

WE ARE FUN.

WE ARE NEWHAM.




SPRING 23 ACTIVITIES PROGRAMME

BUILDING A
FAIRER
NEWHAM

CLICK!



WELCOME

Spring has sprung and Easter is nearly upon us!

Here in Newham we have an extensive programme of events and activities to keep our Young People entertained and safe.

You can read all about what's going on locally over the school break throughout this guide and find out all you need to know about what's on offer including booking details, dates, eligibility and venues.

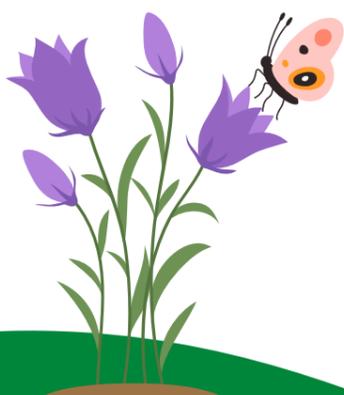
Most of the activities are free, however a few are offered at subsidised rates. There's lots to

do during this school break at our Youth Zones, Libraries, Leisure Centres, Children's Centres and Parks.

There are many face to face activities as well as online over zoom. Please have a look at the Brochure and find out what tickles your fancy, from Pony Rides, BMX sessions, Youth Dances, Movies and Events, Youth Choir singing, Combat Sports, Badminton, Stories & Quizzes and so much more.

We wish you all a safe and fantastic Spring School Break!

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CLICK!



SPRING
BREAK
ACTIVITIES

LIBRARIES

HOLIDAY
ACTIVITIES
AND FOOD
(HAF)

YOUTH
EMPOWERMENT
SERVICES

SPECIAL
EDUCATIONAL
NEEDS &
DISABILITIES

NURSERIES,
CHILDREN
CENTRES &
PLAY
SCHEMES



SPRING BREAK ACTIVITIES

SPORTS & LEISURE

Newham Riding School

OWN A PONY £45.00 FOR THE DAY!

Date & Time: Thursday's 1pm - 3pm

Address: Newham Riding School & Association Limited, Docklands

Equestrian Centre, 2 Claps Gate Lane, Beckton, E6 6JF.

Ages (3+ and adults)

Height Requirement: 36" in height

PONY RIDES £1.50 PER LAP OR 4 LAPS FOR £5

If the child is under 10, they need a 'side-walker' to walk around with them. If the child is under 5 the 'side-walker' needs to be in physical contact with the rider. Riders cannot ride in trainers due to Health and Safety. If they have any boots [wellies are ideal] they should wear them. Alternatively, we have numerous and various boots you can loan free of charge on the day. Side-walkers are allowed to wear trainers or any type of closed in shoe. Any form of sandal, flip-flop or slider is not permitted.

Beginner to Experienced

Group Lessons - Upto 6 Riders

1 Hour lessons

Tues - Thur, Sat & Sun

From £25

Beginner to Experienced

Private Lessons for 1 rider

30 Minute Lessons

From £35

No need to book, the main reception of the centre sells tickets.

For more information email riding.school@btconnect.com, call

0207 473 4951 or visit www.docklandsequestriancentre.com



ARTS & CRAFT

Caramel Rock

Website: caramelrock.com

Contact Info: Travis Goodchild/admin@caramelrock.com;

Coleen Briggs/infor@caramelrock.com/ 07494426950

Act-As-1

Ages 14 - 25

Time: 4pm - 7pm

Caramel Rock have joined the Act-1 Programme to deliver after school workshops to young people in the Newham, Canning Town/Plaistow/Custom House area

Book via email: admin@caramelrock.com

Fashion and Design BTEC Diploma Level 1

School term dates

Ages 19+

Time: 10am - 3pm

Fashion designers need a wide range of visual, technical and thinking skills in order to develop their ideas and produce creative fashion designs. This course will enable learners to plan, research and present their own ideas in relation to a set project brief. This will involve learning about research techniques, how to source information and how to apply the information that they have found in answer to a targeted assignment brief. Learners will learn how ideas can be explored and developed, using the design cycle in a variety of ways relevant to contemporary fashion, and present final designs in response to the brief Caramel Rock, 17-18 Lower Dock Walk, London, E16 2GT Book via email: admin@caramelrock.com



Fashion, Art, and Design BTEC Certificate Level 2

School term dates

Ages (19+)

Time: 10am - 3pm

Fashion designers need a wide range of visual, technical and thinking skills in order to develop their ideas and produce creative fashion designs. This course will enable learners to plan, research and present their own ideas in relation to a set project brief. This will involve learning about research techniques, how to source information and how to apply the information that they have found in answer to a targeted assignment brief. Learners will learn how ideas can be explored and developed, using the design cycle in a variety of ways relevant to contemporary fashion, and present final designs in response to the brief

Caramel Rock, 17-18 Lower Dock Walk, London, E16 2GT

Book via email: admin@caramelrock.com



West Silvertown Foundation

Email families@wsfroyaldocks.org for more information

Contact Info: Youth@wsfroyaldocks.org/
<https://wsfroyaldocks.org/children-families/>

Parent and Toddler Groups

Are you looking for an opportunity to meet in a safe and fun environment with other parents and young children? Our parent and toddler groups have been supporting local families since 2005 and are very popular. They provide a meeting place for parents and carers to relax and chat together, while their under-5s play

Music & Movement

Date & Time: Monday 10am - 11am
Location: Royal Wharf

Baby Stay & Play

Date & Time: Wednesday 10am - 11am/12pm - 1pm
Location: Royal Wharf
(Wed - Singalong and Stories at BV)
10am - 11am
(Wed - Messy Play at BV 12pm - 1pm)



Stay & Play

Date & Time: Tuesday and Friday 9:30am - 11:30am
Location: Britannia Village

Stay & Play

Date & Time: Thursday and Sunday (Thurs 10:30am - 12pm)
(Sun 10am - 12pm)
Location: Royal Wharf

Parent Group (for parents of children with SEND)

Date & Time: Fridays 2pm - 3pm (fortnightly)
Location: Community Dock
A child-free space to chat, discuss opportunities and challenges, to learn more about your child and to meet other parents. Each week will focus on a different topic. These sessions will be led by Brittany Lewis - SENCO of Britannia Education Trust. With guest speakers from other agencies.

Art and crafts

Ages 7-11
Date & Time: Thursdays 3:30pm - 4:30pm
Location: Royal Wharf Community Dock
A class for 7-11 year olds involving a range of Arts & Crafts including painting, clay, beads, junk modelling and more! Make sure you're dressed in clothes that you don't mind getting a little messy!
No need to bring anything, just turn up at Royal Wharf Community Dock on Thursdays and enjoy getting creative with other children.

Games Community Dock

Ages 5 - 8
Date & Time: Wednesdays 3:15pm - 4:15pm
Address: Royal Wharf Community Dock
Physical Games – What's the time Mr Wolf? /Honeybear/Splat
Board Games – Dobble / Frustration / Pop-Up Pirate
Large Games – Giant Jenga / Snakes and Ladders / Connect 4
A fun, active session for 5-8 year olds including, Lego, marble run, reading, drawing and colouring

Ballet classes

Join Cecile for fun & imaginative ballet classes for ages 2+ Offering fun-based ballet classes whilst learning & developing all the necessary skills & ballet techniques. Email cecileb.ballet@gmail.com for more information.

Street Self-defence for kids

Fridays 7:30pm - 8:30pm
Community Dock
Email sifudavidsingh@yahoo.co.uk for more information



PHYSICAL ACTIVITIES

Carers First

All the other activities mentioned below are for young carers who are currently registered with Carers First to book onto. Steam and Bean café also mentioned, is for adults/parent carers and they don't have to be registered with carers First on their first visit. They can register on the day, but booking is recommended.
Email: youngcarers@carersfirst.org.uk

Care2Relax

All ages
Date & time: 4th April 11am – 12pm
Location: Online
Contact Info: jenny.goodson@carersfirst.org.uk
This is a peer led support group. 45 minutes Pilates and relaxation, instructor is volunteer Alison. This group is suitable for all ages and abilities.
How to book: Email jenny.goodson@carersfirst.org.uk for Zoom link
Website Link: <https://www.carersfirst.org.uk/newham/groups-and-events/care2relax/>

Carers Social Club St Joseph's Hospice

All ages
Date and time: 12th April 1pm - 3pm
Location: St Joseph's Hospice
Contact Info: londoncarers@carersfirst.org.uk/03003031555
St Joseph's Hospice and Carers First are hosting a new Carers Social Club. An afternoon for unpaid carers to get together for a cuppa and a chat, with complementary therapies such as hand and head massage, plus information and advice to support carers in their caring role.
How to book: St. Joseph's Carers Group | Carers First



MUSIC

Spitalfields Music

New Young Voice Collective (NewYVC)

Ages (11 – 25)
Date & Time: Tuesdays 4:30pm - 6:30pm
Address: Stratford Youth Zone (formerly Stratford Circus), Theatre Square, London E15 1BX
Contact Info: Abigail Parker - abigail.parker@spitalfieldsmusic.org.uk
NewYVC is a free, non-auditioned, friendly youth choir, singing everything from African folk music, to Bach and Mozart, to pop classics. We rehearse every Tuesday in term time at Stratford Youth Zone, with the full choir from 4.30pm-6.30pm, and the Seniors from 6.30pm-8.30pm. The choir is led by the wonderful Naveen Arles, and assisted by Steve Lodder on piano. You'll learn lots of new music, meet new people and have the chance to perform throughout the year in exciting venues and special events. We're always looking for new members, so if you're interested, we'd love to hear from you.
FREE - fruit snacks and squash also provided free during break
Website: <https://spitalfieldsmusic.org.uk/events/newyvc/>





SCIENCE & TECH

Academy Achievers Spring 2023 Virtual STEAM Camp

Ages (6-10 year old)
Date and time: Monday 3rd April 2023 to Friday 14th April 2023
Location: Online
Contact Info: admin@academyachievers.co.uk / centremanager@academyachievers.co.uk
 Our virtual STEAM camp is for students ages 6-10 on an online learning platform, Google Classroom. With this curated educational experience, students participate in a combo of science, technology, engineering, Art and Mathematics. This virtual STEAM camp will immerse your child in independent, curated online experiences that will give them access to STEAM and will empower them to pursue STEM/STEAM careers.
How to book: <https://forms.gle/gXwWp7mAzy3MtFx49>

Early Years STEAM Music Sessions

Ages 3 – 4
Date & Time: 10th April - 14th April
Location: Online
Contact Info: admin@academyachievers.co.uk / centremanager@academyachievers.co.uk
 Early Years STEAM Music are fun and interactive music sessions for parents and toddlers. Children will learn and sing new songs using our pre - recorded music sessions. Go ahead and join our online Early Years STEAM Music google classroom. Register now and LEARN a new song each week
How to book: <https://protect-eu.mimecast.com/s/tje6CNE4WcNQJV2imt4G4?domain=forms.gle>

PHYSICAL ACTIVITIES

Street Tag Family Activity

Street Tag is an online platform which supports residents to become active. Points can be earned by collecting virtual tags around the borough, turning steps into Street Tag points. Teams can win a range of prizes including vouchers for sports equipment.
Cost: Free
Booking not required
 Download the Street Tag app for free from the App Store or Playstore. For more information on Street Tag, visit www.streettag.co.uk

ST Virtual Easter Egg hunt

All ages
Date and time: 8th - 10th April
Location: Street Tag App
Contact Info: mary-rose@streettag.co.uk / 07762801640
 We will have virtual Easter egg tags on our app. There will be a tiered number of points given to those participating in the activity based on the number of virtual Easter eggs they can collect within the time frame for the activity. These points will help Newham residents who use our app climb further on their Leader board to qualify for prizes.
How to book: Everyone who has installed our app and signed up can participate in this activity.

