

WE ARE FUN.

WE ARE NEWHAM.



WINTER 22-23 ACTIVITIES PROGRAMME



WELCOME

Hello Everyone,

Winter and the festive season is finally here with us and we are delighted to present the most anticipated winter activities programme for Newham's children and young people.

To ensure you don't miss out on anything, we have produced this winter brochure, which contains information about all the free activities on offer, the dates and the venues.

We understand the challenges young people and their families face in light of the cost of living crisis. To support you and your family we have tried to ensure you have access to as many free activities as possible to help lighten the burden.

For families who are in receipt of benefits related free school meals, the Council is making a nutritious meal offer available during the school break.

The Holiday Activity and Food (HAF) section in this brochure, has information of places that have been funded to provide free wholesome meals and exciting activities to those who receive benefits related free school meals. Please make sure you have a look at this section and book slots as early as possible.

The Council is also offering a range of inclusive activities to cater for our vulnerable young people so that no one is left out.

Our Youth Zones will provide a variety of exciting activities such as basketball, table tennis, dance, arts and crafts, cooking, pool, PS4 computers games and football. Refreshments, lunch and dinner will also be provided.

A range of festive family fun activities from Festive lego making to festive family quizzes, festive arts and crafts, plus family movie and popcorn shows, are some of the fun activities on offer at your local libraries.

In this brochure, you will find important information on how to get help and support during the festive season. This will include help with your finances, how to stay healthy during the winter season, available warm havens and much more. If you would like to stay up to date with support around cost of living join cost of living champions, email costoflivingresponse@newham.gov.uk.

We hope this special festive offer will ease the financial pressure some of you face and that you will take part in the events, make new friends, learn new skills and most importantly have fun! Finally, we would like to wish you all a safe and fantastic festive season and a wonderful New Year.

This programme is also available to access online: www.newham.gov.uk/winteractivities

For queries email: CYPactivities@newham.gov.uk



CLICK!



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For your online version of this Autumn Activity programme, go to: www.newham.gov.uk/winteractivities





CLICK!



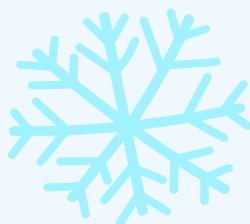
**HOLIDAY
ACTIVITIES
AND
FOOD**

**WINTER
BREAK
ACTIVITIES**

LIBRARIES

**YOUTH
EMPOWERMENT
SERVICES**

**SPECIAL
EDUCATIONAL
NEEDS &
DISABILITIES**





HOLIDAY ACTIVITIES AND FOOD

Newham's Winter 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).

SPHERE SUPPORT (AGES 5-11)

Dates: Thursday 22 December 2022
Friday 23 December 2022
Monday 26 December 2022
Tuesday 27 December 2022

Time: Ages 5-8: 9.00am-1.00pm
Ages 9-11: 1.30pm-5.00pm

Location: Methodist Church, Bryant Street, Stratford, London, E15 4RU

How to book: Please call 0795 151 0055 or email Enquire.sphere@outlook.com to secure your place



PREMIER EDUCATION (AGES 5-11)

Dates: Wednesday 21 December 2022
Thursday 22 December 2022
Friday 23 December 2022
Wednesday 28 December 2022
Thursday 29 December 2022
Friday 30 December 2022

Time: 9.00am-3.00pm

Location: Hallsville Primary School, Radland Road, Canning Town, London, E16 1LN

How to book: Please call 0739 918 9781 or email sschultz@premier-education.com to secure your place



SPARKLES DAY NURSERY (AGES 5-11)

Dates: Tuesday 27 December 2022
Wednesday 28 December 2022
Thursday 29 December 2022
Friday 30 December 2022

Time: 10.00am-2.00pm

Location: 72 Katherine Road, East Ham, London, E6 1EN

How to book: Please call 020 8552 3939 or email office@sparklesdaynursery.com to secure your place

Dates: Tuesday 27 December 2022
Wednesday 28 December 2022
Thursday 29 December 2022
Friday 30 December 2022

Time: 10.00am-2.00pm

Location: 236 Plashet Grove, East Ham, London, E6 1DA

How to book: Please call 020 8552 3939 or email office@sparklesdaynursery.com to secure your place

OMEGA SPORTS (AGES 5-11)

Dates: Thursday 22 December 2022
Friday 23 December 2022
Wednesday 28 December 2022
Thursday 29 December 2022

Times: 9.00am-1.00pm or 12noon-4.00pm

Location: Park Primary School, Matthews Park Avenue, Stratford, London, E15 4AE

How to book: Please call 0744 459 2073 or email info@omegasportz.com to secure your place



WONDER YEARS (AGES 5-11)

Dates: Monday 19 December 2022
 Tuesday 20 December 2022
 Wednesday 21 December 2022
 Thursday 22 December 2022 (remote session only)
Times: 8.00am-12noon, 10.00am-2.00pm, 12noon-4.00pm, 2.00pm-6.00pm
Location: 17 Turley Close, Stratford, London, E15 2SG
How to book: Please call 0797 652 8934 or email Wonderyears.info@gmail.com to secure your place

ACKEE TREE (AGES 5-11)

Dates: Monday 19 December 2022
 Tuesday 20 December 2022
 Wednesday 21 December 2022
 Thursday 22 December 2022
Times: 9.00am-1.00pm or 1.30pm-5.30pm
Location: Maryland Primary School, Gurney Road, London, E15 1SL
How to book: Please call 0794 490 6999 or email Ackeeetree+haf@gmail.com to secure your place



HOPE 4 HUMANITY (AGES 5-11)

Dates: Tuesday 20 December 2022
 Wednesday 21 December 2022
 Thursday 22 December 2022
 Friday 23 December 2022
 Monday 26 December 2022
 Tuesday 27 December 2022
Time: 10.00am-2.00pm
Location: Forest Gate Community School, Forest Lane, Forest Gate, London, E7 9BB
How to book: Please call 0208 127 6290 or email hopeforhumaniti@gmail.com to secure your place

Dates: Tuesday 20 December 2022
 Wednesday 21 December 2022
 Thursday 22 December 2022
 Friday 23 December 2022
 Monday 26 December 2022
 Tuesday 27 December 2022
Time: 10.00am-2.00pm

Location: Grangewood Independent School, Chester Road, Forest Gate, London, E7 9BB
How to book: Please call 0208 127 6290 or email hopeforhumaniti@gmail.com to secure your place

THE RENEWAL PROGRAMME (AGES 5-11)

Dates: Thursday 22 December 2022
 Friday 23 December 2022
 Monday 26 December 2022
 Tuesday 27 December 2022
 Wednesday 28 December 2022
 Thursday 29 December 2022
Time: 11.00am-3.00pm
Location: 395 High Street North, Manor Park, London, E12 6PG
How to book: Please call 0208 471 6954 or email youth@renewalprogramme.org.uk to secure your place



UK ISLAMIC MISSION (AGES 5-11)

Dates: Wednesday 21 December 2022
 Thursday 22 December 2022
 Wednesday 28 December 2022
 Thursday 29 December 2022
 Friday 30 December 2022
Time: 10.00am-2.00pm
Location: 395 High Street North, Manor Park, London, E12 6PG
How to book: Please call 0789 488 1824 or email asim.uddin@ukim.org to secure your place



THE WRIGHT EDUCATION (AGES 5-11)

Dates: Monday 19 December 2022
 Tuesday 20 December 2022
 Wednesday 21 December 2022
 Thursday 22 December 2022
Time: 10.00am-2.00pm except for Tuesday 20 December when the session will run from 12noon-6.00pm
Location: Maryland Children's Centre, Buxton Road, Stratford, London, E15 1QX
How to book: Please call 0780 667 9904 or email info@wrighteducationuk.com to secure your place



NEWHAM SPORTS (AGES 5-11 & 11-16)

Dates: Monday 19 December 2022

Tuesday 20 December 2022

Wednesday 21 December 2022

Thursday 22 December 2022

Time: 10.00am-2.00pm

Location: Rokeby School, Barking Road, Canning Town, London, E16 4DD

How to book: Please call 0745 021 3126 or email info@newhamfutsalclub.co.uk to secure your place

Dates: Monday 19 December 2022

Tuesday 20 December 2022

Wednesday 21 December 2022

Thursday 22 December 2022

Time: 10.00am-2.00pm

Location: Kaizen Primary School, Elkington Road, London, E13 8LF

How to book: Please call 0745 021 3126 or email info@newhamfutsalclub.co.uk to secure your place

KULAN SOMALI ORGANISATION (AGES 5-11 & 11-16)

Dates: Tuesday 20 December 2022

Wednesday 21 December 2022

Thursday 22 December 2022

Tuesday 27 December 2022

Wednesday 28 December 2022

Thursday 29 December 2022

Time: 11.00am-3.00pm

Location: Flanders Community Centre, 116 Napier Road, East Ham, London, E6 2SG

How to book: Please call 0743 263 2875 or email newhamhaf@kulankso.org to secure your place



ROYAL DOCKS LEARNING & ACTIVITY CENTRE (AGES 11-16)

Dates: Saturday 17 December 2022

Monday 19 December 2022

Wednesday 21 December 2022

Monday 26 December 2022

Wednesday 28 December 2022

Tuesday 3 January 2022

Time: 6.30-10.30pm

Location: Albert Road, North Woolwich, London, E16 2JB

How to book: Please call 0742 314 9425 or email youthadmin@rdlac.org.uk to secure your place



