Healthy Start Vitamins

If you are pregnant or have children under the age of 5

You can pick up **FREE** vitamins from our Children's Centre on a Monday, Wednesday or Friday between the times of 9:00am to 12:00 noon and 1:00pm to 3:00pm.

Useful Phone Numbers

Health Visitors, Infant Feeding and Family Nurse Partnership: 020 3373 9983/9984 Support and information from pregnancy to school entry.

Newham Talking Therapies: 0208 475 8080 Help with worry, anxiety and phobias. Also provides employment and welfare support.

Magpie Project: 0756118082 Practical support and advice for mothers and children under 5 in temporary or insecure accommodation in Newham.

Newham Rise: 0800 652 3879 Drug & Alcohol recovery service.

Hestia Newham: 0808 196 1482 (option 3) For support services, 24 hour helpline.

Shelter: 0808 800 4444 Advice and support to anyone facing homelessness.

Speech and Language Therapy: 02085866262/ 02085866380

October Half Term Activity

Trip to Cookies Island- Galleons Reach in Beckton

Cost: To be confirmed
Date: Friday 30th October 2026

Please ask for a letter for further details for this trip. Your place can only be confirmed once payment has been made.

Infant Feeding and Breastfeeding Support Helplines and Contact

- **Newham Infant Feeding Helpline:** 0300 330 0700, open daily from 8am to midnight, including bank holidays
- **Email support:** newham.infantfeeding@nct.org.uk
- **Newham Baby Feeding Team:** 07534 249 611, baby.feeding@newham.gov.uk

Parents can access peer support drop-ins and baby feeding cafés across Newham, including:

- East Ham Library, Wednesdays
- Rebecca Cheethem Children's Centre, Mondays and Wednesdays
- Sheringham Nursery School, Thursdays
- Shipman Youth Zone, Fridays
- Online Family Information Service, Tuesdays
- These sessions provide a safe space to share experiences, receive guidance, and connect with other parents

Plaistow Primary School & Children's Centre

Plaistow Children's Centre Activity Calendar

October to December 2026

Junction Road, Plaistow, E13 9DQ

0208 548 5620 (Option 3)



Please note our centre closure dates:

Christmas Break from: 21st December 2026 to 4th January 2027

Bank Holiday: 25th and 26th December 2026

Monday

Vitamins Collection available from 9:00am till 12:00noon and 1:00pm till 3:00pm

Babies Stay and Play -Sensory Play for under 18 months 9:30am to 10:30am
Sensory development activities that are great fun for parents and babies to share. First 10 babies only.

Breastfeeding and Infant Feeding Support Session: 10:00am -11:00am

Learning Bags 10:00am to 11:00am Borrow learning bags for up to two weeks. Our learning bags are provided to support your child's learning at home. Our learning bags, toys and activities are for you to enjoy with your child, to develop their language, imaginative play and social interaction skills.

Family Stay and Play- with Toy Library for under five years (*Bookable session*) 1:45pm to 3:15pm
Exploring different activities Including sand, water, play dough, painting and many more. You can borrow toys for up to two weeks from the Toy Library. Our sessions take place in an outdoor environment. We provide a range of stimulating activities and experiences to support children's physical development. Please dress in accordance with the weather.

No Entry to the play sessions 30 minutes after the session starts.

Tuesday

Ante- Natal Clinic (9:00am to 4:00pm) Invitation only.

Wednesday

Vitamins Collection available from 9:00am till 12:00noon and 1:00pm till 3:00pm

Family Stay and Play- Messy Play with Toy Library for under five years 9:30am to 11:15am (*Bookable session*) **Term Time** Join us for an enjoyable and stimulating session, the activities are planned to provide learning and sensory opportunities. Explore a calm and relaxing environment for you and your child in our newly developed ZEN garden (resources funded by People Powered Places).

Child Health Advisory Clinic
(Bookable session) 9:30am to 12:00
2nd Wednesday of each month. Call SPOA on 020 3373 9983 to book.

Family Stay and Play session with Toy Library for under five years (*Bookable session*) 1:45pm to 3:15pm **Term Time**
Exploring different activities including sand, water, play dough, painting and many more.

ESOL Classes *(Bookable session with no creche)*
1:15pm to 3:15pm **Term Time**
We have a waiting list for our ESOL class. Please call the centre for more information.

Thursday

Parenting Workshops
(Bookable sessions) Call to enquire about the sessions available, dates and times.

Little Talkers **Term Time**
(*Referral invite*) 1:30pm to 2:30pm
From 18 months to 3 years.
Four sessions focussing on supporting your child's communication and language development.

Occupational Therapy Parent Coaching Workshops
(Referral Invite) 1:30pm to 2:30pm

Hopscotch Sessions (Referral Invites Only)

Friday

Vitamins Collection available from 9:00am till 12:00noon and 1:00pm till 3:00pm

Plaistow Library
Family Stay and Play- Story Time Session 10:00am to 11:00am Venue: North St, London E13 9HN
Using puppets, instruments and learning new rhymes and songs for everyone to enjoy.

Physiotherapy Clinic (Invitation Only) 1:00pm to 4:00pm- Fortnightly Please contact the centre for more information

Family Support Surgery
(*Bookable session*) 1:30pm to 3.30pm
If you would like to speak to a member of our Support Team about anything affecting your family life, please contact our Centre to book a session.