If you're not yet on Street Tag, click the link below to download our app
<https://streettag.co.uk/>

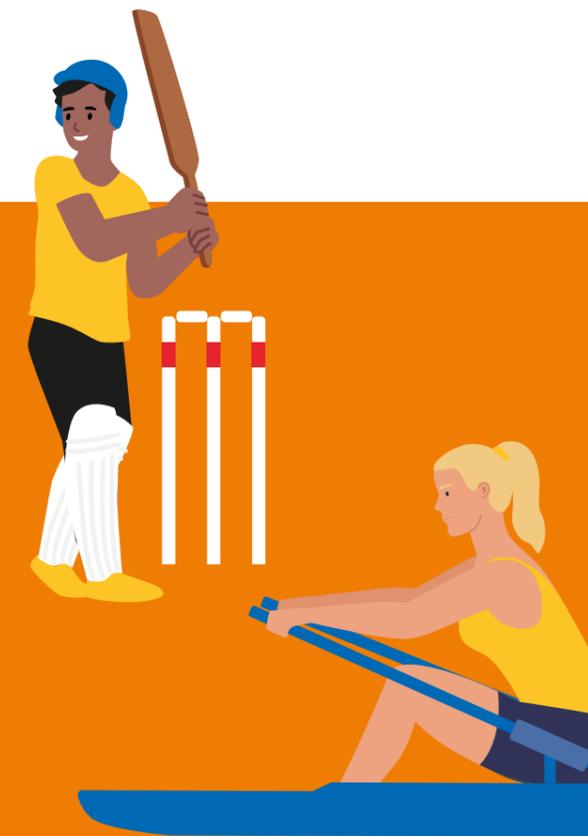
Active Newham

Email: Sports@activenewham.org.uk
Website: <https://www.newham.gov.uk/downloads/file/3983/physical-activity-pack-online>

WE ARE ACTIVE.

WE ARE NEWHAM.

EASTER PROGRAMME



Free activities for children and young people this Easter! Come and try a variety of activities. The programme will have a wide range of activities for children of all ages spread across parks within Newham.

DATES:

Monday 3 April – Thursday 6 April,
 Tuesday 11 April – Friday 14 April

TIMES/AGES:

11am-12noon – 3-5 years
 12noon-2pm – 5-11 years
 2pm-4pm – 12-16 years

VENUES:

- **Central Park**, High Street South, East Ham E6 6ET
MEETING POINT: Park Cafe
- **Keir Hardie Recreation Ground**, Tarling Road, Canning Town E16 1LQ
MEETING POINT: Old Changing Rooms
- **Plashet Park**, Woodhouse Grove, E12 6S
MEETING POINT: Bowls Club
- **Stratford Park**, West Ham Lane, Stratford E15 4PT
MEETING POINT: Changing Rooms/ Covered MUGA



To book: <https://tinyurl.com/NewhamEasterCYPParkActivity>

For more information:
sports@activenewham.org or 07741 293506





HOLIDAY ACTIVITIES AND FOOD (HAF)

Newham's Easter Holiday Activities & Food (HAF) Programme, which has been funded by the Department for Education, is filled with lots of exciting activities as well as a nutritious meal, and is taking place across the borough.

Children and young people who are eligible for benefits related free school's meals can access the HAF programme. To book a place you will need to contact the providers in this section. There are some circumstances when children and young people not in receipt of benefit related free school meals can still book a space. To do this please contact your preferred provider to discuss.

If you are not able to secure a space on the HAF programme there are still lots of other winter activities on offer in the libraries and youth zone sections of this brochure (some of these sessions will require booking).

AAA Mobile Play

Ages 5-11

Date & Time: Monday 3rd - Friday 14th April

Location: Central Park, E6 6ET

Date & Time: Tuesday 4th - Tuesday 11th April

Location: Keir Hardie Recreational Ground E16 1LQ

Date & Time: Wednesday 5th April and Wednesday 12th April

Location: Canning Town Recreational Ground, E13 8SE

Date & Time: Thursday 6th - Thursday 13th April

Location: Star Lane park, E16 4HW

Contact Info: 0207 511 4253 /paula@theaaazone.com

Mobile play sessions offering creative play sessions, arts & crafts, bush craft, multi-sports and a hot, healthy meal.

Rights & Equalities in Newham

Ages 11-16

Date & Time: 3rd – 6th & 11th – 14th April from 11am – 3pm

Location: 627-633 Barking Road Community Centre, London, E13 9EZ

Contact Info: serena@rein.uk.com

REIN's Youth and Community centre is a comfortable and welcoming space, offering a raft of different activities for young people across Newham, including arts and crafts, cooking workshops, sports based activities, music production and IT access and more.

How to book: <https://eequ.org/experience/2902>

Omega Sportz

Ages 5-12

Date & Time: 3rd – 6th & 11th – 14th April from 9am – 1pm & 12pm - 4pm

Location: Park Primary School, Mathews Park Avenue, London, E15 4AE

Contact Info: info@omegasportz.com

We are super excited for you join us this Easter, we have a range of activities for your children to get involved in, including ball sports; science experiments; puzzles; bouncy castle, gymnastics; dance; athletics; drama; scavenger hunt; camps got talent; water fun; food preparation activities; circus skills and animal encounters. We will also provide a hot, healthy meal.

How to book: <https://eequ.org/experience/2793>

The Renewal Programme

Ages 8-11

Date & Time: 3rd – 6th April from 10am – 2pm

Location: Essex Primary School, Sheridan Road, London, E12 6QX

Contact Info: rubina.chohan@renewalprogramme.org.uk

In this programme, young people will enjoy a range of fun activities and be provided with a hot, healthy meal. There will be exciting arts and crafts classes on offer, ranging from creating your own solar system, pop-out greetings card, pottery making and knitting. For young people who enjoy baking, cake decorating activities will be offered to create and share. There will also be a range of mixed sports to try out, aimed at all level of abilities.

How to book: <https://eequ.org/experience/2996>

The Renewal Programme

Ages 8-11

Date & Time: 11th – 14th April from 10am – 2pm

Location: Kensington Primary School, Kensington Avenue, London, E12 6NN

Contact Info: rubina.chohan@renewalprogramme.org.uk

In this programme, young people will enjoy a range of fun activities and be provided with a hot, healthy meal. There will be exciting arts and crafts classes on offer, ranging from creating your own solar system, pop-out greetings card, pottery making and knitting. For young people who enjoy baking, cake decorating activities will be offered to create and share. There will also be a range of mixed sports to try out, aimed at all level of abilities.

How to book: <https://eequ.org/experience/2994>

The Renewal Programme

Ages 11-16

Date & Time: 4th – 6th April and 11th – 13th April from 11am – 3pm

Location: The Renewal Programme, 395 High Street North, London, E12 6PG

Contact Info: rubina.chohan@renewalprogramme.org.uk

The Renewal Programme are delighted to welcome young people in Newham to our Easter HAF Programme. Young people will be enjoying a range of activities and a healthy cooked meal.

Upcycled fashion - using mini sewing machines - this is suitable for beginners. Takes place on 4th, 5th, 11th & 12th April

GCSE Maths Revision - Takes place on 4th, 5th, 11th & 12th April

BMX and cycle repair - Off site at GOOSLEY PARK 5th & 12th April

Street Dance - Takes place on 6th & 13th April

Henna Art - Takes place on 5th, 6th, 12th & 13th April

How to book: <https://eequ.org/experience/2993>

UKIM Masjid Ibrahim Plaistow

Ages 5-10

Date & Time: 3rd – 6th and 10th- 13th April from 11am – 3pm

Location: 721-723 UKIM Masjid Ibrahim & Islamic Centre Plaistow, Barking Road, London, E13 9EU

Contact: asim.uddin@ukim.org

This programme offers your child the opportunity to spend 8 days in a holiday programme. UKIM Masjid Ibrahim is providing a wide range of fun activities such as sports, activities provided by external providers, Flip out, arts & craft, outdoor learning and a nutritious meal – All for FREE.

How to book: <https://eequ.org/experience/2786>

The Wright Education

Ages 5-11

Date & Time: 3rd – 6th and 11th – 14th April from 10am – 2pm

Location: Maryland Primary School, Buxton Road entrance, London, E15 1QX

Contact Info: info@wrighteducationuk.com

A variety of activities are on offer during this holiday club, including dance, swimming, cooking, debating, sports, arts & crafts, with a hot healthy meal included each day.

How to book: <https://eequ.org/experience/2690>



West Silvertown Foundation

Ages 11-16

Date & Time: 3rd – 6th & 10th – 12th April from 12:30pm – 5pm

Location: The Britannia Village Hall, 65 Evelyn Road, London, E16 1RZ

Contact Info: Helen@wsfroyaldocks.org

Join us for a varied and engaging programme. Each day you can choose from activities including: multi sports arts and crafts games gardening baking/cooking roller skating trips We'll also provide a hot lunch.

How to book: <https://eequ.org/experience/2858>

Rosetta Arts

Ages 8-11

Date & Time: 3rd – 6th April 10am – 2pm

Location: Rosetta Arts Centre, 1 Hamilton Road, London, E15 3AE

Contact Info: Venetia@rosettaarts.org

We will explore visual arts with the children e.g. Drawing, Photography, Printmaking, as well as fun physical activities, performing arts and free play. Each day, there will be a delicious lunch (with vegan options) from Jackie Loves Kitchen, and we will learn about nutrition together, using food to inspire our art. On the Thursday afternoon, we will also deliver a Family workshop to include sharing creative cooking ideas and working together to finalise a Visual Recipe book (which will be both artistic and budget-friendly).

How to book: <https://eequ.org/experience/2925>

Rosetta Arts

Ages 11-16

Date & Time: 11th – 14th April from 10am – 2pm

Location: Rosetta Arts Centre, 1 Hamilton Road, London, E15 3AE

Contact Info: Venetia@rosettaarts.org

We will explore visual arts with the children e.g. Drawing, Photography, Printmaking, as well as fun physical activities, performing arts and free play. Each day, there will be a delicious lunch (with vegan options) from Jackie Loves Kitchen, and we will learn about nutrition together, using food to inspire our art.

On Thursday 13th April, we will leave at 8:30am for a brilliant day trip at Fairplay House (outdoor education centre), returning around 4:30/5pm.

On the Friday afternoon, we will also deliver a Family workshop to include sharing creative cooking ideas and working together to finalise a Visual Recipe book (which will be both artistic and budget-friendly).

How to book: <https://eequ.org/experience/2928>

Applecarts Arts

Ages 5-11

Date & Time: 3rd – 6th April 11am – 3pm

Location: Applecarts Arts, Passmore Edwards Building, 207, Plashet Grove, London, E6 1BX

Contact Info: grace@applecartsarts.org

The programme is themed on storytelling and has been designed to develop children's skills and knowledge whilst simultaneously being fun and sociable. Children will work with professionals trained in Cooking, Theatre and the Visual Arts each day, creating something from each workshop. Children registered for all 4 sessions will be able to consolidate and build upon skills learnt from the previous session, but the sessions have been designed to stand alone, so children attending just one session will still benefit.

How to book: <https://eequ.org/experience/3088>

Ackee Tree

Ages 6-11

Date & Time: 3rd – 6th & 11th – 14th April from 10am – 2pm

Location: Maryland Primary School, Gurney Road, London, Greater London, E15 1SL

At Ackee Tree Holiday Club we aim for the children to gain essential nutritional information about the foods they eat and how to make foods more healthy. We like to give children of all ages an opportunity to gain essential kitchen skills, learning how to be safe in the kitchen and basic hygiene. We aim to give children an opportunity to try improve their cooking and baking skills.