WEST HAM UNITED FOUNDATION (AGES 11-16)

Dates: Thursday 2 December 2022

Friday 23 December 2022

Time: 10.00am-2.00pm

Location: 60a Albatross Close, Beckton, London, E6 5NX

How to book: Please call 0792 757 8063 or email cbullis@westhamunited.co.uk to secure your place

WEST HAM UNITED FOUNDATION (AGES 5-11)

Dates: Monday 19 December 2022

Tuesday 20 December 2022

Time: 10.00am-2.00pm

Location: Galleons Primary School, Warwall, Beckton, London, E6 6WG

How to book: Please call 0792 757 8063 or email cbullis@westhamunited.co.uk to secure your place





RIGHTS AND EQUALITIES IN NEWHAM (AGES 11-16)

Dates: Tuesday 20 December 2022

Wednesday 21 December 2022

Thursday 22 December 2022

Wednesday 28 December 2022

Thursday 29 December 2022

Friday 30 December 2022

Time: 11.00am-3.00pm

Location: The Mix, 1a Cumberland Road, Plaistow, London, E13 8LH

How to book: Please call 0207 473 5349 or email youthwork@rein.uk.com to secure your place



Dates: Tuesday 20 December 2022

Wednesday 21 December 2022

Thursday 22 December 2022

Wednesday 28 December 2022

Thursday 29 December 2022

Friday 30 December 2022

Time: 11.00am-3.00pm

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

How to book: Please call 020 7473 5349 or email youthwork@rein.uk.com to secure your place

SOCIAL ORGANISATION FOR UNITY & LEISURE (AGES 5-11 & 11-16)

Dates: Tuesday 20 December 2022

Wednesday 21 December 2022

Thursday 22 December 2022

Wednesday 28 December 2022

Thursday 29 December 2022

Time: 10.00am-2.00pm

Location: Plaistow Park, Greengate Street, Plaistow, London, E13 0BD

How to book: Please call 0208 064 1351 or email info@souluk.co.uk to secure your place

SOCIAL ORGANISATION FOR UNITY & LEISURE (AGES 5-11 & 11-16)

Dates: Monday 19 December 2022

Tuesday 20 December 2022

Wednesday 21 December 2022

Thursday 22 December 2022

Wednesday 28 December 2022

Thursday 29 December 2022

Time: 10.00am-2.00pm

Location: Star Park, Star Lane, Canning Town, London, E16 4RG

How to book: Please call 020 8064 1351 or email info@souluk.co.uk to secure your place

Dates: Monday 19 December 2022

Tuesday 20 December 2022

Wednesday 21 December 2022

Thursday 22 December 2022

Wednesday 28 December 2022

Thursday 29 December 2022

Time: 10.00am-2.00pm

Location: Beckton District Park, Tollgate Road, Beckton, London, E16 3SW

How to book: Please call 020 8064 1351 or email info@souluk.co.uk to secure your place



NUTRITION KITCHEN

Date: Friday 23 December 2022

Time: 10.30am-12.30pm

Location: Nutrition Kitchen @ East Ham Leisure Centre, 324 Barking Road E6 2RT

Contact: contact@nutrition-kitchen.co.uk

Christmas Special to reduce your food waste, where we will show you ways to extend your festive feast throughout the holiday season. Join us to make two delicious dishes to take home with you in which we use leftover fruit and veg! All ingredients and equipment's will be provided, you just need to bring your containers and a good appetite!

How to book: Limited space (15) – email purvi@nutrition-kitchen.co.uk or call/text/WhatsApp 07526 580621





WINTER BREAK ACTIVITIES

SCIENCE & TECH

Academy Achievers

December Virtual STEAM Camp

Any time, online/virtual

Ages: 6-10 years

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/auxrkAvaS9JEn9jk7>

Contact: admin@academyachievers.co.uk
centremanager@academyachievers.co.uk



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

Download the Street Tag app for free from the App Store or Playstore. For more information on Street Tag, visit

www.streettag.co.uk

Street Tag's 12 days of Christmas fun! (All ages)

Date: Friday 23 December 2022 – Tuesday 3 January 2023

Contact: mary-rose@streettag.co.uk

07762 801640

It's 12 days of fun and family bonding for all ages to do Christmas activities and earn bonus points on the Street Tag app. Be on the lookout for our posts and newsletters announcing the activity in December. If you're not yet on Street Tag and you want to join in the fun, go here to learn more about us and download our app:

www.streettag.co.uk Physical Activities

CARAMEL ROCK

Act-As-1 (14-25yrs)

Dates: October-January

Times: 3.30-6.30 (Subject to Change)

Location: Community Links, 105 Barking Rd, London, E16 4HQ

Contact: Travis Goodchild/admin@caramelrock.com

Coleen Briggs/info@caramelrock.com

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

How to book: email admin@caramelrock.com

or via eventbrite at www.eventbrite.co.uk/e/act-as-1-caramel-rock-tickets-435569428887

Web: caramelrock.com

Fashion and Design BTEC Diploma Level 1 and Level 2

Dates: Ongoing; Newham Term Dates – 12 weeks programme

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

Contact: Travis Goodchild/admin@caramelrock.com

Coleen Briggs/info@caramelrock.com

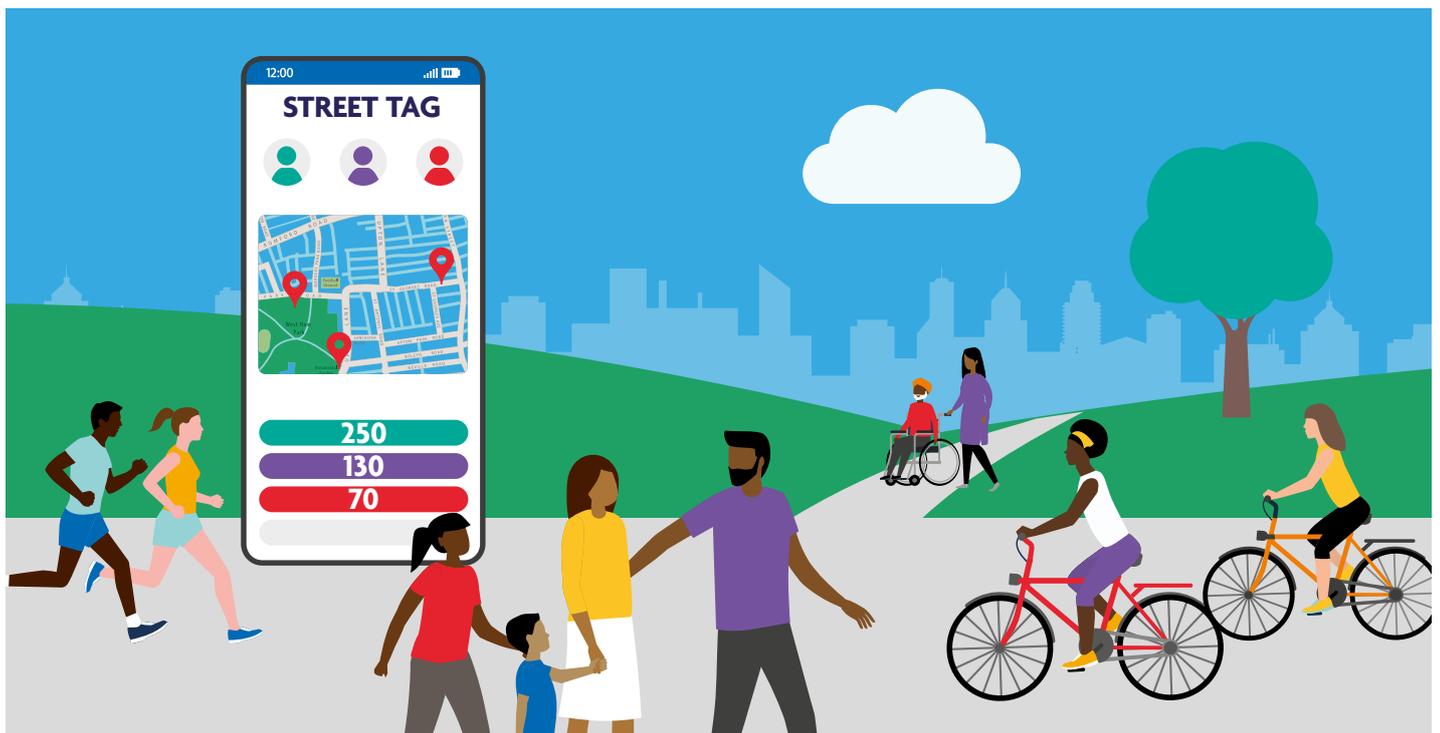
Fashion designers need a wide range of visual, technical and thinking skills in order to develop their ideas and produce creative fashion designs. This course will enable learners to plan, research and present their own ideas in relation to a set project brief. This will involve learning about research 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.

How to book: caramelrock.com





WALK, RUN OR CYCLE AND WIN PRIZES WITH STREET TAG.



Do you Street Tag? If not, why not? Street Tag is a FREE fun, family-friendly game which encourages you to get out and about earning points for being active!

By participating you have a chance to explore and discover your local area, parks and green spaces. Walk, run, cycle and scoot, collecting virtual tags along the way! These tags are worth points that add up on your local leader board giving everyone the chance to win prizes. Street Tag helps to support an active lifestyle and improves mental wellbeing.

