

Forest Gate Children's Centre  
Kay Rowe and Maryland  
January - March 2017 Activity Brochure

Free services for children  
under five and their families  
living in Newham



**Kay Rowe**  
Osborne Road, Forest Gate E7 0PH  
Tel: 020 8534 4403  
[www.kayrowe.newham.sch.uk](http://www.kayrowe.newham.sch.uk)

**Maryland**  
Buxton Road, Stratford E15 1QX  
Tel: 020 8534 8351  
[www.maryland.newham.sch.uk](http://www.maryland.newham.sch.uk)

# Welcome

Everyone who has a child under 5 years old in their family and living in Newham are welcome to use our services. Some of our groups need to be booked in advance. We provide a free crèche for most of our classes for adults. You will be asked to register your child in the crèche when you book on a course. It is best that you book early as places in our crèche are limited.

## Our new Children's Centre – Kay Rowe

Building work will commence in January for our new Children's Centre. We are anticipating the completion of the new centre by April!

During this time we will be delivering services from:

1. Woodgrange Baptist Church
2. The Gate Library
3. The Lodge, Forest Lane Park
4. Park Primary School

The addresses of all the above venues are on the back of this brochure.

We thank you for your patience throughout this period and look forward to welcoming you to our new centre after Easter!

If you need any further information please call Kay Rowe on 020 8534 4403

Also do look on our Children's Centre website for further updates  
[www.kayrowe.newham.sch.uk](http://www.kayrowe.newham.sch.uk)

## Half Term activities at Kay Rowe

Due to ongoing building works half term activities might be subject to change and will take place at Kay Rowe. So please call the centre before attending.

**020 8534 4403**

Thurs 16 Feb	11-12.30pm	Cook and Eat	Booking Required
Fri 17 Feb	10-11am	Messy Play	

# Monday

## Kay Rowe

### Outdoor Play at Kay Rowe

10-11am



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

First 10 toddlers and parent/carer.

### Stay and Play at The Lodge

1-2.45pm

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 activities.

## Maryland

### Messy Mondays (1-3 yrs)

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 for you and your child, as you will get messy!

### Baby Group (3-12 months)

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.



**B** Booking required

# Tuesday

## Kay Rowe

### Group Triple P at Park Primary School

31 Jan, 7, 21, 28 Feb and 28 Mar  
9.15-11.15am

**B**

Strategies to promote your child's behaviour and enhance your parenting.

Free crèche but places are limited.

### Developmental Health Reviews

17 Jan, 21 Feb and 21 Mar  
1-2.45pm

Session delivered by Lord Lister Health Centre.

By appointment only

### Story Telling at The Gate Library

10.30-11.30am

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

### SEND Coffee Morning

24 Jan, 7, 28 Feb 14 and 28 Mar  
9.15-10.30am

If you have a child with additional needs and are not sure about services that are available, then come along to this session and speak to Josie.

### Little Explorers at Woodgrange Baptist Church

1-2.30pm

This is a Stay and Play session for 2yr olds and under, with plenty of opportunities to encourage their independence as they freely explore.

### Triple P Seminar at Woodgrange Baptist Church

28 Feb, 7, 14 and 21 Mar  
1-3pm

**B**

Strategies to promote your child's behaviour and enhance your parenting skills.

Free crèche but places are limited.

## Maryland

### Let Me Communicate

9.15-11.15am

31 Jan, 7, 21, 28 Feb, 14 and 21 Mar

These speech and language sessions are for children with special needs.

By appointment only

### 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.



# Wednesday

## Kay Rowe

### Childminders' Network at The Lodge

9.15-11.15am

A forum for childminders to network, access advice, training, and information.

### SEND Stay and Play at The Lodge

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.

### Stay and Play at Woodgrange Baptist Church

1-2.45pm

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 activities.