How to book: <https://eequ.org/experience/3011>

Ackee Tree

Ages 6-11

Date & Time: 3rd – 6th & 11th – 14th April from 9:30am – 1:30pm

Location: The Scout Den, Gladstone Hall, Evesham Road, London, E15 4ALContact

Info: ackeetree@gmail.com

At Ackee Tree Holiday Club we aim for the children to gain essential nutritional information about the foods they eat and how to make foods more healthy. We like to give children of all ages an opportunity to gain essential kitchen skills, learning how to be safe in the kitchen and basic hygiene. We aim to give children an opportunity to try improve their cooking and baking skills.

How to book: <https://eequ.org/experience/2924>

Ackee Tree

Ages 12-16

Date & Time: 3rd – 6th & 11th – 14th April from 2pm – 6pm

Location: The Scout Den, Gladstone Hall, Evesham Road, London, E15 4AL

Contact Info: ackeetree@gmail.com

At Ackee Tree Holiday Club we aim for young people to gain essential nutritional information about the foods they eat and how to make foods more healthy. We like to give young people an opportunity to gain essential kitchen skills, learning how to be safe in the kitchen and basic hygiene. Young people will have an opportunity to improve their cooking and baking skills.

How to book: <https://eequ.org/experience/2972>

Bonny Downs

Ages 5-11

Date & Time: 3rd – 6th April 8am – 6pm

Location: The Well Community Centre, 49 Vicarage Lane., London, E6 6DQ

Contact Info: Stacey.Cordery@bonnydowns.org

Offering a fun packed programme of activities for four full days which include games, crafts, gardening, cooking, sports and 3 nutritious meals a day!

How to book: <https://eequ.org/newhamhaf>

Story House at Canning Town Library

Ages: 7-10

Date & Time: Wednesday the 5th of April & Wednesday the 12th of April

Location: Canning Town Library, 18 Rathbone Market, London E16 1EH

Contact Info: library.activities@newham.gov.uk

We will be running a full day of activities including a fun-packed dance and drama workshop. We will also be offering STEM activities including Lego and a selection of arts and crafts There will also be an interactive storytelling session where children will get a chance to read and record their own stories. The recorded stories can be emailed to parents or grandparents as a lovely Easter gift. Children will receive a healthy picnic style such as salads, sandwiches and wraps.

How to book: <https://eequ.org/experience/3168>





LIBRARIES

Library times and services are subject to change. Visit newham.gov.uk/libraries or contact your library directly for the most up to date information. For full details of our services visit: www.newham.gov.uk/libraries

Beckton

1 Kingsford Way, London E6 5JQ
020 3373 0853
Monday – Saturday 10am – 8pm

Manor Park

658 – 693 Romford Road, E12 5AD
020 3373 0858
Monday - Friday 10am - 8pm
Saturday - 10:30am - 8pm

Canning Town

18 Rathbone Market, Barking Road, London E16 1EH
020 3373 0854
Monday – Saturday: 8am - 11pm

North Woolwich

5 Pier Rd, E16 2LJ
02033730843
Monday 9:30am–5:30pm
Tuesday 9:30am–8pm
Wednesday 9:30am–5:30pm
Thursday 9:30am–8pm
Friday 9:30am–5:30pm
Saturday 9:30am–5:30pm
Sunday Closed

Custom House

Prince Regent Lane, E16 3JJ
020 3373 0855
Monday, Tuesday, Thursday, Saturday: 10am – 6pm

East Ham

328 Barking Road, E6 2RT
020 3373 0827
Monday – Saturday: 9am – 8pm

Plaistow Library

North Street, E13 9HL
020 3373 0859
Monday 9.30am - 5.30pm
Tuesday 9.30am - 5.30pm
Wednesday 9.30am - 5pm
Thursday 1pm - 8pm
Friday 9.30am - 5pm
Saturday 9.30am - 5.30pm

Forest Gate

2-6 Woodgrange Road, E7 0QH
020 3373 0856
Monday – Saturday: 9am - 8pm

Stratford Library

3 The Grove, E15 1EL
020 3373 0826
Monday - Friday 9am - 8pm
Saturday 9.30am - 8pm
Sunday 1pm - 5pm

Green Street

337 -341 Green Street, E13 9AR
020 3373 0857
Monday – Saturday: 10am – 8pm



Online Library

Your Newham library card gives you access to thousands of e-books and e-audiobooks for children, teenagers and adults, as well as online courses, resources for studying and more. Not a member yet? You can sign up on our website and gain instant access to our online library.

Visit www.newham.gov.uk/libraries-arts-culture/newham-library-services

Newham Libraries on YouTube

Our lovely library team are waiting for you on YouTube! Enjoy stories, crafts and activities at home brought to you by library staff from across Newham. Enjoy amazing new videos including author events added for the Spring break!

Watch the Newham Libraries Playlist on Newham Council's YouTube: www.youtube.com/user/LBNewham

Join Up to Newham Libraries Mailing List

Keep up to date with all our latest library events and activities for children and adults by signing up now! Sign up here: <http://eepurl.com/cz24zz>

Creative Writing Competition

Children aged 8-12, sign up for our creative writing competition with a chance to win a signed copy of Ghostcloud by Michael Mann. All you need to do is email your story or poem which features either a ghost or a cloud or both to library.activities@newham.gov.uk

Don't forget to include your name, age and library card number. Alternatively take your entry into any Newham library and hand in to a member of the library team

ACADEMY ACHIEVERS SPRING 2023 VIRTUAL STEAM CAMP



Monday 3rd April -
Friday 14th April 2023

- FREE ONLINE - Anytime
- 6 - 10 year olds

Contact:
admin@academyachievers.co.uk
for my information

Pre-recorded
sessions on an
online
platform

SCIENCE
TECHNOLOGY
ENGINEERING
ART
MATHEMATICS

REGISTER YOUR INTEREST HERE!





ACTIVITIES AT YOUR LOCAL LIBRARY

Beckton Library

Spaces are limited, booking advised for all our face-to-face events. Contact Beckton Library for details on how to book. Email CN.BecktonRoyalDocks@newham.gov.uk or call **020 3373 0853**.

Please bring your library card with you.
Address: 1 Kingsford Way, London, E6 5JQ

Stay & Play

Ages (0-5)
Monday 3rd April 10.30am - 12.30pm
Open to under 5's to come and play in the library

Decorate an Easter Egg Flower Pot

Ages (5+)
Monday 3th April 1.00pm - 2.00pm
Get creative with your own Easter Egg Flower pot

Table tennis

Ages (8+)
Monday 3th April 3.00-4.00pm
Show us your skills and see who can get the longest rally

Singalong Story Time

Ages (0-5)
Tuesday 4th April 10:30am - 11.30am
Welcoming all Under 5's with storytelling rhymes and sing along with Maria

Easter Quiz

Ages (5+)
Tuesday 4th April 1.00pm - 2.00pm
Test your knowledge at our Easter Quiz

Games Afternoon

Ages (5+)
Tuesday 4th April
3.00pm -4.00pm
Come and play your favourite board game with us

Make Music with Marcus

Ages (4+)
Wednesday 5th April 1.00pm - 2.00pm
Join Marcus to sing along to your favourite songs, or create your own beat

Lego Club

Ages (3+)
Wednesday 5th April 3.00pm - 4.00pm
What Lego invention can you create in an hour?

Singalong Story Time

Ages (0-5)
Tuesday 11th April 10.30am - 11.30am
Welcoming all Under 5's with storytelling rhymes and sing along with Maria

Jewellery Making

Ages (4+)
Tuesday 11th April 1.00pm - 2.00pm
Come and make a beaded bracelet with us

Games Afternoon

Ages 5+
Tuesday 11th April 3.00pm - 4.00pm
Come and play your favourite board game with us

Biscuit decorating

Ages (4+)
Wednesday 12th April 1.00pm - 2.00pm
Purple, Red, Blue, Green - What colours will you use on your biscuit?!

Lego Club

Ages (3+)
Wednesday 12th April 3.00pm - 4.00pm
What's the tallest model you can build with Lego?

Stay & Play

Ages (0-5)
Thursday 13th April 10.30am - 12.30pm
Open to under 5's to come and play in the library

Festival of Colour Party with Pooja

Ages (4+)
Thursday 13th April 1.00pm - 2.00pm
Celebrate Holi Festival

Lost in Books

Ages (5+)
Thursday 13th April 3.00pm - 4.00pm
Join us for storytelling, book crafts and more

Just Dance with us

(All ages)
Friday 14th April 1.00pm - 2.00pm
Shake it off, shake it off! Show us your dance moves to your favourite songs

Arts and Crafts

Ages (5+)
Friday 14th April 3.00pm - 4.00pm
Get crafty with us with this fun activity

Film Club

(All ages)
Saturday 15th April 1:30pm - 3.00pm
Watch your favourite movie with us

Lego Club

Ages (3+)
Saturday 15th April 4.00pm - 5.00pm
Show us your Lego skills

Canning Town Library

Spaces are limited, booking advised for all our face-to-face events. Contact Custom House Library for details on how to book. Email CN.CustomHouseCanningTown@newham.gov.uk or call **020 3373 0854**. Please bring your library card with you.
Address: 18 Rathbone Market E16 1EH

Cupcake Decorating

Ages (5-11)
Monday 3rd April 2pm - 3pm
Design your own personalised cupcake! Be mindful of any food allergies

Under 's Storytelling

Ages (0-5)
Tuesday 4th April 10:30am -11:15am
Get ready to singalong to some fun rhymes and a listen to a story

Newham Music

Ages (3-7)
Wednesday 5th April 2pm - 3pm
Join in the musical fun and play games

Easter Quiz

Ages (5-11)
Thursday 6th April 2pm – 3pm

Family Film

(All ages)
Saturday 8th April 2pm -3.30pm
Watch your favourite movie with us

Under 5's Storytelling

Ages (0-5)
Tuesday 11th April 10.30am - 11:15am
Get ready to singalong to some fun rhymes and a listen to a story

Easter fun

Ages (5-11)
Wednesday 12th April 2pm - 3pm
Play giant board games, colouring and arts and crafts

Easter Games

Ages (5-11)
Thursday 13th April 3:30pm - 4:30pm

Rhymetime Stay and Play

Ages (0-5)
Friday 14th April 4pm - 5pm

Family Zumba or Teen Dance?

Saturday 15th April





Custom House Library

Spaces are limited, booking advised for all our face-to-face events. Contact Custom House Library for details on how to book. Email CN.CustomHouseCanningTown@newham.gov.uk or call **020 3373 0855**. Please bring your library card with you. Address: Prince Regent Lane E16 3JJ

Easter Card Making

Ages (5 – 10)
Monday 3rd April 11am-12pm
Make a wonderful card to give to a friend!

Egg and Spoon Race

Ages (5-10)
Tuesday 4th April 3pm- 3:30pm
Join in the fun race to see who will win!

Family Quiz

All Ages
Tuesday 4th April 4pm- 4:30pm
Test your knowledge in the family quiz

Newham Music

Ages (3-7)
Thursday 6th April 1pm -2pm
Join in with the musical fun and play games

Arts and Crafts

Ages (5-10)
Saturday 8th April 10:30am - 11:30am
Join in to create a unique craft

Bunny Pockets Competition

Ages (5-10)
Tuesday 11th April 2pm - 2:30pm
Try to make a quick and easy craft and beat the time to win!

Games fun and Crossword

Ages (4-10)
Tuesday 11th April 3pm-4pm
There will be board games, puzzles and a special crossword

Grow and Bloom

Ages (4-10)
Thursday 13th April 11am-12pm
Grow your own flower to take away!

Spring Afternoon Tea Party

All Ages
Thursday 13th April 2:30pm - 4pm
Afternoon tea at Custom House Library! Come in dressed in your favourite Character. There'll be music, games and much more!

Arts and Crafts

Ages (5-10)
Saturday 15th April 10:30am- 11:30am
Join in to create a unique craft

Spring Afternoon Family Movie

All Ages
Saturday 15th April 2:00pm
Everyone is welcome to watch a movie together. Don't forget to bring a snack!