Don't miss out, join the Street Tag community today!

Download the Street Tag app on the App Store or Play Store. For more information visit www.streettag.co.uk

WE ARE NEWHAM.



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
Sunday – 12noon-4pm

Canning Town

18 Rathbone Market, Barking Road,
London E16 1EH
020 3373 0854
Monday – Saturday 10am-8pm
Sunday – 12noon-4pm

Custom House

Prince Regent Lane, E16 3JJ
020 3373 0855
Monday – Saturday 10am-8pm
Sunday – 12noon-4pm

East Ham

328 Barking Road, E6 2RT
020 3373 0827
Monday – Saturday 10am-8pm
Sunday – 12noon-4pm

Forest Gate

2-6 Woodgrange Road, E7 0QH
020 3373 0856
Monday – Saturday 10am-8pm
Sunday – 12noon-4pm

Green Street

337-341 Green Street, E13 9AR
020 3373 0857
Monday – Saturday 10am-8pm
Sunday – 12noon-4pm

Manor Park

658 – 693 Romford Road, E12 5AD
020 3373 0858
Monday – Saturday 10am-8pm
Sunday – 12noon-4pm

North Woolwich

5 Pier Rd, E16 2LJ
020 3373 0843
Monday – Saturday 9.30am-8pm
Sunday – 12noon-4pm

Plaistow

North Street, E13 9HL
020 3373 0859
Monday – Saturday 9.30am-8pm
Sunday – 12noon-4pm

Stratford

3 The Grove, E15 1EL
020 3373 0826
Monday – Saturday 10am-8pm
Sunday – 12noon-4pm

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



WE ARE READING.

WE ARE NEWHAM.



Join the Gadgeteers for the Winter Mini Challenge

1 December 2022 - 20 February 2023

The Winter Reading Challenge happening now in all Newham Libraries

Taking part is easy, pop into any Newham library from 1 December and ask to join.

A member of the library team will give you your very own Gadgeteer Snowman Reading Folder, where you will write down and rate the books you have been reading.

Collect a super-themed sticker for each book you read and receive a certificate when you have read three books.

There's lots of amazing books to read in our libraries this festive season, so what are you waiting for? But wait, there's no need to rush as the Challenge lasts until 20 February 2023!



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.

Table Tennis (Ages 5+)

Wednesday 21 December 2022

1.00-2.00pm

Bats at the ready, show us your table tennis skills.

Christmas Lego (Ages 5+)

Wednesday 21 December 2022

4.00-5.00pm

Build Santa's Grotto!

Family Festive Quiz (Ages 5+)

Thursday 22 December 2022

2.00-3.00pm

Test your festive knowledge with us. Come dressed in your best matching festive outfits.

Lost in Books: Christmas Special (Ages 5+)

Thursday 22 December 2022

3.00-4.00pm

Come in your favourite Christmas jumper and get lost in a Christmas Classic.

Festive Bowling (Ages 5+)

Friday 23 December 2022

1.00-3.00pm

Beat your parents at bowling.

Christmas Movie Club (All ages)

Saturday 24 December

2.00-4.00pm

Watch a classic Christmas movie with us.

New year Board Games (ages 5+)

Tuesday 3 January 2022

2.00-3.00 pm

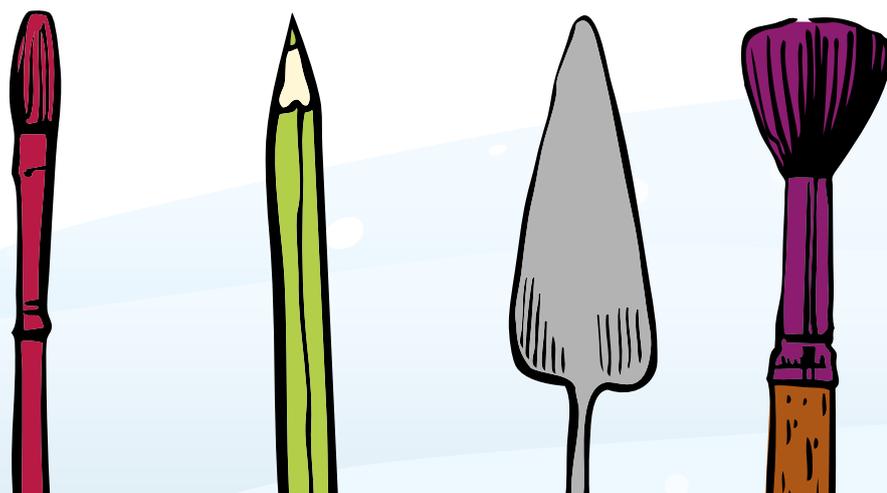
Hope you've been practising, come and play board games with us.

Come Craft With Us (ages 5+)

Wednesday 4 January 2023

2.00-3.00pm

Make something new for the new years.





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.

Lego (Ages 5+)

Every Monday 4.00-5.00pm
Have fun building with Lego.

Storytime (Under 5)

Every Tuesday 10.30-11.15am
Storytime fun.

Board Games (Ages 5+)

Every Wednesday 4.00-5.00pm
Family fun.

Stay & Play (Under 5)

Every Friday 4.00-5.00pm
Nursery rhymes, stories, stay and play.

Arts & Crafts (Ages 5+)

Every Saturday 4.00-5.00 pm
Come and show us your creative side.



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.

Festive Lego (Ages 5+)

Tuesday 20 December 2022
4.00-5.00pm
Come along and build to our festive Lego theme.

Festive Family Quiz (all welcome)

Wednesday 21 December 2022
3.00-4.00pm
Do you know your Grinch from your Olaf?
Test your festive knowledge in our fun quiz.

Christmas Doorhanger (Ages 5+)

Thursday 22 December 2022
3.00-4.00pm
Decorate your own Christmas door hanger so Santa knows where to stop.

Christmas Story Time (All welcome)

Friday 23 December 2022
3.00-4.00pm
Enjoy our fantastic tales of Christmas.

Christmas Crafts and Fun (Ages 5+)

Saturday 24 December 2022
10.30-11.30am
Wear your Christmas jumper for arts and crafts.

Make a New Year's Calendar (Ages 5+)

Wednesday 28 December 2022
11.00am-12noon
Create a calendar to take home.

Board Games Fun (Ages 5+)

Thursday 29 December 2022
12noon-1pm
Come along and have fun playing games.

New Year Activity Pack (Ages 5+)

Friday 30 December 2022
2.00-3.00pm
Come and take away an activity pack or do it in the library.



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 **020 3373 0859**. Please bring your library card with you.

Christmas Tree Arts & Crafts (Ages 5+)

Wednesday 21 December 2022

4.00-5.00pm

Come and enjoy making your own Christmas tree.

Christmas Lego Extravaganza (All ages)

Wednesday 21 December 2022

5.00-6.00pm

Build your Santa sleigh for the North Pole for Lego.

Art & Craft Baubles Making (Ages 5+)

Thursday 22 December 2022

12noon-1.00pm

Be creative with your baubles for the Christmas.

Christmas Wreath Making (Ages 5+)

Thursday 22 December 2022

1.00-2.00pm

Create your personal Christmas wreath for your door

Christmas Quiz and Games Evening (Ages 5+)

Thursday 22 December 2022

3.00-4.00pm

Test your knowledge on our Christmas quiz evening.

Storytelling (Ages 5+)

Friday 23 December 2022

10.00-10.45pm

Bring your child and enjoy wonderful story.

Creative Playdough for Christmas (Under 7)

Friday 23 December 2022

11.30am-12.30pm

Bring out the young one to be creative with playdough.

Christmas Card Making (Ages 5+)

Friday 23 December 2022

3.00-4.00pm

Create beautiful Christmas card for your family.

Christmas Decoration Arts & Crafts (Ages 5+)

Saturday 24 December 2022

12noon-1.00pm

Make beautiful decorations for your family Christmas tree.

Lego (All ages)

Saturday 24 December 2022

1.00-2.00pm

Build your Santa sleigh for the North Pole for Lego.

Christmas Family Film and Popcorn (All ages)

Saturday 24 December 2022

3.00-4.30pm

Enjoy a popcorn and movies with the family.

Max Out the Cards Christmas (All ages)

21 December 2022- 7 January 2023

All day throughout Christmas.

Arts & Craft (Ages 5+)

Every Monday and Saturday

4.00-5.00pm

Storytelling (Under 5)

Every Monday and Wednesday

10.00-10.45am

Lego and Friend (All ages)

Every Wednesday and Saturday

11.00am and 4.00pm

Bring your dream to life with Lego.





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. Email CN.TheGateRoomBookings@newham.gov.uk or call **020 3373 0856**. Please bring your library card with you.

Family Christmas Movie (All welcome)

Saturday 17 December 2022

12.30-2.15pm

Sunday 18 December 2022

12.30-2.15pm

Saturday 24 December 2022

12.30-2.15pm

Christmas Fun Time with Board Games and Puzzles (All welcome)

Sunday 18 December 2022

2.00-3.45pm

Family time, come and join various Christmas activities for all ages.

Christmas Bingo (All welcome)

Monday 19 December 2022

11.00-12noon

Fun family bingo session with Christmas prizes to win.

Christmas Arts & Crafts (All welcome)

Monday 19 December 2022

3.00-5.00pm

Make and decorate paper chains to adorn the library. Let's try and create the world's biggest!