Health Visitors will also be delivering the following topics as part of their **Building Community Capacity** project within the Stay and Play session:

1.30-2.30pm

- 11 Jan Transition to parenthood
- 18 Jan Breastfeeding Workshop
- 25 Jan Safety and accident prevention group
- 1 Feb School Readiness
- 8 Feb Maternal Mental health
- 22 Feb Nutrition

### Chatterbox at Kay Rowe

15 Feb

9.15-11.45am

Come and speak to a specialist if you are concerned about your child's speech. For children aged 2-3yrs 11months.

**B** Booking required

## Maryland

### 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.

### Child Health Advisory Clinic (0-5 years)

18 Jan, 15 Feb and 22 Mar

1.30-3pm

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

### Baby Massage (2-7 months)

15, 22 Feb, 1 and 8 Mar

9.30-10.30am

**B**

Learn the benefits of baby massage through positive touch. Learn massage strokes to aid baby's stimulation, bonding, sleep, colic, teething and digestion.

### Baby Yoga (2-7 months)

15, 22, and 29 Mar

9.30-10.30am

**B**

Learn some relaxing yoga moves through gentle stretching and relaxation techniques that offer you and your baby physical stimulation. We will also sing songs and rhymes that you will both enjoy.



# Thursday

## Kay Rowe

### Treasure babies at Woodgrange Baptist Church (under 1yrs)

10-11am

Let your babies explore through their senses and a chance for you to meet other parents.

First 10 babies and their parent/carer

### Stepping Stones Group Triple P at Odessa Primary School (2-12 yrs)

1.30-3pm

Evidence based parenting programme which specifically addresses the needs of families with children with additional needs.

Free crèche but places are limited.

For more information contact Josie on 020 8534 4403

### Family Learning Numeracy at The Lodge

1-2.30pm

2, 9, 23 Feb, 9, 16, 23 Mar

Fun, interactive, numeracy course for parents/carers and their toddlers, to support their child's learning.

### Soft Play at Woodgrange Baptist Church

1-2pm

Come and enjoy a soft play experience, where children can have fun and enhance their physical development.

First 18 babies (over 6 months)/toddlers and their parent/carer.

## Maryland

### Legal Advice

5 Jan, 2 Feb and 2 Mar

Duncan Lewis Solicitors are offering a 30 minute free advice consultation for any matters with family law such as domestic violence, divorce, public law, housing and immigration.

### Chatterbox

19 Jan

9.15-11.45am

Come and speak to a specialist if you are concerned about your child's speech. For children aged 2-3yrs 11months.

### Parentgym

26 Jan Taster session 1-2pm

2, 9, Feb, 2, 9, 16 and 23 Mar 1-3pm

Come along to the taster session on 26 Jan and find out what Parentgym is all about. If this is the course for you then book your place on the six week course. These sessions will be practical and interactive to help parents develop the skills and confidence needed to tackle the daily challenges of raising children and family life.

Free crèche, but places are limited



**B** Booking required

## Kay Rowe

### Stay and Play at Park Primary School

**13, 27 Jan, 10 Feb, 3, 17 and 31 Mar**  
**9.30-10.30am**

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.

Mathews Park Avenue, Stratford E15 4AE  
Tel: 020 8534 4065

### Messy Play at The Lodge

**9.30-10.30am**

Come and have fun! We will take you into a whole new world full of imagination and creativity. Please remember to bring a change of clothes for you and your child as you will get messy!

### Baby Massage (2-7 months) at The Gate Library

**3, 10, 24 Feb and 3 Mar**  
**1-2pm**

**B**

Learn the benefits of baby massage through positive touch. Learn massage strokes to aid baby's stimulation, bonding, sleep, colic, teething and digestion.

### Baby Yoga (2-7 months) at The Gate Library

**10, 17 and 24 Mar**  
**1-2pm**

**B**

Learn some relaxing yoga moves through gentle stretching and relaxation techniques for you and your baby. We will also sing songs and rhymes that you will both enjoy.