East Ham Library

Spaces are limited, booking advised. Contact East Ham for details of how to book. Email CN.EastHam@Newham.gov.uk or call **0203 373 0859**. Please bring your library card with you. Address: 328 Barking Road, E6 2RT

Lego

Ages (4 - 12)
Monday 3rd April 2023 12pm - 1pm
Be creative and build your Easter hut

Easter Bonnets making Art & Craft

Ages (2-12)
Monday 3rd April 2023 1pm - 2pm
Create your very own Easter bonnet

Easter Spelling Bee and quiz

Ages (5-12)
Monday 3rd April 2023 3pm - 4pm
Who can be the best speller and master quizzer for a prize

Easter Word Search and Puzzles

Ages (4 - 12)
Tuesday 4th April 2023 1pm - 2pm
Who can find the missing words

Easter Card and Basket Making

Ages (4 - 12)
Tuesday 4th April 2023 3pm - 4pm
Be Creative and decorate your own Easter card

Easter Storytelling /Rhyme Time

Ages (Under's 5)
Wednesday 5th April 2023 10am - 10:45am
Enjoy an exciting Easter story with our staff

Easter Cupcake decorating

Ages (5-12)
Wednesday 5th April 2023 2pm - 3pm
Decorate your cupcake with your bunny on top

Lego

Ages (2-12)
Wednesday 5th April 2023 3pm - 4pm
Be creative and build your own design for Easter

Games Club

Ages (5-12)
Thursday 6th April 2023 11am - 12pm
Enjoy board games with friends

Easter Egg Hunt

Ages (4 - 12)
Thursday 6th April 2023 2pm - 3pm
Who can find the most eggs in the library

Oliver Patchlarks Storytelling

Ages (2-11)
Saturday 8th April 2023 11:30am - 12:15pm
Enjoy an interactive storytelling with the Patchlarks

Lego

Ages (2-12)
Saturday 8th April 2023 1pm -2pm
Build from your imagination

Chess

Ages (5-12)
Saturday 8th April 2023 2pm - 4pm
Learn to play chess in your own time



Easter film & Popcorn

Ages (4 - 12)
Saturday 8th April 2023 4pm - 5:30pm
Relax and enjoy a Easter movie and popcorn

Lego

Ages (2-12)
Tuesday 11th April 2023 11am - 1pm
Build your own design

Art & Craft

Ages (4 - 12)
Tuesday 11th April 2023 2pm - 3pm
Create your own Easter craft

Spelling Bee and quiz

Ages (5-12)
Tuesday 11th April 2023 4pm - 5pm
Who can be the best speller and master quizzer for a prize

Rhyme time

Ages (Under's 5)
Wednesday 12th April 2023 10am - 10:45am
Singalong to some funny rhymes and enjoy a story

Kids Bingo

Ages (5-12)
Wednesday 12th April 2023 1pm - 3pm
Come and enjoy exciting Bingo and win a prize

Art & Craft Pot Making

Ages (4 - 12)
Thursday 13th April 2023 12pm -1pm
Decorate your seed pot for sowing your seeds

Sowing seeds

Ages (4 - 12)
Thursday 13th April 2023 2pm - 3pm
Plant your own seed

Master quiz competition

Ages (5-12)
Friday 14th April 2023 1pm - 2pm
Who is the best quizzer come and win your prize

Movie and popcorn

Ages (4 - 12)
Friday 14th April 2023 2pm – 4pm
Come and enjoy a movies and popcorn with your family





Forest Gate Library

Spaces are limited, booking advised for all our face-to-face events. Contact Forest Gate Library for details on how to book. Address: Forest Gate I 6-8 Woodgrange Road, London E7 9QH For more information and support, contact the Forest Gate Community Neighbourhood Team: CN.TheGateRoomBookings@newham.gov.uk or call **020 3373 0856**

Easter Gardening workshop with Community Gardens

All ages
Monday 3th April 2pm - 4pm
Nature explore and short walk up to the garden

Arts and crafts

Ages (3+)
Monday 3th April 4pm - 5pm
Come and make some Easter crafts.

Easter Bunny Rhyme Time

Ages (0-4)
Tuesday 4th April 11am - 11.45am
Join in our Rhymetime for babies, lots of nursery rhymes, children's songs and actions

Easter Quiz

Ages (6+)
Tuesday 4th April 3pm - 4pm
How well do you know Easter, find out by taking part in our Easter Quiz.

Kids gaming club

Ages (5+)
Wednesday 5th April 3pm - 5pm
If you enjoy gaming, this session is for you-Gaming club for children

Storytime

All ages
Thursday 6th April 10am - 10.45am
Be transported to storyland with our wonderful and colourful stories

Table Tennis

Ages (4+)
Thursday 6th April 2:30pm - 3:30pm
Are you a ping-pong champ? Test your skills with our Children's table tennis

Chess Club

Ages (4+)
Thursday 6th April 5:30pm - 7:30pm
You can be the next Grandmaster, hone your skills at Chess club for children

Easter film & Popcorn

All ages
Saturday 8th April 12:30pm - 2pm
Time to relax and enjoy with your family at Family movie time

Easter Egg Hunt

Ages (4+)
Tuesday 11th April 3pm - 4pm
Who can find the most eggs in the library?

Rhyme Time

Ages (0-4)
Tuesday 11th April 11am - 11:45am
Join in our rhyme time for babies, lots of nursery rhymes, children's songs and actions

Kids gaming club

Ages (5+)
Wednesday 12th April 3pm - 5pm
If you enjoy gaming, this session is for you - Gaming club for children

Story time

All ages
Thursday 13th April 10am - 10:45am
Be transported to storyland with our wonderful and colourful stories

Table Tennis

Ages (4+)
Thursday 13th April 2:30pm - 3:30pm
Are you a ping pong champ? Test your skills with our Children's table tennis



Chess Club

Ages (4+)
Thursday 13th April 5:30pm - 7:30pm
You can be the next Grandmaster, hone your skills at Chess club for children

Easter Gardening workshop with Community Gardens

All ages
Friday 14th April 2pm - 4pm
Nature explore and short walk up to the garden

Lego Club

All ages
Friday 14th April 4pm - 5pm
Build to your hearts content Lego club for children, Duplo for little ones

Easter film & Popcorn

All ages
Saturday 15th April 12:30pm - 2pm
Time to relax and enjoy with your family at Family movie time

Green Street Library

Spaces are limited, booking early advised. Contact Green Street Library for details on how to book. Telephone booking – **0203 373 0857**, CN.greenstreet@newham.gov.uk. Please bring your library card with you. **Address:** 337-341 Green St, London E13 9AR

Easter Storytelling

Ages (0-5)
Monday 3rd April 12pm - 1pm
Join Us for a session of stories about Easter and a Rhyme session

Easter Bonnet Making

Ages (5-12)
Monday 3rd April 2pm - 4pm
Get Creative and make you favourite Bonnets for Easter

Games Club

Ages (2 - 10)
Monday 3rd April 4pm-5pm
Come play Board Games and many more fun games with your friends

Messy Play

Ages (0 - 5)
Tuesday 4th April 10:30am - 11:30am
Join our Messy play session and have a fun session with your toddler

Lego Makers

Ages (5-12)
Tuesday 4th April 1pm-2pm
Join our Lego session and make your favourite characters and objects

Move your body and dance

Ages (5-12)
Tuesday 4th April 2pm - 4pm
Move and dance in our new session, bring the family and book a place for our session

Music Musical instruments Craft

Ages (5-12)
Wednesday 5th April 2pm-4pm
Make musical instruments and enjoy a craft session

Easter Film Club

All Ages
Wednesday 5th April 4pm-6pm
Come with your family and join our film club for an exciting session

Easter Storytelling

Ages (0-5)
Thursday 6th April 12pm - 1pm
Join Us for a session of stories about Easter and a Rhyme session

Music Makers

Ages (5-12)
Thursday 6th April 2pm-4pm
Make music with your instruments and enjoy a session that would lift your spirits and make you sing

Coding Club

Ages (7-12)
Thursday 6th April 4pm-6pm
Come join our Coding club and book a space, learn new ways to code



**Lego Makers**

Ages (5-12)
Saturday 8th April 1pm-2pm
Join our Lego session and make your favourite characters and objects

Art Club

Ages (5-12)
Saturday 8th April 2pm-4pm
Join us in an art session and let your creative side come alive. Enjoy making new art with us

Easter Film Club

All Ages
Saturday 8th April 4pm -6pm
Come with your family and join our film club for an exciting session

Messy Play

Ages (0 – 5)
Tuesday 11th April 10:30am - 11:30am
Join our Messy play session and have a fun session with your toddler

Art and Craft

Ages (5-12)
Tuesday 11th April 2pm -4pm
Get Creative and use your imagination to make craft

Lego Club

Ages (5-12)
Tuesday 11th April 4pm - 5pm
Join our Lego session and make your favourite characters and objects

Move your body and dance

Ages (5-12)
Wednesday 12th April 12pm -2pm
Move and dance in our new session, bring the family and book a place for our session

Easter Film Club

All Ages
Wednesday 12th April 4pm - 6pm
Come with your family and join our film club for an exciting session

Chocolate Basket Making

Ages (5-12)
Thursday 13th April 12pm - 1pm
Come join our session of chocolate basket making for Easter and enjoy a treat

Art and Craft

Ages (5-12)
Thursday 13th April 2pm -4pm
Join us in an art session and let your creative side come alive. Enjoy making new art with us

Coding Club

Ages (7 - 12)
Thursday 13th April 4pm - 6pm
Come join our Coding club and book a space, learn new ways to code

Tots Time

Ages (0 - 5)
Friday 14th April 10:30am -11:30am
Tots Time is Fun Time, come join the fun

Easter Egg Hunt

Ages (5-12)
Friday 14th April 2pm - 4pm
Come join our Easter Egg hunt and get as many eggs as you can find

Bingo

Ages (5-12)
Friday 14th April 4pm - 6pm
B.I.N.G.O enjoy a game of bingo and win prizes

Lego Makers

Ages (5-12)
Saturday 15th April 1pm-2pm
Join our Lego session and make your favourite characters and objects

Art Club

Ages (5-12)
Saturday 15th April 2pm - 4pm
Join us in an art session and let your creative side come alive. Enjoy making new art with us

Easter Film Club

All Ages
Saturday 15th April 4pm -6pm
Come with your family and join our film club for an exciting session

Manor Park Library

Spaces are limited, booking required for all of our face-to-face events. Contact Manor Park for details on how to book. Email CN.Manorpark@newham.gov.uk or call **0203 373 0858**. Please bring your library card with you.
Address: 685-691, Romford Road E12 5AD

Read & Create time

Ages (4 - 12)
Monday 3rd April 11am -12pm
Come and read a story to create your own fun character

Magical Reading Activity

Ages (4-12)
Monday 3rd April 2:00pm - 3:30pm
Creative time to make "Reading is magical" poster to encourage the joy of reading

Movie Time

All ages
Monday 3rd April 5pm - 6:30pm
Join the holiday movie time to relax and enjoy with popcorn

Holiday Lego Club

Ages (4- 12)
Tuesday 4th April 11am -12pm
Imagination time to build your own Lego model

Mosaic Art session

Ages (4-12)
Tuesday 4th April 2:00pm -3:30pm
Learn about Mosaic Art and make a Mosaic tile to take home

Movie Time

All ages
Tuesday 4th April 5pm - 6:30pm
Join the holiday movie time to relax and enjoy with popcorn

Singalong Song time

Ages (4-12)
Wednesday 5th April 11am -12pm
Fun singalong song time with music and dance

Easter Craft Activity

Ages (4-12)
Wednesday 5th April 2:00 - 3:30pm
Come and join us for a surprise Easter Craft activity

Movie Time

All ages
Wednesday 5th April 5pm - 6:30pm
Join the holiday movie time to relax and enjoy with popcorn

Spring Story time

Ages (4-12)
Thursday 6th April 11am - 12pm
Time to sit back and relax to a spring themed story and colouring