Under Fives Christmas Rhyme Time Sessions (Under 5)

Tuesday 20 December 2022

11.00am-12noon

Mog's Christmas, join us for a storytelling and sing along with a fun simple craft activity.

Table Tennis (All welcome)

Tuesday 20 December 2022

2.00-4.00pm

Table Tennis for kids.



Christmas Fun Time with Board Games and Puzzles (All welcome)

Tuesday 20 December 2022

4.00pm-6.00pm

Family time, come and join various Christmas activities for all ages.

Colouring and Crosswords for all Children (All welcome)

Wednesday 21 December 2022

10.00am-11.00am

Come and join our morning activity where you can use your imagination to create the most colourful Christmas arts.

Christmas Lego (All welcome)

Wednesday 21 December 2022

1.30pm-3.30pm

Prize for most festive creation!



Christmas Fun Time with Various Physical Activities (6 years+)

Wednesday 21 December 2022

4.00-6.00pm

Polo, sumo fight and more... fun for all the family.

Under Fives Rhyme-time and Christmas Fun Session (Under 5)

Thursday 22 December 2022

10.00-11.00am

Join us for a storytelling and sing along with a fun simple craft activity.

Console Club (All welcome)

Thursday 22 December 2022

4.00-5.00pm

Come and play on the Nintendo Switch.



Christmas Crafts (All welcome)

Friday 23 December 2022

11.00-12.30pm

Make and decorate a card to give to someone special.

Family Table-Tennis (All welcome)

Friday 23 December 2022

1.00-4.00pm

Table Tennis for all.

Christmas Karaoke (All welcome)

Friday 23 December 2022

4.00-5.00pm

Come and sing the Christmas songs (any language is welcome).

Max Out Your Card (All welcome)

Saturday 24 December 2022

12.00-12.30pm

Winners will be notified by either a phone call or an email. Please make sure we have your up to date contact details.



GREEN STREET LIBRARY

Spaces are limited, booking early advised. Contact Green Street Library for details on how to book. Email CN.greenstreet@newham.gov.uk or call **020 3373 0857**. Please bring your library card with you.

Christmas Cracker Workshop (4-12yrs)

Thursday 22 December 2022

2.00pm-4.00pm

Bring along your friends and enjoy a session of art and craft, making your own Christmas cracker with gifts inside.

Family B.I.N.G.O (4-12yrs)

Thursday 22 December 2022

4.00-6.00pm

Tuesday 3 January 2023

4.00-6.00pm

Enjoy a session with your favourite games, Bingo win prizes and have lots of fun with the family.

Tots Play Session (0-5yrs)

Friday 23 December 2022

10.30am-11.30am

Come and join our interactive play session with music, dance and stories.

Treasure Seekers at Green Street (4-12yrs)

Friday 23 December 2022

4.00-6.00pm

Calling all Treasure Seekers, come and see what treasures have been hidden in and around the library.

Festive Movie Time (All ages)

4 December 2022

24 December 2022

4.00-6.00pm

Get Festive with a Christmas theme movie, popcorn and laughs.

Messy Play (0-5yrs)

Tuesday 3 January 2023

10.30-11.30am

Have Fun and play in our Messy Play session, get your fingers messy and enjoy a sensory session.

Lego and Games (All ages)

Wednesday 4 January 2023

12noon-1.00pm

Come and join the fun with Lego building and fun games for all ages.

Storytelling and Imaginative Play (All ages)

Thursday 22 December 2022

Saturday 24 December 2022

12noon-1.00pm

Enjoy a creative session with stories and imaginative play.

Wintery Arts and Crafts (4-12yrs)

Friday 23 December 2022

Saturday 24 December 2022

Tuesday 3 January 2023

Wednesday 4 January 2023

2.00 pm-4.00pm

Come and let your creative side show with art and craft activities, make exciting craft this winter.

Activity Packs (4-12yrs)

Thursday 22 December 2022 –

Wednesday 4 January 2023

All day

Come and get an activity pack with games, craft ideas and much more.

Max Out Your Card Competition (All ages)

Thursday 22 December 2022 –

Wednesday 4 January 2023

All day

Max out your card, pick 6 books or more and enter a prize draw.





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 **020 3373 0858**. Please bring your library card with you.

Colourful Sparkly Snowflakes (5-12yrs)

Thursday 22 December 2022

10.30am-11.30pm

Come and create a beautiful sparkly winter snowflake to decorate your winter space.

Xmas Tree Making (5-12yrs)

Thursday 22 December 2022

1.30-3.00pm

Make a miniature Christmas tree to brighten up your desk space or bedside cabinet.

Festive Family Movie Time (All ages)

Thursday 22 December 2022

5.30-7:00pm

Enjoy a movie with your loved ones.

Xmas Greeting Cards for your Loved Ones (5-12 yrs)

Friday 23 December 2022

10.30-11.30am

Be creative and make cards for friends and families this festive season.

Felt Wreath Making (5-12 yrs)

Friday 23 December 2022

1.30-3.00pm

Enjoy a session of making a wreath to hang outside your front door for Christmas.

Festive Family Movie Time (All ages)

Friday 23 December 2022

5.30-7.00pm

Enjoy a movie with your loved ones.

Colourful Baubles for Xmas Tree (5-12 yrs)

Saturday 24 December 2022

10.30-11.30am

Get creative with this fun activity creating a colourful Christmas bauble.

Paper Plate Santa Claus (5-12 yrs)

Saturday 24 December 2022

1.30-3.00pm

Make a jolly Santa from a paper plate.

Xmas Family Movie (All ages)

Saturday 24 December 2022

3.30-5.00pm

Enjoy a festive movie with your loved ones and families.

Learn New Words in New Year Fun Games (5-12 yrs)

Tuesday 3 January 2023

11.00am-12noon

Enjoy a range of fun and games for all ages.

Start Beginning of the New Year with Cake Decorating (5-12 yrs)

Tuesday 3 January 2023

2.30-3.30pm

Get busy, have fun and do some cake decorating.

Start the New Year with a Great Movie (All ages)

Tuesday 3 January 2023

4.30-6.30pm

Time to get cosy and enjoy a movie with your friends and family.

Festival of Lights Mobile (5-12 yrs)

Wednesday 4 January 2023

2.30-3.30pm

Make a winter Festival of Lights mobile to display in your home.

New Year Arts & Crafts (5-12 yrs)

Wednesday 4 January 2023

4.30-5.30pm

Let your imagination run wild, come along and enjoy being creative with new year arts and crafts ideas.

Max Out Your Card (All ages)

Thursday 22 December 2022 – Wednesday 4 January 2023

All Day

Borrow 6 books or more to enter a prize draw.





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.

Play Library (Under 5)

Monday 19 December 2022

10.00am-12noon

Come and have fun with toys at the library and you can also bring your toys to swap or donate.

Christmas Arts and Craft Card Making Session (Under 15)

Monday 19 December 2022

Tuesday 20 December 2022

4.00-5.00pm

Come and join us to make your special Christmas card.

Coffee and Chat (All)

Tuesday 20 December 2022

2.00-3.00pm

Come and have a coffee/ tea whilst having a chat with local services.

Play Library (Under 5)

Wednesday 21 December 2022

12noon-1.00pm

Come and have fun with toys at the library and you can also bring your toys to swap or donate.

Christmas Coffee Morning (All)

Thursday 22 December 2022

11.00-12noon

Come and join us at our Christmas coffee morning for a jolly time before breaking up for the Christmas holidays.

Latin Dancing (Young people/Adult)

Thursday 22 December 2022

6.00-7.00pm

Come and have some fun with our Latin Christmas dancing session. Limited places available. Booking at the library is essential.

Lego (All)

Every Wednesday and Friday

4.00-5.00pm

Come and be creative with Lego.

Board Games (All)

Thursday 22 December 2022

4.00-5.00pm

Come and play board games with friends and family for free.

Study Night (All)

Tuesday 20 December 2022

4.00-8.00pm

Reserve a space to study at the library.





PLAISTOW LIBRARY

Spaces are limited, booking advised. Contact North Woolwich Library for details on how to book. Email

CN.Plaistow@newham.gov.uk or call **020 3373 0859**.

Please bring your library card with you.

Sparkly Messy Play (Under 5)

Thursday 22 December 2022

10-11:30am

Let the children stimulate their senses with this fun messy play.

Christmas Wreath Making (Over 5)

Thursday 22 December 2022

12.00pm-1.30pm

Come along and make a festive wreath to hang on your family doors to welcome Christmas.

Christmas Karaoke (Over 5)

Thursday 22 December 2022

3.00pm-4.30pm

Sing your hearts out to classic Christmas songs to lift the mood and get you ready to celebrate.

Christmas Traditional Games (Over 5)

Thursday 22 December 2022

6.00-7.30pm

Warm your toes with a hot chocolate, settle down and enjoy some traditional games.

Rhyme Time (Under 5)

Friday 23 December 2022

10.00am-12noon

Dual delivery with Plaistow children's centre. Enjoy a traditional tales and rhymes.

Christmas Arts and Craft – Making Baubles (Over 5)

Friday 23 December 2022

12noon-1.00pm

Help to decorate your home with the personal touch of creating your own bauble.

Kids Coding Club (Over 8)

Friday 23 December 2022

3.00-4.30pm

Learn to explore the world of coding.

Christmas Scavenger Hunt (Over 5)

Friday 23 December 2022

5.00-6.00pm

Find the hidden clues to complete the puzzle.