### Treasure babies (under 1yrs) at Woodgrange Baptist Church

**1.30-2.30pm**

Let your babies explore through their senses and a chance for you meet other parents.

[First 10 babies and their parent/carer.](#)

**B** Booking required

## Maryland

### Childminders' Network

**9.15-11.15am**

A forum for childminders to network, access advice, training and information.

### 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.



# Saturday

## Kay Rowe

### Gardening Project

11 Feb and 4 Mar  
10.30am-12.30pm

Enjoy the outdoors, come and plant bulbs, vegetables etc.

### Family Time

28 Jan and 25 Mar  
10am-12 noon (Times may vary, so please check before attending).

This is a group for parents/carers and children who have additional needs. You can also access expert advice about resources, groups, services etc.

### Dad's Time

18 Mar  
10am-12noon (Times may vary, so please check before attending). **B**

This session is for dads, granddads, uncles, and brothers to come and play and enjoy activities such as cooking, arts and crafts and lots more.

### Family Cooking

4 Feb  
11-12.30pm **B**

Come and celebrate Chinese New Year. We will prepare, cook and enjoy a healthy stir fry!

### International Women's Day

11 Mar  
11-3pm

Range of stalls, henna, massage, refreshments and lots more.

For women and children only.

To book a stall contact Kay Rowe 020 8534 4403

**parentgym**  
FOR PARENTS WHO CARE

Parentgym's free six week parenting programme helps parents to develop the skills to provide a nurturing family environment. This enables their children to make the most of all the learning opportunities which school offers. Sessions are practical, enjoyable and interactive and are supported by specially designed magazines.

For more information contact Farida Patel at: Kay Rowe 0208 534 4403 or Maryland 0208 534 8351

## About Bookstart

Discover the fun of sharing and reading books together. Bookstart gifts free books to all children at two key ages before school to help families read together every day and inspire children with a rewarding love of books.

Bookstart want every child in the UK to develop a lifelong love of books.

Has your baby/toddler received their free bookstart pack? If not, then come and speak to a member of staff.

Please bring along your child's red health record book.





## Best Start in Life Guarantee

The guarantee that Newham council has proposed to make to families with children aged 0-5.

The guarantee focuses on high quality parenting support, health and development support and improved access to childcare.

This is a joined-up offer of services to Newham's residents including early education, health and childcare.

## Parent Play and Talk

This six week programme is delivered on a 1:1 basis in your home.

Parents can learn techniques to encourage their child's speech through play.

Why not contact: Josie, Eduardo or Farjana at Kay Rowe.

Sophia at Maryland.

## Newham community breastfeeding drop-in group

Monday 9 Jan - 27 Mar 2017

Time: 2-4.30pm

Venue: Rebecca Cheetham  
Children's Centre  
Marcus Street  
Stratford E15 3JT

Please contact the Parent Education Team for more information on 0207 363 8026.

## Baby Clothes Bank at Maryland

Do you have any new, newly new or good quality second hand children's clothes from 0-5 years? We kindly welcome all donations from parents. We will hold our baby bank sale to sell baby clothes and items at a low price. Come and grab yourself a bargain! We also give away clothes for parents that need additional support.

(Please contact our Outreach Officer Sophia Skeen at Maryland Children's Centre to book an appointment).

## Family Support Information and Advice

Do you need support with:

- housing
- childcare
- domestic violence
- benefits
- nutrition
- speech and language
- training
- support for children/adults with additional needs?

Then come and speak to:

Ana France, Josie Brown, Farjana Hussain, Eduardo Da Costa, Farida Patel at Kay Rowe on 0208 534 4403

Sonia Thomas, Diana Malcolm and Sophia Skeen at Maryland on 0208 534 8351

## Early Help

We can offer help from 0-5yrs at any stage, so please do come and speak to us no matter how small your worry is!

## Toy Library at Maryland

The toy library provides resources to introduce parents and children to early years learning and development. Children can borrow a book and one toy for up to one week.