Easter Fun craft time

Ages (4-12)
Thursday 6th April 2:00 -3:30pm
Get creative to make Easter themed crafts to take home

Movie Time

All ages
Thursday 6th April 5pm -6:30pm
Join the holiday movie time to relax and enjoy with popcorn

Holiday Chess club

Ages (4-12)
Saturday 8th April 11am -12pm
Join our chess club to learn new moves

Easter Treasure Hunt

Ages (4 - 12)
Saturday 8th April 2:00 -3:30pm
Join us for the Easter Treasure Hunt to find your own Easter Egg

Movie Time

All ages
Saturday 8th April 5pm - 6:30pm
Easter Film night showing Peter Rabbit with popcorn

Story Reading and colouring Time

Ages (4 - 12)
Tuesday 11th April 11am -12pm
Come and join the fun of story reading and colouring

Spring Craft for kids

Ages (4 - 12)
Tuesday 11th April 2:00 -3:30pm
Creative time to make fun spring craft items to take home



**Movie Time**

All ages
Tuesday 11th April 5pm - 6:30pm
Join the holiday movie time to relax and enjoy with popcorn

Board games club

Ages (4 - 12)
Wednesday 12th April 11am -12pm
Come and play board games with us

Avatar Time

Ages (4 - 12)
Wednesday 12th April 2:00 -3:30pm
Create an Avatar of yourself using arts and crafts materials

Movie Time

All ages
Wednesday 12th April 5pm -6:30pm
Join the holiday movie time to relax and enjoy with popcorn

Fun Music and Dance

Ages (4 - 12)
Thursday 13th April 11am -12pm
Come and join us for a music and dance fun session

Spring Planting session

Ages (4 - 12)
Thursday 13th April 2:00 - 3:30pm
Come and join our planting session to get ready for Spring blooms

Movie Time

All ages
Thursday 13th April 5pm - 6:30pm
Join the holiday movie time to relax and enjoy with popcorn

Play dough time

Ages (4 - 12)
Friday 14th April 2:00 -3:30pm
Come and make your own play dough to create shapes and patterns

Lego Club

All ages
Friday 14th April 5pm - 6:30pm
Join the holiday movie time to relax and enjoy with popcorn

Movie Time

Ages (4 - 12)
Friday 14th April 11am - 12pm
Imagination time to build your own Lego model

Chess club

Ages (4 - 12)
Saturday 15th April 11am - 12pm
Join our chess club to learn new moves

Creative Arts and Crafts

Ages (4 - 12)
Saturday 15th April 2:00 -3:30pm
Time to be creative to make your own surprise craft to take home

Movie Time

All ages
Saturday 15th April 5pm - 6:30pm
Join the holiday movie time to relax and enjoy with popcorn

North Woolwich Library

Spaces are limited, booking advised. Contact North Woolwich Library for details on how to book. Email CN.BecktonRoyalDocks@newham.gov.uk or call **020 3373 0843**.
Please bring your library card with you.
Address: 5 Pier Rd, London, E16 2LJ

Play Library

Ages (0 - 5)
Monday 3rd April 10am -12pm
Come and play with your favourite toy, bring old toys and borrow a new toy to you

Arts and craft session

Ages (5+)
Monday 3rd April 11am -12pm
Join our amazing Mo and get creative

Arts and craft session

Ages (4+)
Monday 3rd April 4pm - 5pm
Hop, hop, hop to North Woolwich Library to make your own Mosaic Rabbit

Jewellery Making

Ages (4+)
Tuesday 4th April 11am - 12pm
Come and make your own bracelet

Arts and craft session

Ages (4+)
Tuesday 4th April 4pm- 5pm
Join us to make an Easter decorative Basket

Storytelling

Ages (0 - 5)
Wednesday 5th April 10am - 11am
Join us for an Easter story

Play Library

Ages (0 - 5)
Wednesday 5th April 11am - 12pm
Come and play with your favourite toy, bring old toys and borrow a new toy to you

Easter Theme Lego Challenge

Ages (5+)
Wednesday 5th April 4pm - 5pm
Show us your Lego skills

Board games afternoon

Ages (5+)
Thursday 6th April 4pm - 5pm
Come and play your favourite board game with us

Arts and craft session

Ages (5+)
Saturday 8th April 11am - 12pm
Come and paint your own egg

Easter Theme Lego Challenge

Ages (5+)
Saturday 8th April 4pm - 5pm
Show us your Lego skills

Play Library

Ages (0 - 5)
Tuesday 11th April 10am -12pm
Come and play with your favourite toy, bring old toys and borrow a new toy to you

Storytelling

Ages (0 - 5)
Wednesday 12th April 10am -11 am
Join us for a Spring time story

Play Library

Ages (0 - 5)
Wednesday 12th April 11am -12 pm
Come and play with your favourite toy, bring old toys and borrow a new toy to you

Make Music with Marcus

Ages (5+)
Wednesday 12th April 1pm - 2pm
Join Marcus to sing along to your favourite songs, or create your own beat

Easter Theme Lego Challenge

Ages (5+)
Wednesday 12th April 4pm - 5pm
Show us your Lego skills

Eco Enforce with Officer David

Ages (4+)
Thursday 13th April 1pm - 2pm
Come and learn about the environment and how to become active Eco Enforce

Sports Afternoon with Active Newham

Ages (5+)
Thursday 13th April 2:30pm - 4:30pm
Join us outside the library for Sports Afternoon

Easter Theme Lego Challenge

Ages (5+)
Friday 14th April 4pm - 5pm
Show us your Lego skills

North Woolwich Library Spring Party

All ages
Saturday 15th April 2pm - 4pm
There's no party like a North Woolwich Library Party! Let's celebrate Spring and the end of half term together - Fancy dress is encouraged



Movie Time

All ages
Wednesday 12th April 5pm - 6:30pm
Join the holiday movie time to relax and enjoy with popcorn

Fun Music and Dance

Ages (4 - 12)
Thursday 13th April 11am -12pm
Come and join us for a music and dance fun session

Spring Planting session

Ages (4 - 12)
Thursday 13th April 2pm -3:30pm
Come and join our planting session to get ready for Spring blooms

Movie Time

All ages
Thursday 13th April 5pm -6:30pm
Join the holiday movie time to relax and enjoy with popcorn

Play dough time

Ages (4 - 12)
Friday 14th April 2pm -3:30pm
Come and make your own play dough to create shapes and patterns

Lego Club

All ages
Friday 14th April 5pm -6:30pm
Join the holiday movie time to relax and enjoy with popcorn

Movie Time

Ages (4 - 12)
Friday 14th April 11am -12pm
Imagination time to build your own Lego model

Chess club

Ages (4 - 12)
Saturday 15th April 11am -12pm
Join our chess club to learn new moves

**Creative Arts and Crafts**

Ages (4 - 12)
Saturday 15th April 2pm -3:30pm
Time to be creative to make your own surprise craft to take home

Movie Time

All ages
Saturday 15th April 5pm -6:30pm
Join the holiday movie time to relax and enjoy with popcorn

Plaistow

Spaces are limited, booking advised for all our face-to-face events. Contact Plaistow Library for details on how to book. Address: Plaistow Library, North street E13 9HL For more information and support, contact CN.Plaistow@newham.gov.uk or call **0203 373 0859**

Messy Play

Ages (0-5)
Monday 3rd April 10am -11am
Join us and enjoy some sensory style messy play

Arts and Craft, Decorate Easter Bonnets

Ages (5+)
Monday 3rd April 12pm - 1pm
Get creative and Decorate your own Easter Bonnet

Kids Box fit Session

Ages (5+)
Monday 3rd April 2pm - 3pm
Get fit and healthy with Boxing for Kids

Knitting workshop (Pom Pom Making)

Ages (5+)
Monday 3rd April 3:30pm - 4:30pm
Get Creative and make Pom Pom key rings

Story Time

Ages (0-5)
Tuesday 4th April 10am - 11am
Enjoy an interactive story time session

**Code-a-pillar Interactive Play**

Ages (0-5)
Tuesday 4th April 11am - 12pm
Enjoy Coding for under 5's

Film club with Popcorn

All ages
Tuesday 4th April 1pm - 2:30pm
Enjoy your Favourite Films with Popcorn

Chess Masterclass

Ages (5+)
Tuesday 4th April 3:30pm - 4:30pm
Showcase your skills or learn to be a chess Master

Stay and Play

Ages (0-5)
Wednesday 5th April 10am - 11am
Enjoy some fun with soft play toys

Code-a-pillar Interactive Play

Ages (0-5)
Wednesday 5th April 11am -12pm
Enjoy Coding for under 5's

Drama workshop

Ages (5+)
Wednesday 5th April 2pm - 3pm
Enjoy exploring the world of Creative Arts and expression

Code club

Ages (5+)
Wednesday 5th April 3pm - 4pm
Enjoy Coding while playing games

Messy Play

Ages (0-5)
Thursday 6th April 1pm - 2pm
Join us and enjoy some sensory style messy play

Scavenger Hunt

Ages (5+)
Thursday 6th April 2pm - 3pm
Hunt and find the clues to win prizes

**Kids Box fit Session**

Ages (5+)
Thursday 6th April 5pm - 6pm
Get fit and healthy with Boxing for Kids

Games club

Ages (5+)
Thursday 6th April 4pm - 6pm
Enjoy some classic games and PS4 games

Table Tennis Club

Ages (5+)
Thursday 6th April 6pm - 7pm
Learn to Play Table Tennis or compete with Existing talent

Arts and Craft Decorate Easter Eggs

Ages (5+)
Saturday 8th April 12pm - 1pm
Get creative and Decorate your own Easter Eggs

Zine Workshop

Ages (5+)
Saturday 8th April 2pm - 3pm
Get Creative with Recycling

Easter Parade

All ages
Saturday 8th April 4pm - 5pm
Bring in your Bunnies and eggs and Parade for the best Dressed

Story Time

Ages (0-5)
Tuesday 11th April 10am - 11am
Enjoy an interactive story time session

Code-a-pillar Interactive Play

Ages (0-5)
Tuesday 11th April 11am - 12pm
Enjoy Coding for under 5's

Film club with Popcorn

All ages
Tuesday 11th April 1pm - 2:30pm
Enjoy your Favourite Films with Popcorn



Chess Masterclass

Ages (5+)
 Tuesday 11th April 3:30pm - 4:30pm
 Showcase your skills or learn to be a chess Master

Stay and Play

Ages (0-5)
 Wednesday 12th April 10am - 11am
 Enjoy some fun with soft play toys

Code-a-pillar Interactive Play

Ages (0-5)
 Wednesday 12th April 11am - 12pm
 Enjoy Coding for under 5's

Drama workshop

Ages (5+)
 Wednesday 12th April 2pm - 3pm
 Enjoy exploring the world of Creative Arts and expression

Code club

Ages (5+)
 Wednesday 12th April 3pm - 4pm
 Enjoy learning how to Code while playing games

Messy Play

Ages (0-5)
 Thursday 13th April 1pm - 2pm
 Join us and enjoy some sensory style messy



Scavenger Hunt Ages (5+)

Thursday 13th April 2pm - 3pm
 Hunt and find the clues to win prizes

Kids Box fit Session

Ages (5+)
 Thursday 13th April 5pm - 6pm
 Get fit and healthy with Boxing for Kids

Games club

Ages (5+)
 Thursday 13th April 4pm - 6pm
 Enjoy some classic games and PS4 games

Table Tennis Club

Ages (5+)
 Thursday 13th April 6pm - 7pm
 Learn to Play Table Tennis or compete with Existing talent

Rhyme Time

Ages (0-5)
 Friday 14th April 10am - 11am
 Enjoy a joyful session of classic rhymes and stories

Stay and Play

Ages (0-5)
 Friday 14th April 11am - 12pm
 Enjoy a playful session of soft toys

Lego Club

Ages (5+)
 Friday 14th April 2pm - 3pm
 Enjoy being creative with Lego challenges

Arts and Craft make Mosaic Coasters

Ages (5+)
 Saturday 15th April 12pm - 13pm
 Enjoy being Creative and Crafty

Drama Workshop

Ages (5+)
 Saturday 15th April 2pm - 3pm
 Enjoy exploring the world of Creative Arts and expression

Games Club

Ages (5+)
 Saturday 15th April 3pm - 4pm
 Enjoy some classic games and PS4 games

Table Tennis Club

Ages (5+)
 Saturday 15th April 4pm - 5pm
 Learn to Play Table Tennis or compete with Existing talent

Stratford Library

Spaces are limited, booking advised for all our face-to-face events. Contact Stratford Library for details on how to book.
 Address: Plaistow Library, North street E13 9HL
 For more information and support, contact CN.Stratfordwestham@newham.gov.uk or call **020 3373 0826**
Address: Stratford Library, 3 The Grove, E15 1EL

Easter Egg Hunt

Ages 0 -17
 Saturday 1st April 11am - 2pm
 Discover the Easter eggs hidden around the Town Center by using the clues provided.
 Take part in Easter Arts & Crafts at the library and children taking part will receive an Easter Egg at the end of the hunt!
 First come first served.
 FREE event open to the whole family in partnership with the Metropolitan Police and Stratford Original.