Stay and Play (Under 5)

Saturday 24 December 2022

10.00-11.30am

Relax and enjoy playing with some fun toys.

Christmas Arts and Crafts (Over 5)

Saturday 24 December 2022

2.00-3.00pm

Come along and add your personal touch and make Christmas cards for your loved ones.

Christmas Hula Hooping Fitness (Over 5)

Saturday 24 December 2022

3.00-4.00pm

Come along and have fun with hula hooping. Free.

Story Time Session (Under 5)

Tuesday 3 January 2023

10.00-11.00am

Enjoy your favourite children's stories.

New Year Arts and Crafts (Over 5)

Tuesday 3 January 2023

12noon-1.00pm

Help yourself plan the year ahead with our bespoke calendars.

Get Fit and Have Fun (Over 5)

Tuesday 3 January 2023

3.00-4.00pm

Kick start the new year with fitness.

Smoothie Making (Over 5)

Tuesday 3 January 2023

5.00-6.00pm

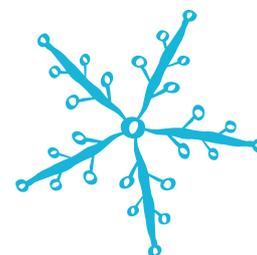
Make healthy smoothies.

Messy Play (Under 5)

Wednesday 4 January 2023

10.00-11.00am

Let the children stimulate their senses with this fun messy play.





Slime Making (Over 5)

Wednesday 4 January 2023

1.00-2.00pm

Have fun making Slime.

Kids Coding Club (Over 8)

Wednesday 4 January 2023

3.00-4.30pm

Learn to explore the world of coding.

Film Club with Popcorn (All ages)

Wednesday 4 January 2023

5.00-7.00pm

Enjoy movies with popcorn.

Christmas Scavenger Hunt

Thursday 22 December 2022

11.00am-12noon

Christmas Scavenger hunt.

Christmas Story Time

Friday 23 December 2022

10.00-10.30am

Join us for some stories and some simple Christmas carols.

Coffee Morning

Friday 23 December 2022

11.00am-12noon

Drop in for a chat tea/coffee/mince pies galore.

STRATFORD LIBRARY

Spaces are limited, booking advised. Contact Stratford Library for details on how to book. Telephone booking –

020 3373 0826, CN.StratfordLibraryMailbox@newham.gov.uk.

Please bring your library card with you.

Family Film Time (Whole family)

Monday 19 December 2022

2.00-3.30pm

Relax with a seasonal classic suitable for the whole family.

Family Lego Club

Tuesday 20 December 2022

2.00-3.30pm

Drop in and spend some time making something together with Lego, Duplo available for little ones.

Time for Chess

Tuesday 20 December 2022

5.30-7.30pm

Drop in and put your skills to the test with a game of chess.

Christmas Colouring/Crosswords (All ages)

Wednesday 21 December 2022

11.00am-12noon

Colouring has no age limit, bring out your inner Picasso or for those of you who would rather do something else we have crosswords and other paper based activities too.





YOUTH EMPOWERMENT SERVICES

Our Youth Zones are for young people aged nine-19 years old and up to 25 with SEND

You can find out more information on each youth zone's autumn programme below or by visiting: padlet.com/YESLBN/YESProgramme

BECKTON YOUTH ZONE

Address: Beckton Globe, 1 Kingsford Way Beckton, London, E6 5JQ

Contact Info: David Bigglestone

david.bigglestone@newham.gov.uk

Tel: 020 3373 4025

For more click here <https://padlet.com/YESLBN/YESProgramme>

Universal Sessions

Date: Thursday 22 December 2022

Time: 1.00-5.00pm

Age: 11-19, up to 25 for SEND

Youth Zone activities – games consoles, workshops and sporting activities.

FOREST GATE YOUTH ZONE

Address: 1 Woodford Rd, London E7 0DH

Instagram: [@forestgateyouthzonebn](https://www.instagram.com/forestgateyouthzonebn)

For more click here <https://padlet.com/YESLBN/YESProgramme>

Universal Session

Date: Thursday 22 December 2022

Time: 2.00-6pm

Age: 9-19, up to 25 for SEND

Open session for young people to enjoy a range of positive activities such as basketball, table tennis, pool, PS4, football etc. We are also running the HAF program during this session for those who would usually receive Free School Meals.

Universal Session

Date: Friday 23 December 2022,

Time: 3.00-7.30pm

Age: 9-19, up to 25 for SEND

Open session for young people to enjoy a range of positive activities such as basketball, table tennis, pool, PS4, football etc. We are also running the HAF program during this session for those who would usually receive Free School Meals.

STRATFORD YOUTH ZONE

Address: Theatre Square, London E15 1BX

Contact: stratfordyz@newham.gov.uk

Tel: 07811593435

Instagram: [@stratforyouthzonebn](https://www.instagram.com/stratforyouthzonebn)

<https://padlet.com/YESLBN/YESProgramme>

Christmas Meal

Date: Wednesday 21 December 2022

Time: 5.00-7.00pm

Age: 11-25

Who's up for a roast dinner!? Time to get your christmas jumper on, or a party hat and have a lovely meal together.

Booking: No booking required but must sign up to be a member via link: <https://forms.gle/bd2XLZAmnwmo2K6e11>

Creative Hangout

Date: Thursday 22 December 2022

Time: 1.00-8.00pm

Age: 11-25

Bring your friends, and make new ones. Play games. PS5, make music, art, chat with a youth worker or just hang. Refreshments will be available, lunch and dinner is provided.

Booking: No booking required but must sign up to be a member via link: <https://forms.gle/bd2XLZAmnwmo2K6e11>





Dance

Date: Thursday 22 December 2022

Time: 2.00-4.00pm

Age: 11-17

Enjoy dancing and up for learning some new moves? No experience necessary! All abilities welcome!

Booking: No booking required but must sign up to be a member via link: <https://forms.gle/bd2XLZAmnwmo2K6e11>

Open Stage Session

Date: Thursday 22 December 2022

Time: 5.00-8.00pm

Age: 11-25

Calling dancers, singers, rappers, comedy acts, poets and anyone who wants to take to the stage to share their talents with other young people! We also need an audience so if you want to just have a good time supporting the acts, come down! Refreshments available!

Booking: No booking required but must sign up to be a member via link: <https://forms.gle/bd2XLZAmnwmo2K6e11>

Creative Hangout

Date: Friday 23 December 2022

Time: 1.00-8.00pm

Age: 11-17

Bring your friends, and make new ones. Play games. PS5, make music, art, chat with a youth worker or just hang. Refreshments will be available, lunch and dinner is provided.

Booking: No booking required but must sign up to be a member via link: <https://forms.gle/bd2XLZAmnwmo2K6e11>

Food Preparation Session

Date: Friday 23 December 2022

Time: 2.00-4.00pm

Age: 11-17

Ready, Steady, Cook! Help us prepare everyone's meal, learn some recipies and chat healthy eating!

Booking: No booking required but must sign up to be a member via link: <https://forms.gle/bd2XLZAmnwmo2K6e11>

Meal

Date: Friday 23 December 2022

Time: 4.00-6.00pm

Age: 11-25

Time to try the food! Get stuck in!

Booking: No booking required but must sign up to be a member via link: <https://forms.gle/bd2XLZAmnwmo2K6e11>

Silent Disco

Date: Friday 23 December 2022

Time: 6.00-8.00pm

Age: 11-17

Final session of the year! Time to party! We have a silent disco and djs will be young people! Refreshments available.

Booking: No booking required but must sign up to be a member via link: <https://forms.gle/bd2XLZAmnwmo2K6e11>

Creative Hangout

Date: Tuesday 3 January 2023

Time: 3.30-8.30pm

Age: 11-17

Bring your friends, and make new ones. Play games. PS5, make music, art, chat with a youth worker or just hang. Refreshments will be available, lunch and dinner is provided.

Booking: No booking required but must sign up to be a member via link: <https://forms.gle/bd2XLZAmnwmo2K6e11>

Creative Hangout

Date: Wednesday 4 January 2023

Time: 3.30-8.30pm

Age: 11-17

Bring your friends, and make new ones. Play games. PS5, make music, art, chat with a youth worker or just hang. Refreshments will be available, lunch and dinner is provided.

Booking: No booking required but must sign up to be a member via link: <https://forms.gle/bd2XLZAmnwmo2K6e11>

Open Art Studio

Date: Wednesday 4 January 2023

Time: 3.30-8.30pm

Age: 11-17

Come down and get creative! Help yourself to our art supplies, work on your own projects and be inspired by arts and crafts!

Booking: No booking required but must sign up to be a member via link: <https://forms.gle/bd2XLZAmnwmo2K6e11>





SHIPMAN YOUTH ZONE

<https://padlet.com/YESLBN/YESProgramme>

Pantomime Trip

Date: Thursday 22 December 2022

Time: 2.00-6.00pm

Age: 9-25

Address: Custom House Library Prince Regent Lane, London E16 3JJ

Bringing our intergenerational community project together to enjoy the theatre show Cinderella.

Booking: No booking required, but must be a member or sign up to become a member.

memberzoe.cumberbatch@newham.gov.uk

07967 783256

Dinner

Date: Friday 23 December 2022

Time: 2.00-6.00pm

Age: 9-25

Address: Trinity Community Centre, Bothwell Close E16 1QS

The community coming together to celebrate the end of year Christmas dinner with Shipman Youth Zone.

