

Family Learning Week in Newham

Saturday 7 - Sunday 15 October

Saturday 7 October

Activity: K'Nex challenge for dads and kids

Venue: Manor Park Library

Time: 10.30am - 11.30am and 1.30pm - 2.30pm

Details: Storytelling for dads and children in the Little Ilford area, followed by a construction session with a K'Nex kit to build a storybook character together.

Ring ES Little Ilford on 020 8430 2626 or ES Plashet on 0208 430 2626 to book your place. Alternatively, ring 0775 766 636.

Monday 9 October

Activity: Learn to face-paint with your child

Venue: Susan Lawrence Centre

Time: 1pm - 3pm

Details: A fun, interactive workshop for parents and children in Little Ilford, that teaches both you and your children how to face-paint. Be prepared to get messy!

Ring ES Little Ilford on 020 8430 2626 to book your place.

Activity: The Red Room – parent and toddler fun

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

Time: 9.15am - 11.15am and 1pm - 3pm

Details: A range of art and messy play activities both indoors and outside for parents and children. Access to nursery nurses to discuss developmental and learning practices.

Ring RCNEC on 020 8534 3136 for details.

Activity: Baby chat

Venue: Play and Training Centre, ES Stratford, Abbey Lane, E15 2SD

Time: 10am - 12noon

Details: A chance for mums, grandmothers and foster carers to meet & discuss babies' development issues like sleeping and teething. This includes activities for the babies to explore and parents to observe.

Ring ES Stratford on 0208 430 3221 to book your place.

Activity: Lunch club

Venue: Play and Training Centre, ES Stratford, Abbey Lane, E15 2SD

Time: 12noon - 1.30pm

Details: This cooking, chatting 'n' eating session follows baby chat.

Ring ES Stratford on 0208 430 3221 to book your place.

Activity: Move IT bus

Venue: Sandringham School, Sandringham Road, E7 8ED

Time: 9.30am - 12noon

Details: Once a week drop-ins for parents for all this term. Everything from computing for beginners through web design to a Clait certificate.

Ring ES Plashet on 020 8503 5217 for details.

Tuesday 10 October

Activity: Story trail: family story

Venue: Manor Park Library

Time: 1pm - 2.30pm

Details: Storytelling for Little Ilford parents and children based round your own family experiences and building up to a family storybook.

Ring ES Little Ilford on 020 8430 2626 to book your place.

Activity: Cook and eat

Venue: Community Road Centre, Community Road, Stratford, E15 1HT

Time: 10am - 12noon

Details: A fun interactive session for carers and children to make healthy recipes to take home to all the family.

Ring ES Forest Gate Plus 020 8430 2169 to book a place.

Activity: The Red Room – parent and toddler fun

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

Time: 9.15am - 11.15am and 1pm - 3pm

Details: A range of art and messy play activities both indoors and outside for parents and children. Access to nursery nurses to discuss developmental and learning practices.

Ring RCNEC on 020 8534 3136 for details.

Activity: Strengthening families, strengthening communities

Venue: Newtec, Deanery Road, Stratford, E15 4LP

Time: 10am - 1pm

Details: An accredited 12-week parenting course focusing on your relationship with your child. Each session concentrates on a different subject.

Ring ES Forest Gate Plus 020 8430 2169 to book a place

Activity: Dump the dummy, bin the bottle

Venue: Kids World at St Antony's Primary School, Upton Avenue, E7 9PN

Time: 10am - 11am

Details: A group session giving advice and useful tips on how to encourage your child to give up the dummy and the bottle.

Ring ES Forest Gate Plus 020 8430 2169 to book a place.

Activity: Children's wellbeing class

Venue: Oliver Thomas Nursery School, Matthews Avenue, E6 4BU

Time: 9.15am - 11.15am

Details: An opportunity to learn about ways of ensuring your child's wellbeing, the optimum state for your child to develop and thrive.

Ring ES Vicarage on 020 8430 2193 or Oliver Thomas on 020 8552 1177 to book your place.

Wednesday 11 October

Activity: Teddy bears picnic

Venue: Field Community Centre, Station Road, Forest Gate, E7 0AE

Time: 1.30pm - 3pm

Details: An opportunity for carers and children to play, cook, talk and learn about healthy eating.

Ring ES Forest Gate Plus 020 8430 2169 to book a place.

Activity: Cooking with your kids

Venue: Froud Centre

Time: 11.30am - 1pm

Details: A hands-on session for parents and children from Little Ilford, encouraging children to get involved with preparing healthy fun food. Includes storytelling and singing.

Ring ES Little Ilford on 020 8430 2626 to book your place.

Activity: Child's play

Venue: St Edmund's Church, Katherine Road, E7 8NP

Time: 10am - 11am

Details: Practical, fun support for parents to encourage communication and language development in everyday situations.

Ring: ES Plashet on 020 8503 5217 to book your place.

Thursday 12 October

Activity: Trip to discover Stratford

Venue: Meet at Manor Park Library

Time: 9.30am - 12.30pm

Details: An opportunity for Little Ilford children (and parents) to follow Discover's Story Trail, where young minds can play, explore, make up new characters and create their own special tales.