Film Club

All ages
 Monday 3rd April 11am - 1pm
 Family film time

Chess club

All ages
 Tuesday 4th April 5:30pm -7:30pm
 Chess club for children

Board Games

All ages
 Wednesday 5th April 11am - 1pm
 Have fun playing board games in the library

Easter Colouring/Crosswords

All ages
 Thursday 6th April 11am - 1pm
 Choose your colouring or crossword

Arts and Crafts All Ages

Saturday 8th April
 11am - 12pm
 Join us for a simple crafts activity

Chess club

All Ages
 Thursday 6th April 5:30pm - 7:30pm
 Chess club for children

Board Games

All Ages
 Wednesday 12th April 11am - 1pm
 Have fun playing board games in the library

Spring Colouring/Crosswords

All Ages
 Thursday 13th April 11am - 1pm
 Choose your colouring or crossword

Spring Storytelling

All Ages
 Friday 14th April 10am - 10:30am
 Story time

Arts and Crafts

All Ages
 Saturday 15th April 11am - 12pm
 Join us for a simple crafts activity



YOUTH EMPOWERMENT SERVICES

Within our Youth Zones, teams of dedicated youth workers support young people aged 9-19 (up to 25 for SEND young people), to access and undertake a **process of Social and Emotional learning** through our:

- Quality youth work **practice**
- Comprehensive youth work **offer** (experiences and opportunities)
- Safe, varied and inviting youth work **settings**

It is our intention that throughout undertaking this process as well as beyond, young people will:

- Feel Valued
- Have Influence
- Feel Safe
- Realise their Potential

Information about the sessions at each Youth Zone and other Youth Empowerment Service areas can be found on the **Padlet**.

To keep up to date with what is going on make sure you follow each Zone's Instagram account, as well as the Youth Empowerment Service's main Instagram account **here**.

The types of activities you'll find on the **Padlet** are listed below.

Open Access Youth Activities & Social Action Project 4-6

Ages (11 - 18)
Date: 04/04/2023
Time: 3pm-7.30pm/4-6pm
Location: Forest Gate Youth Zone

Open Access Youth Activities & Basketball Coaching

Ages (11 - 18)
Date: 05/04/2023
Time: 2pm-6pm/5-7pm
Location: Forest Gate Youth Zone

Open Access Youth Activities & Street Doctors Workshop & Non - Contact Boxing

Ages (11 - 18)
Date: 3/04/2023
Time: 3-6pm/2-3/6-7.30pm
Location: Forest Gate Youth Zone

Drop-in session and Easter Egg hunt

Ages (9-25)
Date: 04/04/2023
Time: 12pm - 4pm
Location: Little Ilford Youth Zone

Sleep and wellbeing during Ramadan

Ages (9-25)
Date: 14/04/2023
Time: 2pm - 3pm
Location: Little Ilford Youth Zone

Part 1: The session will include Young People discussing what Ramadan means for each individual and how it is celebrated in every household. The session allows Young People to come together and explore how Ramadan is celebrated in each household and cultures.

Part 2: This session will explore the important of sleep and impact it can have on people's daily life (positive and negative). The session will be co-delivered by Young People. This will allow them to look at the pros and cons on sleep, especially during the month of Ramadan



Creative Hangout with Badminton

Ages (9-17)
Date: 04/04/2023
Time: 12pm - 5pm
Location: Stratford Youth Zone

Creative Hangout with Creative Journaling & Self Care

Ages (9-17)
Date: 05/04/2023
Time: 12pm - 5pm
Location: Stratford Youth Zone

Creative Hangout & Pizza Party @ Pizza Express

Ages (9-17)
Date: 11/04/2023
Time: 12pm - 5pm
Location: Stratford Youth Zone

Team Building Adventure Day @ Fairplay House

Ages (9-17)
Date: 14/04/23
Time: 8:30am pick up for 4:30/5pm return
Location: Fairplay House, Coach pick up and drop off details to be confirmed

Speaking Silences Programme - with Royal Docks Heritage Association

Ages (13-18)
Date: 3/04/23 - 6/04/23
Time: 10am-4pm
Location: Trinity Community Centre
 Speaking silence uses creative writing, spoken words and film to engage young people to look into local heritage

Gaming Event

Ages (9-25)
Date: 2/04/2023
Time: 1-5pm
Location: Trinity Community Centre

Please check **Padlet** weekly for the latest activities as we run Programmes throughout the year.

Youth Empowerment Fund (YEF)

Since its launch in May 2021, the Youth Empowerment Fund has helped more than 200 Children & Young People, by providing financial support for them to pursue their dreams and realise their full potential. The fund can contribute to the cost of resources, travel, training or equipment that young people need to be able to learn and develop skills in the things they are passionate about.

If you would like to discuss the application and process, please contact yefinfo@newham.gov.uk





SPECIAL EDUCATIONAL NEEDS & DISABILITIES

MULTI-SPORTS CLUB

Bikeworks

All Ability Cycling Club

All ages

Date & Time: Tuesday 4th April & Thursday 13th April 10am - 1.30pm

Location: E20 3AB - In front of the Velodrome

Contact Info: all.ability@bikeworks.org.uk

The club designed for people with learning, physical and/or sensory disabilities to enjoy cycling on a range of adapted cycles, including single/tandem tricycles, side-by-side cycles for two or more people, wheelchair platform cycles and go-kart style recumbent cycles. The club is open to all and also has two wheel cycles available to borrow for a ride around the park

How to book: Drop in event

Website Link: <https://www.bikeworks.org.uk/all-ability/all-ability/>

Together! 2012 CIC

Together! Clubs

Date and time: Varied across Easter holidays

Location: Online

Contact Info and Booking Details: info@together2012.org.uk

With the support of Newham Council, we run a year-round Clubs programme of creative activities for Disabled people, currently taking place via Zoom and telephone. The Clubs programme is led by mid-career artist Alison Marchant, and Clubs are facilitated by Alison and other mid-career Disabled artists, working alongside emerging and community artists. We believe that everyone has something to teach and something to learn. <https://www.together2012.org.uk/> "Together! 2012 | Disability Arts, Culture and Human Rights (together2012.org.uk) for more details

All Ability Cycling Club

All ages

Date and time: Friday 7th April and Friday 14th April 11am - 1.00pm

Location: E6 3AJ Central Park - by the Cafe

Contact Info: all.ability@bikeworks.org.uk

The club designed for people with learning, physical and/or sensory disabilities to enjoy cycling on a range of adapted cycles, including single/tandem tricycles, side-by-side cycles for two or more people, wheelchair platform cycles and go-kart style recumbent cycles. The club is open to all and also has two wheel cycles available to borrow for a ride around the park

How to book: Drop in event

Website Link: <https://www.bikeworks.org.uk/all-ability/all-ability/>

Royal Society for Blind Students (RSBC)

Virtually via zoom or Life Without Limits Centre,

Address: 10 Lower Thames St, London EC3R 6EN

Website: <https://www.rsbc.org.uk/calendar-of-activities/>

Audio Book Club

All ages

Date and time: 3rd & 6th April 4pm - 5pm

Location: Online

Join us on Zoom as we listen to different audio books with other Visually Impaired (VI) young people from all over the UK! You can listen to books of your choice in the comfort of your space, have a chance to meet new people & make new friends as we have discussions, quizzes, and create your own audiobook sessions around the chosen book.

How to book: <https://www.rsbc.org.uk/events/audio-book-club-26/> Audio Book Club - RSBC

Zoo Lab workshop

All ages

Date and time: Tuesday 4th April 3:30pm

Location: Life without Limits Centre

Come down to our Life without Limits Centre for a very wild start to your Spring Holiday! The amazing George from Zoo Labs will once again be bringing a guest list of very special friends to our centre once again! Whether you like furry animals, enigmatic Amphibians, or want to converse with a giant centipede, our Centre at 3:30pm will be the place to be!

How to book: <https://www.rsbc.org.uk/events/zoo-lab-workshop-at-the-life-without-limits-centre/> Zoo Lab workshop - RSBC

Easter Extravaganza Day

All ages

Date and time: Wednesday 5th April 11am

Location: Life without Limits Centre

Come down to our Life without Limits Centre on Wednesday 5th for an afternoon of Family Fun! Hosting a number of different activities, from Crafts, Gaming and Cooking, our centre will be open to all young people, families and siblings to come and see our headquarters, meet the team, enjoy some fun sessions and workshops throughout the afternoon, and, most importantly, tell us what you think! Our organisation is always striving to be the best we can for the children, young people and families that we work with, and we want YOU to tell us what you think! Doors open at 11am, with the fun carrying on until 2pm!

How to book: <https://www.rsbc.org.uk/events/easter-family-fun-feedback-day/> Easter Extravaganza Day - RSBC

Music Maker

All ages

Date and time: Wednesday 12th April 11am – 2pm

Location: Life without Limits Centre

Percussion Play is looking forward to learning which shapes, heights, colours and finishes are beneficial to children and young people who are blind and partially sighted. There is also the possibility Percussion Play will create a new instrument during this collaboration.

So come and join us for some music fun over the Easter holidays, we'll even provide some refreshments too for everyone.

How to book: <https://www.rsbc.org.uk/events/music-makers/> Music Makers Session - RSBC

Selhurst Stadium Tour

Ages (11 – 25)

Date and time: 12th April 11am

Location: Selhurst Stadium, Croydon

Short description of event/club: The Palace4Life coaches have kindly offered us a chance to have a tour of the home Stadium for Crystal Palace. If you are a Crystal Palace fan, football fan in general or ever just wondered what it's like in behind the scenes in a football stadium get in touch as this is perfect for you. We especially encourage young people from South London to join this and get to meet others who are into sports.

How to book: <https://www.rsbc.org.uk/events/selhurst-stadium-tour/> Selhurst Stadium Tour - RSBC

The Great RSBC Bake Off

All ages

Date and time: Tuesday 14th April 2pm - 4:30pm

Location: Life without Limits Centre

Contact Info: vivek.joshi@rsbc.org.uk

This afternoon come and show off your baking skills in the Life without Limits centre and put yourself to the test in our version of the Great British Bake off. It will be a friendly competition judged by RSBC staff and a chance for you to test other people's favourite sweet treats and learn some tips and tricks from each other before rolling yourself home.