Booking: No booking required, but must be a member or sign up to become a member.

zoe.cumberbatch@newham.gov.uk

07967 783256

Universal Session

Date: Wednesday 4 January 2023

Time: 3.00-5.30pm

Age: 9-16

Address: Trinity Community Centre, Bothwell Close E16 1QS

Join us at our new Shipman location at Trinity Centre, where you can bring your friends and make new ones. Take part in playing pool, table tennis, Xbox, PS4, Nintendo Switch and many more other activities, chat with a youth worker or just hang.

Booking: No booking required, but must be a member or sign up to become a member.

zoe.cumberbatch@newham.gov.uk

07967 783256

Evening Session

Date: Wednesday 4 January 2023

Time: 5.30-7.30pm

Age: 16-25

Address: Trinity Community Centre, Bothwell Close E16 1QS

Join us at our new Shipman location at Trinity Centre, where you can bring your friends and make new ones. Take part in playing pool, table tennis, Xbox, PS4, Nintendo Switch and many more other activities, chat with a youth worker or just hang.

Booking: No booking required, but must be a member or sign up to become a member.

zoe.cumberbatch@newham.gov.uk

07967 783256

LITTLE ILFORD YOUTH ZONE

Address: 1a, Rectory Road Manor Park London E12 6J

Contact info: Victor Wilcock - victor.wilcock@newham.gov.uk

Tel : 020 3373 7637

For more information Youth Empowerment Weekly Programme (padlet.com)

Drop In Session

Date: Thursday 22 December 2022

Time: 12noon-4.00pm

Age: 9-19 up to 25 for SEND

End of year celebration. Lunch to be provided.

Drop In Session

Date: Friday 23 December 2022

Time: 12noon-4.00pm

Age: 9-19 up to 25 for SEND

Lunch to be provided.

Pool Competition

Date: Friday 23 December 2022

Time: 12noon-4.00pm

Age: 9-19 up to 25 for SEND

Lunch to be provided.





SPECIAL EDUCATIONAL NEEDS & DISABILITIES

ALL ABILITY CLUBS - BIKEWORKS

We are running the following All Ability clubs. Everyone is welcome. Drop-in – no need to be book.

The same information is available on our website (where all events which are taking place in the current couple of months is listed):

www.bikeworks.org.uk/all-ability/all-ability

Date: Thursday, 22 December 2022

Time: 10.00am-1.45pm

Address: Queen Elizabeth Olympic Park, Stratford (by the Velodrome entrance)

Date: Friday, 23 December 2022

Time: 11.00am-1.00pm

Address: Central Park, Newham (by the café)

Date: Monday, 2 January 2023

Time: 10.00am-3.00pm

Address: Bush Hill Park, Enfield (by the rangers buildings)

Date: Wednesday, 4 January 2023

Time: 9.30am-1.30pm

Address: Victoria Park, Tower Hamlets (by the rangers buildings)

AMBITION ASPIRE ACHIEVE

Dates: Thursday 22, Friday 23, Thursday 29 and Friday 30 December 2022

Times: 9.30am-2.00pm

Location: The Glyn Hopkin Abbey Hub, 6 Gay Road, Stratford London E15 2RN

Age: 8 years to 16 years

Contact for referrals: bookings@theaaazone.com
020 7511 4253

A range of free, fun and exciting activities for children and young people with Special Educational Needs or Disabilities. Including sports, games, creative activities, workshops, fitness sessions, adventure play and much more!

Please note our Christmas activities at Abbey Hub are for SEND children and young people requiring a ratio of 4 young people to 1 member of staff.

SHORT BREAKS FOR SEND YOUNG PEOPLE

Referred by the Disability Team only.

Dates: Thursday 22, Friday 23, Thursday 29 and Friday 30 December 2022

Time: 9.00am-2.00pm

Location: Arc in the Park, Hermit Road Park, Bethell Avenue, E16 4JT

Age: 5-16

A range of free, fun and exciting activities for children and young people with Special Educational Needs or Disabilities. Including sports, games, creative activities, adventure play and much more!





SUPPORT SERVICES

CLICK!



HEALTH

FOOD &
FUNDING
SUPPORT

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





HEALTH

Flu vaccinations

This Autumn and Winter, Vaccination UK will be visiting your child's school to offer the free flu vaccine to all eligible children from reception to year 6. The nasal flu vaccine is painless, quick, and side effects are uncommon and generally mild.

You can now complete consent for your child online. Please click <https://london.schoolvaccination.uk/flu/2022/newham> to give consent, or to decline consent. For parents who want their child to have the vaccine that does not contain porcine gelatine, you can also do this by using the consent link above. If you wish for your child to receive the injection (which does not contain porcine gelatine), please say no to the nasal flu vaccine, you will then be taken to the page where you can consent for the injection instead. If you would prefer to sign a hard copy form, you can ask your school for a copy.

For more information, and if you would like to watch videos that explain the flu programme, please visit www.newham.gov.uk/health-adult-social-care/flu-vaccine-causes-treatment/3 If you are unsure or have any questions, please contact Vaccination UK on 020 8214 1393.

School Health Service (SHS)

School Health's Young Carers organise events for young people aged 5-18 who have caring responsibilities. Info: Visit: 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.gov.uk/schoolhealthreferral or email schoolhealth@newham.gov.uk Check out our pages on Newham Connect for more details about our offer at www.newhamconnect.uk

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 9-5pm Monday to Friday (except Bank Holidays) and you should expect a response to your text within 24 hrs.

Text the service on: 07507 326 645





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=NblqBgmfTFE>

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>





FINANCE

Financial support for those who do not have sufficient income or savings

Our Newham Money offers support to Newham residents who may be struggling with debt or the everyday cost of living. It is a free confidential service and here to help you secure financial wellbeing.

Call 020 8430 2041 (9am-5pm, weekdays) or email ournewhammoney@newham.gov.uk

For further information about Our Newham Money and loan applications, including emergency support, visit: www.ournewhammoney.co.uk

Warm Havens and Community Meals

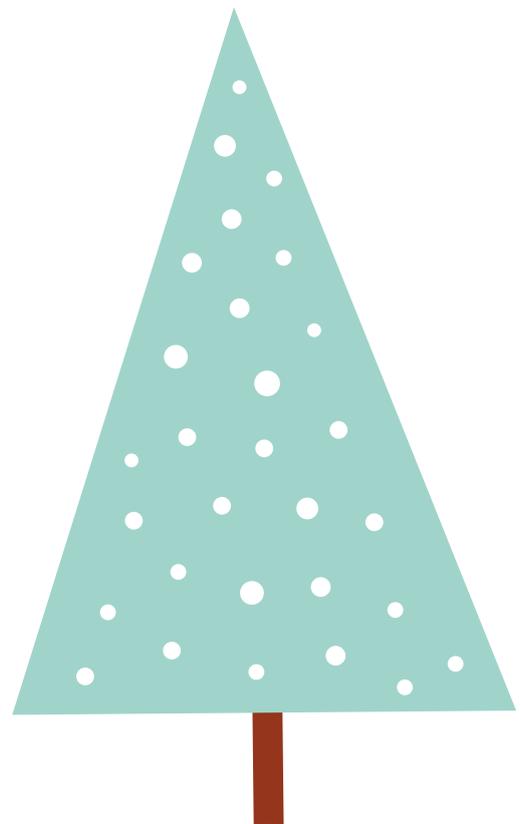
For people who may need somewhere to go for a bit of warmth or a hot meal we have opened warm havens and are providing community meals. Find out more at: www.newham.gov.uk/warmhavensmap

Support for those who do not have sufficient income or savings to access food

For those who cannot afford to buy food the Newham Food Alliance can provide support. The food provided by Newham Food Alliance partners is predominantly a weekly box of groceries to be collected.

Residents who have difficulty accessing food due to financial issues e.g. loss of or reduced employment, issues with benefits or no recourse to public funds should be referred to the Newham Food Alliance.

Residents can refer themselves or be referred by organisations or others via the form at: www.newham.gov.uk/advice-support-benefits/newham-food-alliance





CRISIS & COUNSELLING

Adult Social Care

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

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

24 hour Freephone mental health crisis line: 0800 073 0066
The crisis line is provided by East London NHS Foundation Trust (ELFT) to support people of all ages 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.

The Newham Home Treatment Team provides assessment and treatment to people who are experiencing a mental health emergency of nature or severity that would otherwise require admission to inpatient services.

The service is available 24 hours 7 days per week.

020 7540 6759.

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

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 or

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 a free, safe and anonymous counselling service for young people aged 10-16. It includes 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).

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

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>

Befriending Support

Our "Connect Newham" Telephone Befriending Service brings local people together through conversation so they can stay positive and connected.

You will be matched with a "telephone befriender" who will call you at an agreed time. We will agree with you how many calls you would like, from 3 up to 20, and how frequently you would like them, weekly or fortnightly.

The support is provided by our trained "Connect Newham" Volunteer Befrienders, all of whom have a wealth of varied experience, skills and backgrounds.

You can access Connect Newham if you are:

- A resident of Newham
- Age 18+
- Experiencing feelings of loneliness and isolation

You can call Connect Newham on 020 3954 3224 or email contact@connectnewham.org.uk (9am-5pm on weekdays), until 31 January 2023



GENERAL INFORMATION & STAYING SAFE ONLINE

Health & Safety

Keeping Newham's children and young people safe remains our priority. Therefore, some programme organisers will be offering online activities only.