## Attention parents!

More children are eligible for Free Early Education for 2 year olds.

Your child may be entitled to up to 15 hours per week of free early education, starting the term after their second birthday. This is subject to meeting qualifying criteria.

For more information contact:

Your local Children's Centre or online [www.newham.gov.uk/twoyearold](http://www.newham.gov.uk/twoyearold)

## Is your child 2yrs old or under

Are you concerned about your child's development? Do you need advice on bedtime routines, nutrition or toilet training? Then call Kay Rowe to book an appointment with Anna Tschani, Community Nursery Nurse. Appointments will be for Monday afternoons between 1.30-3pm.

## Childminders

Are you a parent looking for childcare or to become a childminder? Are you looking for support, advice on training and information?

Then Contact: Jennifer Walcott at Kay Rowe 0208 534 4403

Farida Patel at Maryland 0208 534 8351

## Volunteering opportunities

Can you spare a few hours a week volunteering in your local area?

Newham's Best Start in Life (BSiL) offer provides access to early education, childcare and health services to families with children under five.

Relevant training will be provided.

For more information or to book an induction, please contact the Early Start Volunteer Engagement Worker

on 020 3373 0580 or email:

[EarlyStartvolunteer@newham.gov.uk](mailto:EarlyStartvolunteer@newham.gov.uk)

## Midwifery Sessions

### Maryland Children's Centre

#### Antenatal Classes

Thurs 2 Feb	10-4pm
Fri 3 Feb	10-4pm

#### Waterbirth Workshop

Thurs 9 Feb	10-12.30pm
Thurs 9 Mar	1.30-4pm

#### Relax for Birth Session

Fri 20 Jan	11-3pm
Tue 24 Jan	11-3pm
Thurs 23 Feb	10-2pm
Thurs 2 Mar	11-3pm

### Kay Rowe Children's Centre

#### Dadi Antenatal Classes

Sat 25 Feb	10am – 4pm
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The above sessions are delivered by midwives.

Booking is required

Please call Yohana on 0207 363 8026



**You are welcome to  
breastfeed at  
Kay Rowe and  
Maryland Children's  
Centre**



**Newham's Healthy Children Centre Award**

As recognised by the Early Start Community Nutrition Team

**Kay Rowe has achieved the Newham  
Healthy Children's Centre status.**

## Group Triple P

A Positive Parenting Programme group session could help you enhance your parenting skills. Groups discuss how parents can work with their children using tried and tested parenting techniques.

You will be able to use strategies to support your child's sleep routine, behaviour, teach new skills and much more. Crèche will be provided.

For more information contact Ana / Farida on 0208 534 4403 or Sonia 0208 534 8351

## Made of Money

These sessions will help you to understand your finance, debt and how to manage your budget.

By attending these sessions you will gain confidence, learn for the future about money and share top tips to beat the big brands!

For more information contact Ana on 0208 534 4403, or Maryland on 0208 534 8351

## Stepping Stones Group Programme

Stepping Stones Triple P specifically addresses the needs of families who have a child with additional need aged 2-12yrs.

You will learn how to manage behaviour problems and developmental issues common amongst children with additional needs. How to take care for yourself reducing parenting stress, develop a close relationship with your child and lots more.

For more information contact Josie on 0208 534 4403.



## Community Events at Forest Gate Children's Centre

### Maryland

- |    |          |                             |
|----|----------|-----------------------------|
| 28 | January  | Chinese New Year            |
| 14 | February | Friendship (Valentines) day |
| 17 | February | Acts of Kindness            |
| 28 | February | Pancake day                 |
| 20 | March    | First day of spring         |
| 26 | March    | Mother's day                |

### Kay Rowe

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|---|-------|-----------------------|
| 2 | March | World Book Day 10-2pm |
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Please bring your Family Membership Cards when attending sessions at the centre. If you need to apply, please ask at reception.

Why not take a photo of your cards on your phone, so if you forget your cards at home, we can always track them on your phone?