How to book: <https://www.rsbc.org.uk/events/the-great-rsbc-bake-off/> The Great RSBC Bake Off - RSBC





NURSERIES, CHILDREN CENTRES & PLAY SCHEMES

Aston Mansfield

Little Manor Play Project's Holiday Play scheme

Ages 5 - 12

Weekdays from Monday 3rd April – Friday 14th April, 8am – 6pm (excludes Good Friday and Bank Holiday Monday)

Location: Aston-Mansfield Community Centre, 1 Toronto Avenue, Manor Park, London, E12 5JF

A fun packed programme of play sessions including a mixture of on-site activities and trips. Activities include sports, games, arts & crafts, cookery, experiments, drama and IT. There's something for everyone.

Minimum of three trips per week.

Ofsted registered.

Booking Details and Contact Info: Play@aston-mansfield.org.uk / 020 3355 3978

Children's Health 0-19 Service

Ages 5-16

Date: Tues 4th – Thurs 13th April

Time: 10am - 3pm (times may vary depending on the activity)

Location: School 21 (and other)

We are back this Easter with fun filled activities including Roller skating, Easter Treasure hunt trip and much more

Contact Info: CHSHolidayClubs@newham.gov.uk or call 07816114797

The Royal Docks Learning & Activity Centre (RDLAC)

Holiday Provision

Ages 4 - 12

Mon – Fri 8:30 – 6pm during Easter holidays

Location: The Royal Docks Learning & Activity Centre
Our Holiday Provision operates during half-terms, Easter and the summer holiday and is available for children aged 4-12, Monday - Friday 8:30 until 18:00 during school holidays. We have an optional Breakfast club from 8am. With over 7 different areas of play and outings every Thursday and Friday, there will be lots of activities for your children to get involved in.

How to book: <https://www.rdlac.org/contact-us>

Website Link: <https://www.rdlac.org/> HOME | rdlac

Contact Info: 020 7476 1666

Royal Docks Learning & Activity Centre (RDLAC)

Ages 11-16

Date & Time: 3rd – 6th & 11th – 14th April from 6:30pm – 10:30pm

Location: Royal Docks Learning & Activity Centre, Albert Road, London, E16 2JB

Contact Info: youth@rdlac.org.uk

An exciting youth club that includes a youth leadership programme, music production, cooking, sports, trips and a hot, healthy meal.

How to book: <https://eequ.org/experience/3016>

Royal Docks Learning & Activity Centre

Ages 4-12

Date & Time: 3rd – 6th & 11th – 14th April from 10am – 2pm and 2pm - 6pm

Location: Royal Docks Learning & Activity Centre, Albert Road, London, E16 2JB

Contact Info: youth@rdlac.org.uk

An exciting programme that includes art and performance, safer cycling, sports, gardening, yoga and a hot, healthy meal

How to book: <https://eequ.org/experience/2995>

Children's centres

Best Start in Life Children's Centres

Children's Centre activities

Children's Centre activities are primarily for children aged 5 and under

Children's Centres will run a range of activities for families with children aged 5 and under in settings across the borough. These activities will support your child's learning and development, including speech and language.

Please note that you will need to register with Best Start in Life to access activities. You can register in person at your local children's centre, or online – please see Best Start in Life (BSiL) Children's Centres | Newham Families Advice and Support for the online form.

Visit <https://families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=10&familychannel=0> for more info
Email: local.offer@Newham.gov.uk

Beckton and Royal Neighbourhood

www.bardcc.org.uk

Canning Town and Custom House (Edith Kerrison and Keir Hardie)

<https://www.edithkerrison.newham.sch.uk/activity-programme.html>

East Ham Neighbourhood

(Altmore Children Centre and Oliver Thomas Children Centre)

www.oliverthomas.org.uk

Forest Gate Neighbourhood

(Kay Rowe Children Centre and Maryland Children Centre)

kayrowe.newham.sch.uk

Green Street Neighbourhood

(St Stephens Children Centre)

<https://www.st-stephens-nurserychildrenscentre.org.uk/Calendar/>

Manor Park Neighbourhood

(Manor Park Community Children Centre/Sheringham)

PowerPoint Presentation (sheringham-nur.org.uk)

Plaistow Neighbourhood

(Plaistow Children Centre)

<https://plaistow.newham.sch.uk/Plaistow-Children-s-Centre/>

Stratford and West Ham Neighbourhood

(Rebecca Cheetham Children Centre)

STRATFORD AND WEST HAM CHILDREN'S CENTRE VIRTUAL AND SESSIONAL TIMETABLE (rebeccacheetham.newham.sch.uk)





SUPPORT SERVICES

CLICK!



SUPPORT SERVICE

HEALTH

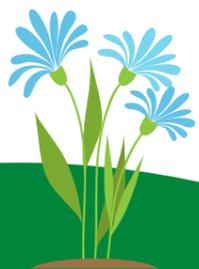
CRISIS & COUNSELLING

If you need support during the holiday period, the following services will be open and able to assist you:

For questions about council services, get in touch with the Newham Council Contact Centre on:

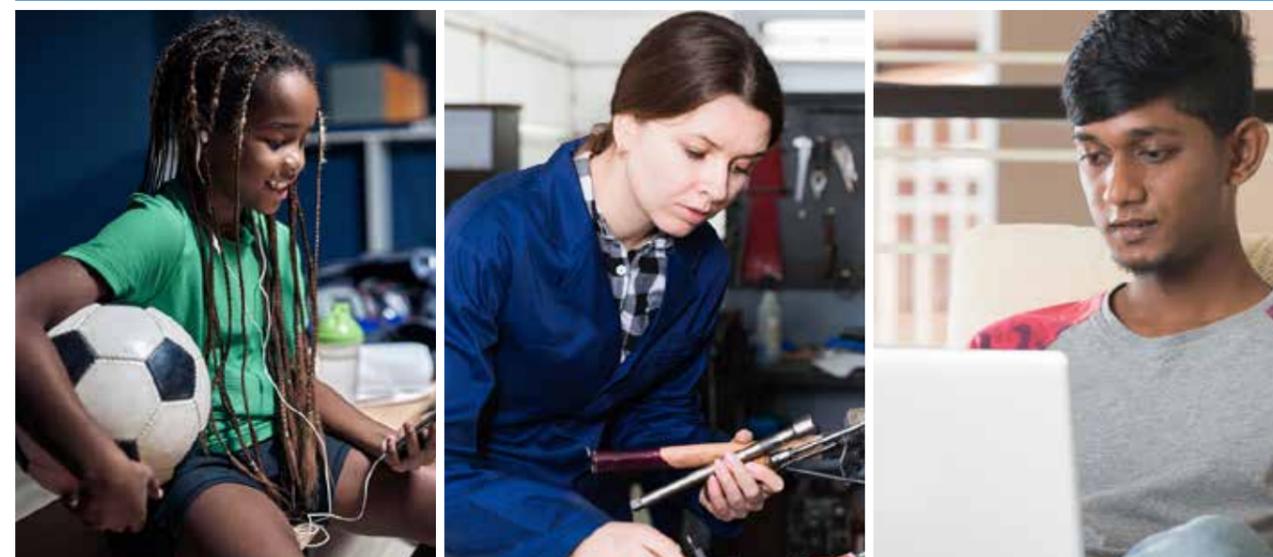
T: 020 8430 2000 (9am-5pm, weekdays).

Textphone: 18001 020 8430 2000



WE ARE THE YOUTH

EMPOWERMENT FUND.



Calling Newham young people! Are you aged between 9-25?

Do you need financial assistance to help with your ambitions and career goals?

The Youth Empowerment Fund may be able to help you.

We provide financial assistance up to £2,500!

Check out our website for eligibility and an application form.

www.newham.gov.uk/children-families/youth-empowerment-fund

WE ARE NEWHAM.





HEALTH

School Health Service (SHS)

School Health's Young Carers organize events for young people aged 5-18 who have caring responsibilities. Info: Visit: <https://www.newhamconnect.uk/Services/3580> for more information.

The school health service (SHS) is part of the Children's Health 0-19 Service and support children, young people (aged 5-19) and their families, who live in Newham. We provide information and support for a wide range of health issues including: oral health, healthy growth, managing stress, improving sleep, healthy relationships as well ensuring the right support is in place in school for children with long term health conditions.

Make a referral to see a school nurse www.newham.goc.uk/schoolhealthreferral or email schoolhealth@newham.gov.uk Check out our pages on Newham Connect for more details about our offer <https://www.newhamconnect.uk/Services/3580>

National Health Service

Phone: 999 for emergencies

Phone: 111 (free from a landline or mobile phone)

Online: 111.nhs.uk (for assessment of people aged 5 and over only)

To get the right advice or treatment you need for physical or mental health. The advice is available 24 hours a day, 7 days a week.

National Child Measurement Programme (NCMP)

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11). We are running parent information workshops in person for anyone who may have any questions and is an opportunity to meet members of the school health service that will be providing the NCMP in your child's school.

If you have an enquiry about the National Child Measurement Programme, please call 0300 303 5678 or email enquiries@nhsdigital.nhs.uk.

ChatHealth

ChatHealth is a confidential text messaging service in Newham that enables children and young people (aged 11-19) to contact the school health service and get advice from a qualified nurse about anything to do with their health and wellness.

The service is available between 9-5 pm Monday to Friday (except bank holidays) and you should expect a response to your text within 24 hrs.

Text the service on: 07507 326645

Filming Health Videos

We have been busy with children and young people making short films providing health information. Check them out on YouTube using the links below.

If you want to get involved in creating short films or interested in getting involved behind the camera, contact us on schoolhealth@newham.gov.uk

School Readiness-Early Years

<https://youtu.be/RK85GXs3qVo>

Vision and Hearing for 4/5 year olds

<https://www.youtube.com/watch?v=YQK0nmSpFE0>

Thinking Inside the Box- A Health Visiting Story

<https://youtu.be/LxBNTudWyCw>

Family Nurse Partnership

https://youtu.be/NSQX9C7u3_s

Asthma Videos

Asthma a Hero Story

<https://www.youtube.com/watch?v=OyOdu7hAjL0>

Implementing A Whole School Asthma Approach

<https://www.youtube.com/watch?v=lJ4cTwMev0>

My Asthma Hero travel pack:

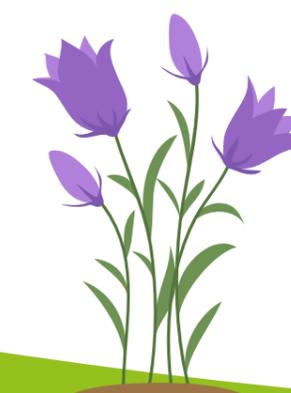
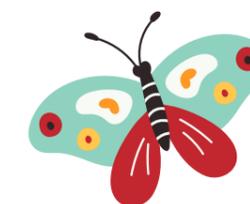
https://www.youtube.com/watch?v=pfaG_Rz5CwQ

Asthma, the Straw Game:

<https://www.youtube.com/watch?v=ZNvqMDpffQs>

Looking after my Asthma Spacer:

<https://www.youtube.com/watch?v=NblqBgmTFE>



Children and Young People's Services, Public Health via the Children and Young People's Mental Health & Wellbeing Partnership presents NewhamFlix-The Courageous Superior Three (CS3)

7 short films made by young people, for young people, about emotional health and wellbeing, expressed through spoken word. This series takes us through their spoken word performance and behind the scenes.

Episode 1-Turning up

<https://www.youtube.com/watch?v=tq4Ne-NNHw8>

Episode 2-Meeting Poetess Jess

https://www.youtube.com/watch?v=K_CgsNHIVMU

Episode 3-Rehearsals

<https://www.youtube.com/watch?v=jaM32GbO4zs>

Episode 4- Getting in the zone

<https://www.youtube.com/watch?v=rdbKqtUpy6Q>

Episode 5- It's Showtime

<https://www.youtube.com/watch?v=3-PPcsgeFrY>

Episode 6- Q&A

<https://www.youtube.com/watch?v=qo4r62dbNsw>

Episode 7- I get it - Full performance

<https://www.youtube.com/watch?v=su6ceKePDVE>



CRISIS & COUNSELLING

Adult Social Care

020 8430 2000 (Select option 2), 9am-5pm, Monday-Thursday & 9am-4.45pm, Friday

<https://www.newham.gov.uk/health-adult-social-care>

The team consists of qualified and experienced: Social workers; Approved Mental Health Professionals (AMPH) and Safeguarding workers to respond to urgent safeguarding concerns. The Emergency Duty Team provides support in an emergency out-of-hours: evenings, overnight, weekends and Bank Holidays. An emergency is anything that cannot wait until the next day. The team will provide emergency support to: Children and Families and anyone over the age of 18.