Ring ES Little Ilford on 020 8430 2626 to book your place.

Activity: Animating the word

Venue: Kids World at St Antony's Primary School, Upton Avenue, E7 9PN

Time: 9.15am - 11.15am

Details: A film-making project for carers and children under 5 to explore simple animation through artwork music and crafts.

Ring ES Forest Gate Plus 020 8430 2169 to book a place.

Activity: The Red Room – parent and toddler fun

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

Time: 9.15am - 11.15am and 1pm - 3pm

Details: A range of art and messy play activities both indoors and outside for parents and children. Access to nursery nurses to discuss developmental and learning practices.

Ring RCNEC on 020 8534 3136 for details.

Activity: Family learning

Venue: Kay Rowe Nursery Osborne Road, E7 0PH

Time: 12.45pm - 2.30pm

Details: Sessions exploring how children learn through play with a focus on communication skills. Activities for carers and children to do together and suggestions on what you can do together at home.

Ring: ES Forest Gate Plus 020 8430 2169 to book a place.

Activity: Messy Mania

Venue: Play and Training Centre, ES Stratford, Abbey Lane, E15 2SD

Time: 10am - 12noon

Details: An open invitation for parents, carers, grandparents to get really messy with the under-fives in your family and learn how they develop through play.

Ring ES Stratford on 020 8430 3221 for details.

Friday 13 October

Activity: Music and movement

Venue: Kids World at St Antony's Primary School, Upton Avenue, E7 9PN

Time: 1.15pm - 2.15pm

Details: Fun, musical play for carers and children. Songs and games to encourage child development, bonding and emotional well-being.

Ring ES Forest Gate Plus 020 8430 2169 for details or just turn up.

Activity: The Red Room – parent and toddler fun

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

Time: 9.15am - 11.15am and 1pm - 3pm

Details: A range of art and messy play activities both indoors and outside for parents and children. Access to nursery nurses to discuss developmental and learning practices.

Ring RCNEC on 020 8534 3136 for details.

Activity Music and movement

Venue: Kay Rowe Nursery, Osborne Road, E7 0PH

Time: 10am - 11am

Details: Fun musical play for carers and children. Songs and games to encourage child development, bonding and emotional well-being.

Ring ES Forest Gate Plus 020 8430 2169 for details or just turn up.

Activity: ES growing project

Venue: Kay Rowe Nursery, Osborne Road, E7 0PH

Time: 1pm - 3pm

Details: Growing plants, flowers and herbs in containers large and small. For carers and children

Ring ES Forest Gate Plus 020 8430 2169 or just turn up.

Activity: Baby massage

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

Time: 10am - 11am

Details: For mothers and babies who have had their six-week check. An ideal way for parents to bond with their babies and aid their physical, emotional and mental development.

Ring RCNEC on 020 8534 3136 for details.

Activity: The Storytime trip

Venue: Grassroots, Memorial Park, E15 4DB

Time: 9.30am - 12noon

Details: Coffee morning followed by a trip by minibus to Borders bookshop for a storytelling session, tips for bringing books to life and a small contribution towards a book for each child.

Booking essential.

Ring ES North Canning Town on 020 8430 6100 to book your place.

Activity: Baby yoga

Venue: Oliver Thomas Nursery School, Matthews Avenue, E6 4BU

Time: 10am - 11am

Details: Your opportunity to introduce your baby to gentle yoga-type exercises designed round the baby's needs.

Ring ES Vicarage on 020 8430 2193 to book your place.

Saturday 14 October

Activity: Family learning – the big day

Venue: Lister Community School, St Mary's Road, E13 9AE

Time: 10.30am - 2.30pm

Details: Free workshops for families with children from three years old to teenage – fun learning activities for every age group.

Ring the Learning Community Project on 020 8430 2555 for details.

Activity: ES growing project

Venue: Community Road Centre, Stratford, E15 1JT

Time: 1pm - 3pm

Details: Growing plants, flowers and herbs in containers large and small. For carers and children.

Ring ES Forest Gate Plus 020 8430 2169 for details or just turn up.

Sunday 15 October

Activity: Messy mania

Venue: Play and Training Centre, ES Stratford, Abbey Lane, E15 2SD

Time: 11am - 1pm

Details: An open invitation for parents, carers, grandparents to get really messy with the under-fives in your family and learn how they develop through play.

Ring ES Stratford on 020 8430 3221 for details.

For more details on your child's development and to find out how you can support it, ring the Children Information Service (CIS) or ring the Early Start programme for information about activities in your area:

ES Docklands: 020 8430 2727

ES Forest Gate Plus: 020 8430 2174

ES Little Ilford: 020 8430 2626

ES North Canning Town: 020 8430 6100

ES Plashet: 020 8503 5217

ES Royal Victoria Dock: 020 8430 6188

ES Stratford: 020 8430 3221

ES Vicarage: 020 8430 2193