablets/camera devices is not allowed during sessions in the centre and garden – this is due to safeguarding purposes.

Awards that we have gained



Families First
Quality Award

Little Ellies Childcare

Little Ellies Childcare is based at the Children's Centre as part of Ellen Wilkinson Primary School. Offering a stimulating and positive place for children to learn, grow and succeed. We have been judged as

"Good" by Ofsted. Little Ellies Childcare is open from Monday to Friday from 8.00am to 6.00pm, 51 weeks a year. If you would like more information please enquire at Little Ellies Childcare by calling in person or telephone: 0207 511 9414 and ask for Kerry, or email:

childcare@ellenwilkinson.newham.sch.uk

You can also get an application pack from the Children's Centre.



Early Education Grant

If your child is approaching their 2nd birthday, you may be eligible for 15 hours per week, free nursery place. Please contact the Two Year Old Childcare Team on 020 3373 0980 or check eligibility online www.newham.gov.uk/twoyearoldchildcare. If you are a working parent or looking to return to work then you may qualify for the 30 hours free childcare, please check your eligibility on www.childcarechoices.co.uk.

Bookstart Gifting

Free books to support you to enjoy books with your child from an early age. You should of received your Bookstart Baby Pack (0-2 years) from the Health Visitor, and Bookstart Treasure Pack (3-4 years) through your child's nursery, if you have not then come along to one of our sessions to collect one and remember to bring your red health book.

Facebook & Twitter

Want to keep up to date with all our latest news? Please follow us on our facebook page: Beckton & Royal Docks Children's Centre or Twitter: @BaRDCC

How we plan – EYFS

The Early Years Foundation Stage (EYFS) sets standards for learning, development and care for children from birth to 5 years. This supports your child to be school ready.



Five to Thrive

Five to Thrive is our new approach we use for planning and delivering sessions and it is based on brain development. There are 5 key areas that make up the 'blocks for a healthy brain'

Looking to Volunteer?

Can you spare a few hours a week to volunteer in your community or Children's Centre.

We offer:

- CPD certified programme of free training, supporting you to deliver services to families with children under five.
- Free DBS

For more information contact:

Early Start on 020 3373 0580 or email:

EarlyStartVolunteers@newham.gov.uk or apply online at

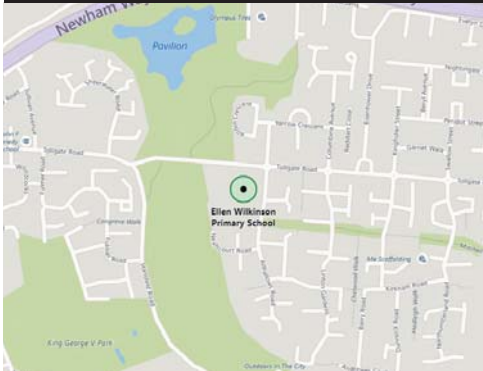
<https://www.earlystartgroup.com/volunteering>

Clothing Bank

Clothing for children under 3 available please enquire at the centre.

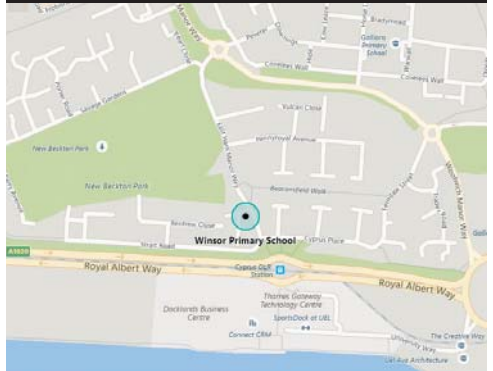
Where to find us...

Beckton and Royal Docks Children's Centre



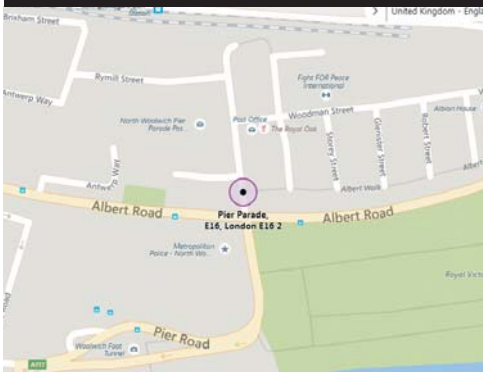
Ellen Wilkinson Primary School,
Tollgate Road, Beckton, London E6 5UP
Bus Routes: 300 & 262

Winsor Primary School



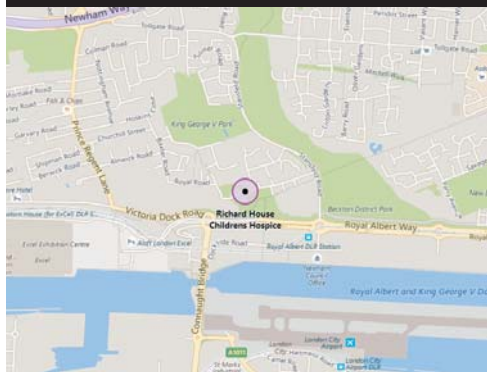
Winsor Primary School,
East Ham Manor Way, London E6 5NA
Bus Routes: 101, 366, 376 & 474

Beckton and Royal Docks Children's Centre Services

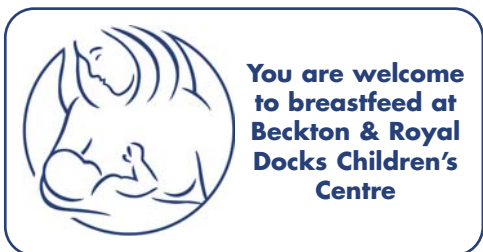


Rear Of, 4 Pier Parade, North Woolwich,
London E16 2LJ
Bus Routes: 473 & 474

Richard House Children's Hospice



Richard House Drive, Beckton,
London E16 3RG
Bus Routes: 300 & 376



Opening hours

We are open from 9am – 4.30pm Monday to Friday

Important Dates for Your Diary

The Centre will be **CLOSED** the following dates;
Bank Holiday - Friday 30th March