Children's Social Care

999 if a child is at risk of serious harm, abuse or neglect

020 3373 4600 (Option 1) for Children's Social Emergency

Monday to Thursday, 9am to 5.15pm or Friday 9am to 5.00pm

Out of Hours Phone: 020 8430 2000

Make a request online or request support or protection of a child.

<https://families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=7>

Child Line

0800 1111

0808 800 5000 for adults concerned about a child

www.childline.org.uk/

Childline is a counselling service for children and young people up to their 19th birthday provided by the National Society for the Prevention of Cruelty to Children. Children can get help and advice from a counsellor (by phone or online) about a wide range of issues.

Crisis Line

020 7771 5888

The crisis line is provided by East London NHS Foundation Trust (ELFT) to support people living in Newham. It is available 24 hours a day including weekends and Bank Holidays.

Callers will be given support and advice from mental health professionals. The service aims to provide the right care at the right time and prevent people spending unnecessary time at the Emergency Department. The Crisis Helpline can: support and help you if you have mental health problems, provide accurate information and advice about local mental health services and communicate with other services or teams on your behalf, if you wish for support in a non-directive way, or empower and encourage you to take control.

@NHS_ELFT's Newham Mental Health Crisis Line phone number updates: 24hr Mental Health Crisis Line number from today is 020 7771 5888.

The Newham Home Treatment Team no. is now: 020 7540 6759.

Full details: <https://tinyurl.com/jd6v2vb3>

@Gill_NHS

@NHSNewhamCCG

@MindITHN

@NewhamLondon



Hestia Domestic Violence Support

999 if you are in immediate danger

0808 196 1482 - this number is also available after 6pm for emergencies

Email: InfoNewhamDSV@hestia.org

www.hestia.org/newham

These services are still running and a professional support worker can be contacted by phone on the above numbers.

Change Grow Live Charity

0800 652 3879

www.changegrowlive.org/local-support/find-a-service

Advice and support on drug or alcohol issues.

Kooth

0203 984 9337

www.kooth.com

contact@kooth.com

www.koothplc.com/contact-us

Please note Kooth is accessible throughout the school holidays.

Kooth is available if you're aged 11 to 18 years, and offers: a live chat function so young people can contact a qualified counsellor. Scheduled and drop-in counselling sessions available all year round (including evenings and weekends) and anonymous support.

Samaritans

116 123 for free

Email: jo@samaritans.org

www.samaritans.org/

Samaritans is a charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout. Whatever you're going through, a Samaritan will face it with you. The service is available 24 hours a day, 365 days a year.

Family Advocacy

020 8519 8312 between 10am - 4pm

Advocacy is when you get support to:

- Share your views, wishes and feelings
- Be listened to and understood
- Access and understand relevant information
- Explore choices and options
- Make informed choices and decisions about your life
- Access services
- Defend and promote your rights and responsibilities
- Speak out about issues that matter to you and be valued and included in your community

<https://www.bizseek.co.uk/the-family-advocacy-project-020-8519-8312>

Shine – Sexual Health & Relationship Advice

020 8496 7237

Clinics are for young people 21 years and younger and are discreet, confidential and services are completely free to young people living in Newham. Advice and information includes:

- Hormonal contraception - pills, patches, contraceptive injections, IUS' (coil), implants and vaginal rings
- Emergency contraception (the morning after pill – taken within 5 days/120 hours of unprotected sex)
- Screening for sexually transmitted infections (STIs)
- Condoms and c-cards (condom cards)
- Support to access other services, such as abortion services if necessary.

Shine educational programmes can include sessions such as:

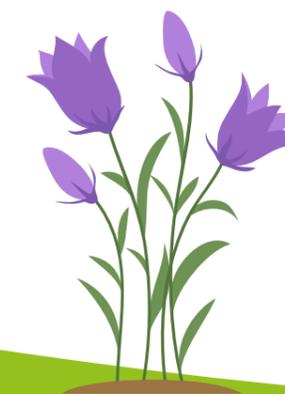
- Sex and the risks – STIs, pregnancy and contraception
- relationships
- Recognising abuse in relationships
- Sex and the law
- Building self esteem
- Assertiveness and saying no

Switchboard LGBT+ Helpline

0300 330 0630

Information, support and referral service for lesbians, gay men, and bisexual and trans people, and anyone considering issues around their sexuality and/or gender.

<https://switchboard.lgbt/how-we-can-help>





St. Stephen's Nursery & Children's Centre Activities Calendar

February 2023 – April 2023

PLEASE NOTE - all sessions **MUST** be booked in advance (020 8586 0147)



Monday

Pilates (Crèche available)

(Booking required)

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength. It trains the body to express itself with strength and harmony and also improves posture. **9:30am – 10:30am**

Baby Play (0 – 18mths)

(Booking required)

An opportunity for babies to explore and play with objects from the real world. **10:45am – 11:45am**

Stay & Play (Booking required)

Join our enjoyable, stimulating and fun-filled play session. **1pm – 2:15pm**

Tuesday

Baby Play (0 – 18mths)

(Booking required)

An opportunity for babies to explore and play with objects from the real world. **9:30am – 10:30am**

E-PATs (Invite only)

E-Pats is an 8-session group that provides sensitive support and information for families with a child who has additional needs. **9:30am – 11:30am**

Sensory Storytelling and Stay & Play (Booking required)

Introducing children to books and reading. **12:30pm - 1.30pm**

ESOL Stepping Stones

(Crèche available)

(Booking required)

Come for a chat and learn some conversational English **1:30pm - 3pm**

Wednesday

Childcare Course (Level 2)

(Crèche available)

Please call the Children's Centre for further information. **9am – 12pm**

Music with Penny and Stay & Play

(Booking required)

Come and join us for some stimulating & fun-filled activities followed by a half hour singing session. **1pm – 2pm**

Triple 'P' (Crèche available)

(Booking required)

Join this **7 week workshop** and discover the power of positive parenting. Get tips and support on any behaviour issues. **1pm – 3pm**

(Started 8th February)



Thursday

The Well Baby Clinic

(Booking required)

Come and meet your Health Visitor for advice and support regarding your child's growth and development. **9:30am – 11:30am**

Little Champions (Invite Only)

(FS to Book)

Are you a parent/carer/child minder of a child with additional needs? Come along to our weekly drop-in session for support and advice. **9:30am – 10:30am**

Little Talkers (Invite only)

(FS Booking)

A session for you and your child to attend together, if you have any concerns about their speech and language. **10:45am – 11:45am**

Let's Improve Our English

(ESOL) (Crèche available)

(Booking required)

An introduction to English to speakers of other languages. Please enquire for criteria. **1pm – 3pm**



Friday

Zumba with Families

(Booking required)

Zumba classes feature rhythms set to high-energy Latin beats. Before you know it, you're getting fit and your energy levels are soaring! There's no other fitness class like a Zumba class. It's easy to do, effective and totally exhilarating. **9:30am – 10:30am**

Cost of Living Coffee Morning

(Booking required)

Do you need advice or support with issues relating to cost of living crisis, eg. Benefits, managing your finances, etc.? Come along for a coffee and some advice. **9am – 10am**

Physical Friday (Booking required)

Come and join us for an enjoyable, stimulating and fun-filled active session. **10am – 11:15am**

Nutrition Kitchen (for over 2.5yrs)

(Booking required)

Come along with your child on this **5 week course** and have some fun, cooking our simple recipes that both of you will enjoy making together. **12:45pm – 2:15pm**

(Starting 24th February)

12:45pm – 2:15pm



Information

St. Stephen's Nursery & Children's Centre
WHITFIELD ROAD – EAST HAM – E6 1AS
Tel: 020 8586 0147

www.st-stephens-nurserychildrenscentre.org.uk

The Centre will run an **Easter Break Calendar** between **Monday 3rd April** and **Thursday 6th April**. The Centre is **CLOSED** from **Friday 7th April** and reopens on **Monday 17th April**.

Family Support (FS) - (Appointment only)
Just give us a call to talk to one of our Family Support Workers for advice and support on housing, or family issues. If we can't help you we may know someone who can.



Please ensure you bring your **'Newham Children Centre Card'** each time you visit the Children's Centre. Please ask reception for a registration form if you do not have a card.



FREE ONLINE
PRE-RECORDED
STEAM MUSIC SESSIONS FOR

Parents with Toddlers

Learn a new song everyday!
Starts: 10.04.23 | Ends: 14.04.23
Time: 10:00am - 11:00am

Come along, learn to sing new songs and join in the fun!

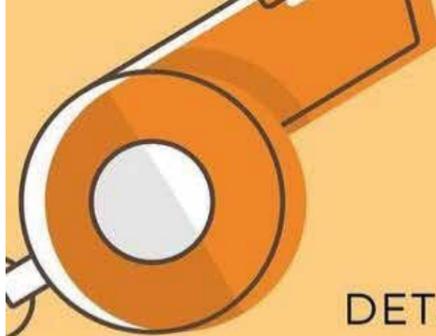
You will need:
Your singing voice & music set.

Scan the QR code to sign up to a session.



Lessons delivered by professional musician and music tutor.






**YOU
TH**
EMPOWERMENT

DETACHED YOUTH WORK TEAM

Basketball

EVERY WEDNESDAY 5PM - 7PM

**TRAIN TOGETHER
LEARN TOGETHER
SUCCEED TOGETHER**

FORESTGATE YOUTH CENTRE
1 WOOFORD ROAD
FORESTGATE
E7 0DH

Contact Josh 07773 481276 & Venetta 07773 481118




OPEN FOOTBALL SESSIONS

EVERY WEDNESDAY
STRATFORD PARK MUGA PITCH
4PM - 5:30PM

AGES 11-19

ALL ABILITIES

ALL WELCOME



DETACHED YOUTH WORK TEAM
&
WEST HAM FOUNDATION

INSTA - @DETACHEDYOUTHTEAMLBN



BRITANNIA VILLAGE HALL

HIRES

Activities run by others at
BV Hall

- MON - FRI 3:15-6pm** Vibrant Minds After School Club
Contact: vibrantmindsasc@gmail.com
- TUESDAY 4-7pm** Gymnastics (kids)
Contact: denkadimova@yahoo.co.uk
- FRIDAY 1pm** Jummah prayers
Contact: unitywf@gmail.com
- 7:30-9pm** Karate (adult and kids)
Contact: www.alfa-karate.co.uk
- SATURDAY & SUNDAY 9am-1pm** Little Kickers (kids)
Contact: www.littlekickers.co.uk
- SUNDAY 5:30-6:30pm** Royal Docks Community Church
Contact: www.royaldockschurche16.com

For more information please contact hirers directly
www.wsfroyaldocks.org/whats-on

WE ARE HELPING.



WE ARE NEWHAM.

DO YOU KNOW RESIDENTS WHO ARE STRUGGLING TO GET ONLINE?

Newham Libraries are now part of The National Databank network which offers free SIM cards provided by O2, Three and Vodafone. All that's required is a device that is unlocked or compatible with one these providers.

To be eligible, residents must be **18 years** or over and from a **low income** household. Plus, at least one of these qualifying statements must be true:

- Has no access or insufficient access to the internet at home
- Has no or insufficient access to the internet when away from the home
- Cannot afford their existing monthly contract or top up

If you think any residents you work with meet the criteria and can benefit from the service, please ask them to visit their local library for more information.



**FREE
SIM
CARDS**