

Welcome to our Children's Centre timetable for April to June 2016

Cranbrook, Gearies & Redbridge School Children's Centres provide activities and support sessions across three sites. In addition the team can offer advice and support based at Cranbrook Children's Centre, Monday to Friday – 8.30am to 4.30pm

This timetable shows the services and sessions available at our Redbridge School site, available from Monday to Thursday. Please call us or ask a member of our team if you would like a copy of the Cranbrook or Gearies timetables.

How to book sessions

On the enclosed timetable you will see that there are some sessions you will need to book, some that you will need to be referred for and some that you can just drop in on the day.

If you wish to attend a session that needs to be booked or one of our courses please Cranbrook Children's Centre on 020 8709 2012.

If you would like more detailed information about the sessions and services on our timetable please contact us on 020 8709 2012 or visit our website.

Polite request

Please arrive 5 minutes before the session starts and no later than 10 minutes after the agreed start time for a session as you may be refused entry. Late arrivals can be very disruptive to the session and other families. Due to limited spaces it is advised that families arrive 10 to 15 minutes prior to the start of a drop in session to avoid disappointment.

Have your say

Your views on the experiences you have in our Children's Centre and the service that we provide to you is important to us. They help us to shape the services that we provide to you in the future. You can let us know what you think in the following ways:

- Complete session evaluations
- Talk to a member of the Children's Centre team

Is something worrying you?

All staff at Children's Centres are committed to ensuring that all children are kept safe and happy. If you are worried about a child's safety it is important to tell someone. You can talk to a member of our team or contact the Redbridge CPAT Team on 020 8708 3885.

Additional services available

Redbridge Children's Centres work closely with a number of organisations. Cranbrook, Gearies and Redbridge School Children's Centres are proud to work in partnership with the following services:

North East London 
NHS Foundation Trust


Redbridge Culture & Leisure


Redbridge Institute
community learning
and skills.


DABD (uk)
Promoting Independence

Benefits Advice Sessions

Appointments are available for parents and carers with children aged 0 to 5 years to access information and advice on the full range of benefits, understand your entitlement and get help with making a claim. Available on Mondays from 9.30am to 11.30pm at Fullwell CC and 2.00pm to 5.00pm at Newbury Hall CC. Please speak to a member of staff to book an appointment.

Sensory Room

Our sensory room offers stimulation, relaxation and light for children and their parents and carers. Please contact the centre on 020 8709 2012 to book a 30 minute slot.

We welcome babies and children with SEN and disabilities at all of our sessions

Further information and support



If you would like to know about more services in your community, or would like to know of other support available to you and your family please contact Families Information Direct (FIND). You can contact them in the following ways:

Telephone 0800 587 7500 or 020 8708 8920
Email find@redbridge.gov.uk
Online <http://find.redbridge.gov.uk>

Redbridge School Children's Centre

13th April to 3rd June 2016



Redbridge School Children's Centre,
College Gardens, Ilford, IG4 5HW



Monday

English Conversation – Parent Led

9.30am to 10.30am

For adults only (no crèche available)

No need to book – just drop in

This session is for parents and carers who have English as an additional language and would like to develop their conversation skills

ESOL (for speakers of other languages)

1.15pm to 3.15pm

For adults only (no crèche available)

£10 learner fee applies

Please call to book this course

A course to help speakers of other languages to learn or improve their English

Tuesday

Parent Gym Programme (6 week course)

Course starting 19 April

9.30am to 12.30pm

For parents only (a crèche will be available)

Please call to book this course

Parent Gym is a free 6-week parenting programme. It's made up of weekly two hour workshops run by a qualified volunteer coach, supported by specially-designed magazines. Sessions are practical, enjoyable and interactive, with a different parenting theme each week. These include Chat, Love, Behave, Care, Discover, Together and ideas for supporting your child's learning; They're filled with evidence-based tools and techniques that you can easily apply at home

Dance Fitness (5 week course)

Course starting 19 April

2.00pm to 3.00pm

Please call to book this course

For parents of children 18 months to 5 years

There is a £7.50 cost for this course

An opportunity for you and your child to get active and have fun on this 5 week aerobics course. Part of the Fit and Fun programme run in partnership with Vision

Story & Rhyme Time @ Clayhall Library

2.15pm to 2.45pm

For children up to 5 years

No need to book – just drop in

A story and rhyme time session run by the library team (part of Vision). Please contact the library on for more information on 020 8708 9340

Wednesday

Busy Toddlers

10.00am to 11.00am

For children 1 to 4 years

No need to book – just drop in

Come and join us for this Busy Toddlers session which will provide a variety of activities for you and your child

ESOL (for speakers of other languages)

1.15pm to 3.15pm

For adults only (no crèche available)

£10 learner fee applies

Please call to book this course

A course to help speakers of other languages to learn or improve their English

Healthy Eating for Children 1 to 4 years

Taking place on 18 May

1.30pm to 2.30pm

Parents and carers of children 1 to 4 years

Please call to book this session

A one hour informative workshop on healthy eating with information on foods, drinks, snacks and vitamins as well as tips for fussy eaters

Parent Forum @ Cranbrook CC

Taking place on 25 May

11.00am to 12.00pm

Your voice counts – come along and share your views with Children's Centre staff over a cup of tea or coffee. All families welcome

Thursday

Busy Babies

10.00am to 11.00am (term time only)

For babies from birth to crawling

No need to book – just drop in

Discover how to use everyday objects to play with your baby

Book Corner Session (4 week course)

Courses starting 14 April and 19 May

1.00pm to 1.30pm (children 12-18 months)

1.45pm to 2.15pm (children 18- 30 months)

All courses taking place term time only

This is a 4-week programme that will help you to support your child to build the foundations to reading and boost their communication, concentration and imaginative play skills by sharing books and rhymes

Two Year Development Checks

9.30am to 4.00pm

For children turning 2 years old

By invitation from the Health Visiting Team
Developmental assessments carried out by the Community Nursery Nurses