Special Educational Needs and Disabilities (SEND)

Please contact the Activity Organiser, if your child has additional needs so we can do our best to accommodate their participation.

Booking Activities & Events

Please make sure to check if the event or activity needs to be pre-booked. If yes, please book your spot early, as even online events often have limited spaces.

Photographs & Filming

Please note that photographs and footage may be taken by the Council or organisers at an activity. These may be used for marketing and publicity, on partner websites and in social media or in any third-party publication. Please contact the Activity Organiser if you have any concerns or if you wish to be exempt from photographs or film.

Contact Centre

Please direct all your questions and make all bookings directly with Activity Organisers.

Should you have any other enquiries about Newham's Autumn Programme, please email:

CYPactivities@newham.gov.uk

Data

Activity Organisers agree to comply with all applicable laws, statutes and regulations including in relation to confidentiality, privacy and GDPR and the protection of personal data.

Technology & Equipment

Activity Organisers are not responsible for installing or supporting technology or platforms on participant's computers, tablets or phones. Activity Organisers are not liable for any technical faults, failure or damage to equipment used by participants during the activity. If due to equipment faults or failure, or poor or no internet connectivity experienced by either the Activity Organisers or participant's technology, Activity Organisers are not required to make up time lost on activities.

Space

Parents/Carers of participants are responsible for providing a suitable space to enable the online activity. Parents/Carers are responsible for ensuring participants are available for the arranged online activity on the advertised date and time. Both Activity Organisers and participants should aim to present during the online activity, against a neutral background.

Safeguarding

Activities must not be recorded by participants or parents/carers without consent. If recordings are made, they should not be shared with third parties or uploaded to social media. The online platforms used, must not be used for any other purposes during the advertised activity e.g. sharing photos or general messaging. Where possible parents/carers should assist participants in limiting their profile online e.g. using settings and preferences to maximise privacy. Activity Organisers will commit to doing the same.





Communications

For the purposes of confidentiality and privacy, all communications between parents/carers and the Activity Organisers should be via email. Any defamatory, offensive or illegal materials aired online by participants will result in the immediate termination of their participation.

Dress

Activity Organisers and Participants must dress appropriately for online activities.

During the Activity

Some Activity Organisers may ask parents/carers to remain in the room during the lesson as an added precaution, although this may not always be possible or desirable. As an alternative, Activity Organisers may ask a parent/carer to be nearby. In all cases, parents/carers should be fully informed that the online activity is happening and given information about appropriate practice relating to it.

Reporting Concerns

It is important that all parties have the ability to raise any safeguarding or other concerns. These are guidance signposts where all parties can report harmful or upsetting content, as well as bullying or online abuse.

Harmful or Upsetting content

- Report harmful online content to:
<https://saferinternet.org.uk>
- Review guidance from: <https://educateagainsthate.com/>

Bullying or Abuse Online

- Advice from National Crime Agency's: Child Exploitation and Online Protection command
www.ceop.police.uk/Safety-Centre
- Advice and support from Anti-Bullying Alliance for children who are being bullied
Advice and support from h
<https://anti-bullyingalliance.org.uk>
- Tootoot to provide a confidential route for children and young people to report bullying or abuse
<https://tootoot.co.uk>



WE ARE HEALTHY.

WE ARE NEWHAM.



**£8.50
a week**
for babies under
1 year old



FREE
Healthy Start
vitamins including
Vitamin D



£4.25 a week
for pregnant women and
children from 1 up to
4 years old

HEALTHY START FOOD AND VITAMINS

FREE HEALTHY FOOD

Pregnant? Children under 4?

You may be able to get money to help you buy fruit, vegetables and milk.

Apply online by visiting www.healthystart.nhs.uk.

If you need help applying, speak to your local Children's Centre, library, midwife or health visitor.

Applying is easy and DOES NOT affect your other financial benefits.

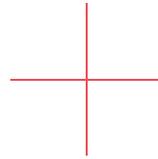
FREE VITAMINS!

In Newham, ALL pregnant women, new mums and children under 4 years old are entitled to free vitamins. You can collect a bottle from your midwife or local children centre.



To find your nearest vitamin distribution site, visit www.newham.gov.uk/healthystart

11 - 19
YEARS
OLD?



We help young people with all kinds of things like...

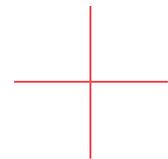
RELATIONSHIPS
MENTAL HEALTH
BULLYING
ALCOHOL
SELF HARM
HEALTHY EATING
DRUGS
SMOKING

Message us for confidential advice and support

Send a message to

07507 326 645

and chat with a
school nurse



Find @NwhmSchHealth at chathealth.nhs.uk

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.

NSR

 App coming soon

 Newham London

 NHS

 ChatHealth



CHILDHOOD VACCINES

Get your **FREE** vaccines -
they protect you from disease

8
WEEKS

- 6-in-1 vaccine
- Rotavirus vaccine
- MenB

2 – **10**
YEARS YEARS

- Flu vaccine (annual)

12
WEEKS

- 6-in-1 vaccine (2nd dose)
- Pneumococcal (PCV) vaccine
- Rotavirus vaccine (2nd dose)

3 **4**
YEARS MONTHS

- MMR (2nd dose)
- 4-in-1 pre-school booster

16
WEEKS

- 6-in-1 vaccine (3rd dose)
- MenB (2nd dose)

5 – **15**
YEARS YEARS

- COVID-19 vaccine (2 doses)

1
YEAR

- Hib/Men C (1st dose)
- MMR (1st dose)
- Pneumococcal (PCV) (2nd dose)
- MenB (3rd dose)

12 – **13**
YEARS YEARS

- HPV vaccine

14
YEARS

- 3-in-1 teenage booster
- MenACWY

Call your GP to book an appointment for vaccines for children under 5.
For school vaccines, speak to your school.

www.newham.gov.uk/childhoodimms

Become a Community Health Champion

chc@newham.gov.uk

Whatsapp / text 07929 792873

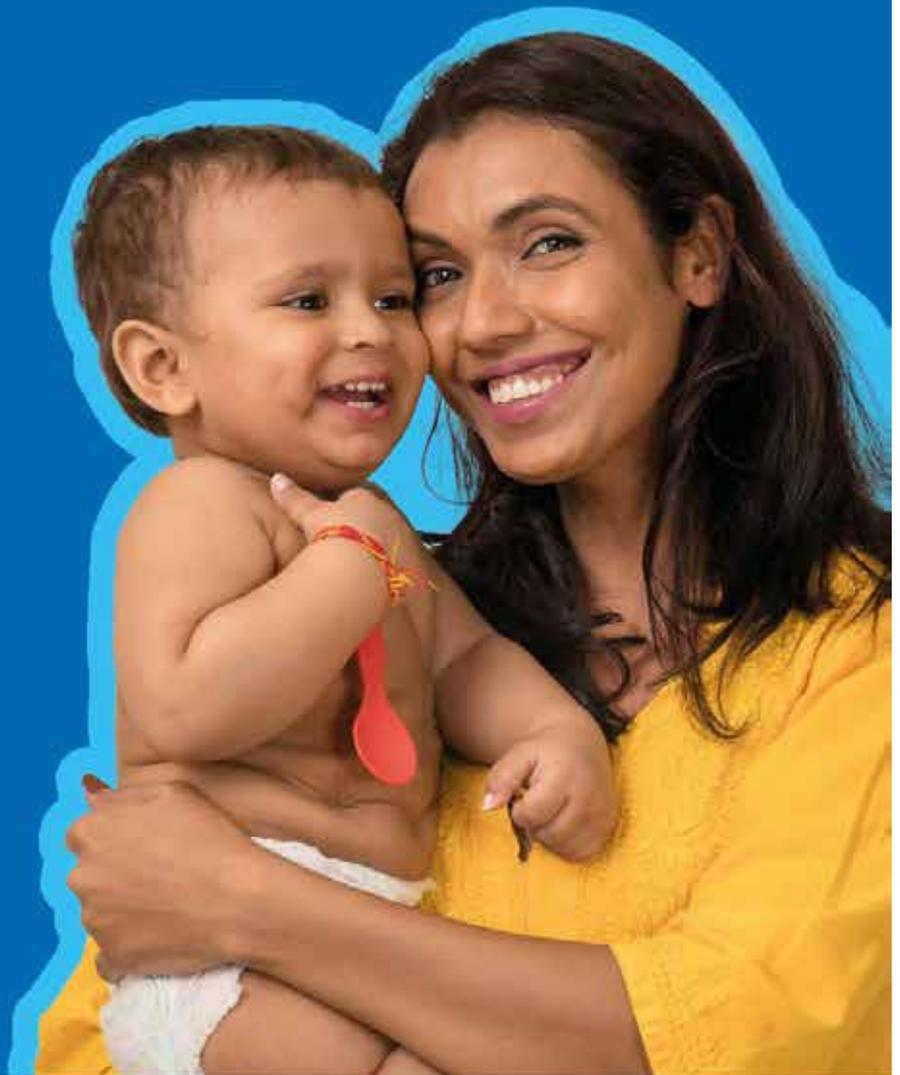
BOOST YOUR IMMUNITY THIS WINTER

○ FLU JAB

**Parent of a toddler?
Flu can be
life-threatening and
spread more easily
in winter.**

If your child is aged 2 or 3 years old, you can help boost their natural immunity and help protect others from this virus.

**Talk to your GP
practice and book your
vaccination soon.**



WINTER WELLNESS

Get your vaccines

- **COVID-19 Vaccines:** everyone over 5 years old is eligible. Most people are eligible for 2 vaccines, a booster, and some seasonal boosters

www.newham.gov.uk/covidvaccine

- **Flu:** anyone 50 and over, anyone who is pregnant, people with specific health conditions

www.newham.gov.uk/flu

- **Polio, MMR and other childhood immunisations:** children can catch up on their vaccines at any time see www.newham.gov.uk/childhoodimmunisations for more information



- Stock up your medicine cabinet early and ask your pharmacist or GP about repeat prescriptions.
- Collect your free vitamins. If you're 65 or older, find out more at www.newham.gov.uk/vitaminD or call 020 8981 7124. If you're pregnant or have a child under 4, find out more at www.newham.gov.uk/healthstart

Keep yourself safe from COVID-19, Flu and winter viruses

- Let fresh air in if meeting indoors, or meet outside
- If you have symptoms of COVID-19 or flu, try to avoid contact with others, especially vulnerable people, until you feel better
- Wash your hands regularly for at least 20 seconds with warm water and soap



Staying healthy

- Eat fresh fruit and vegetables as much as you can and aim for one hot meal a day
- Try and get 20 min of exercise every day (e.g. go for a walk in your local area, exercise at home or join a local free physical activity) www.newham.gov.uk/community-parks-leisure/physical-activity
- Stay connected and try to talk to at least one other person every day. Get in touch with connect Newham for a friendly conversation www.ageuk.org.uk/eastlondon/our-services/connect-newham-befriending or your local Community Neighbourhood Link Workers www.newham.gov.uk/cnlw or email cnlw@newham.gov.uk



What to do if you feel unwell

- Contact your pharmacist who can give advice and over-the-counter medicines for coughs, colds, sore throats and general aches and pains. They can also tell you if you need to see a GP, nurse or other healthcare professional
- Contact your GP or NHS 111 or visit www.nhs.uk if things are more serious
- If you have a medical emergency, call 999 or go to your nearest A&E department
- If you want to talk to someone about your mental health call Newham Talking Therapies on 0208 175 1770 or the Crisis line 0800 073 0066



Getting help with the cost of living

- Contact Our Newham Money if you're not able to afford heating, food or other essentials www.ournewhammoney.co.uk or call 020 8430 2041
- The Newham Food Alliance can help with food. Contact 07790 975086 or email frontdoor@newhamfoodalliance.org
- Find out more about winter grants for fuel www.newham.gov.uk/health-adult-social-care/staying-well-winter/6
- Find out more about free grants to improve insulation in your home from GLA Warmer Homes 0300 555 0195 or contact shine@islington.gov.uk
- It is important to warm your home safely and reduce any risks. For more information visit www.london-fire.gov.uk/safety/the-home



Find out more at www.newham.gov.uk/wellwinter

WARM HAVENS CHARTER.

WHAT IS A WARM HAVEN?

- As part of Newham Council's Cost of Living Crisis response, we've established a network of Warm Havens in collaboration with partners from the voluntary, community and faith sectors.
- Warm Havens are safe, non-judgemental warm spaces where residents can go, free of charge, for whatever reason they like.

WHAT DO WARM HAVENS PROVIDE?

- Staff and volunteers will provide a warm welcome and a listening ear, and some may offer a warm drink.
- You can access information and support, or you'll be signposted to where you can get information and support, including from the Council.

WHO ARE WARM HAVENS FOR?

- Warm Havens are for everyone and are open from October 2022 to March 2023. Some are open for anyone to walk in, such as the Council's libraries, while others may work slightly differently.
- You will be welcomed at one of the Warm Havens whoever you are and for whatever reason you want to come. No one at a Warm Haven will ask why you are here.
- You can come to any Warm Haven to meet people or you can come to be alone – everyone's needs are different and will be respected.

WHAT DO THE WARM HAVENS ASK OF THOSE ATTENDING THEM?

- Please respect one another and be sensitive to everyone's different reasons for coming to the Warm Haven.

FREE HELP WITH LIVING COSTS



Free help with money

- Our Newham Money: ☎ 020 8430 2041 ✉ ournewhammoney@newham.gov.uk
🏠 www.ournewhammoney.co.uk
- Money A+E: money advice & education for Newham residents.
☎ 020 8616 3750 🏠 www.moneyaande.co.uk
- Community Links: for housing, debt, consumer and employment advice, free legal services from FreeLaw. ☎ 020 7473 2270 🏠 www.community-links.org
- Bonny Downs: welfare and welfare benefit checks for over 65s ☎ 020 8586 7070



Free help with housing

- If you're having problems with a private landlord or letting agency, contact:
☎ 020 3373 1950 ✉ privatehousing@newham.gov.uk
- If you're homeless, you can get support from our Homelessness Prevention service at:
🏠 www.newham.gov.uk/housing-homes-homelessness/homelessness-prevention-advice.
- If you're threatened with homelessness, contact: ✉ hpas@newham.gov.uk
- Emergency help for families with children: MASH ☎ 020 3373 4600 during office hours (Mon-Thu, 9am-5.15pm or Fri 9am-5pm) ☎ 020 8430 2000 at any other time
- If you're pregnant and need immediate help or you're clinically or physically vulnerable.
✉ Accessto.AdultsSocialCareTeam@newham.gov.uk



Free help with food

- Newham Food Alliance ☎ 07790 975 086 ✉ frontdoor@newhamfoodalliance.org
🏠 www.newham.gov.uk/newhamfoodalliance



Free help with energy bills

- Our Newham Money: ☎ 020 8430 2041
- East End Citizens Advice: ☎ 020 8525 6379 Tuesdays & Wednesdays 10am-1pm
- Mayor of London Warmer Homes Programme: ☎ 0300 555 0195 ✉ shine@islington.gov.uk



Free help with work

- Our Newham Work: ☎ 020 3373 1101 ✉ ournewhamwork.engagementteam@newham.gov.uk
🏠 www.ournewhamwork.co.uk
- Employment Rights Hub for free confidential support and advice if someone is having problems at work ☎ 020 3373 6494
- Work Rights Centre for help with employment rights, CV building and benefits
☎ 030 0400 0100 (EN) 07437 110951 ✉ contact@workrightscentre.org



Free help with stress and emotional pressure

- Free and confidential psychological support for adults:
☎ 020 8175 1770 🏠 www.newhamtalkingtherapies.nhs.uk
- For children (under 18): Talk to your doctor or the school.
- For school health support ☎ 020 3373 9983 🏠 www.newham.gov.uk/schoolhealth
- Mental health crisis line for anyone: ☎ 0800 073 0066 anytime

costoflivingresponse@newham.gov.uk
www.newham.gov.uk/council/cost-living-response

WE ARE NEWHAM.

FREE SCHOOL MEALS

FREE
school meals
You could save
£500
a year
per child!

FOR PRIMARY SCHOOL CHILDREN



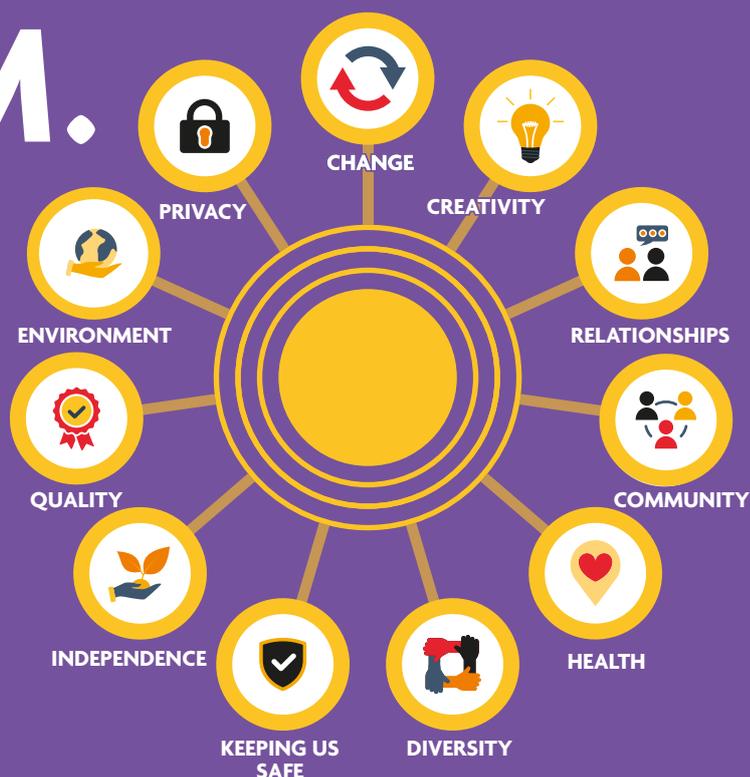
All primary children in Newham are eligible for a nutritious lunch every school day.

WE ARE NEWHAM.

WE ARE AMBITIOUS.

WE ARE NEWHAM.

YOUNG PEOPLE'S CHARTER



Wishing all young people and families a safe, healthy and exciting winter break.

www.newham.gov.uk/ActivitiesForYoungPeople

The information contained within this document was correct at time of going to print. Newham Council is marketing and supporting the range of autumn activities. Event organisers are responsible for activity risk assessments and the health and safety of all participants. Please contact the event organiser if you have any questions.